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Muscle Mass — The Key to Longevity

Analysis by Dr. Joseph Mercola ✓ Fact Checked

April 10, 2022

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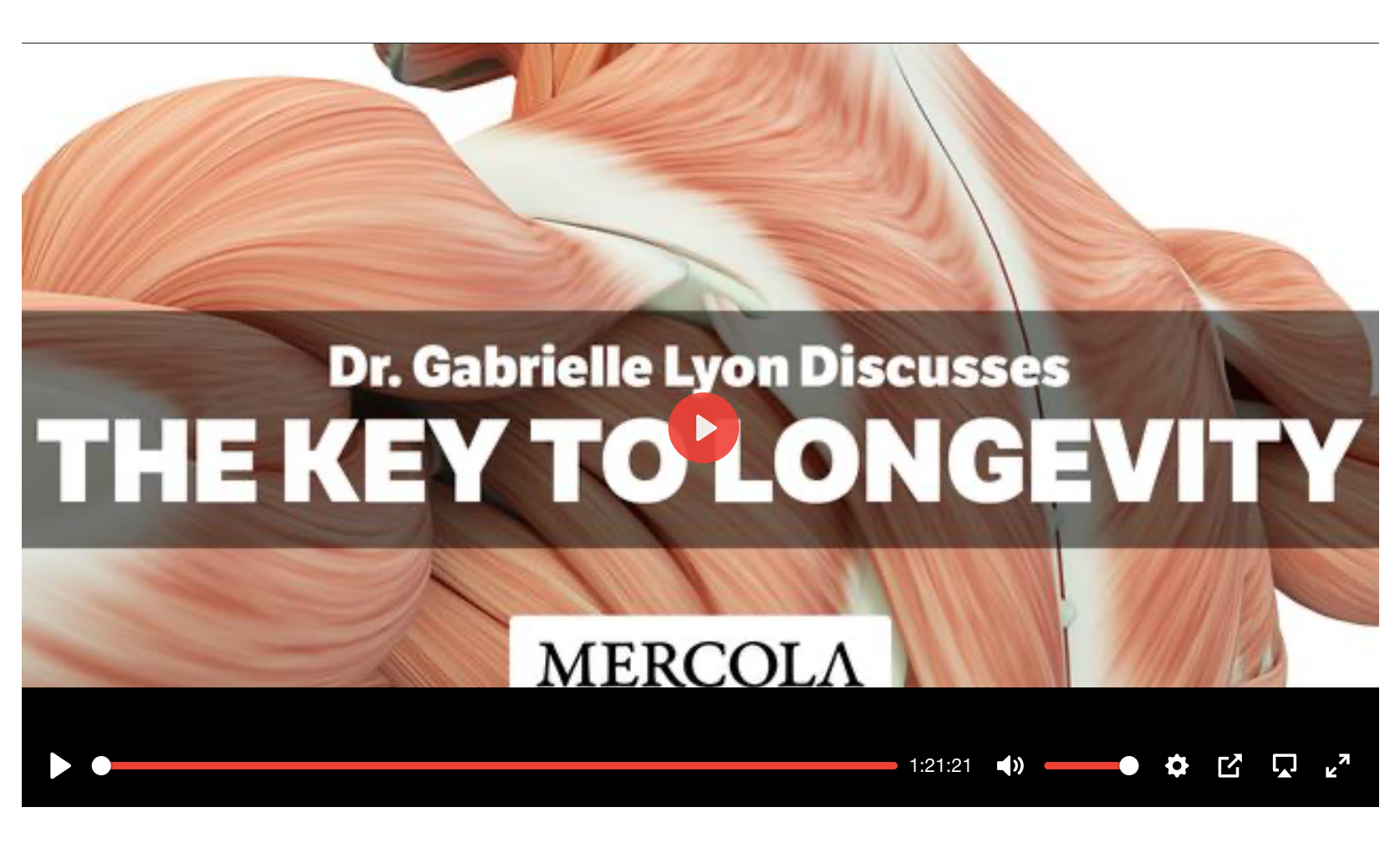

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STORY AT-A-GLANCE

- Muscle-centric medicine is part of the solution for many chronic health problems, as most are rooted in skeletal muscle insulin resistance
- Resistance training is superior to cardio exercise because muscle mass optimizes you for longevity. The greater your muscle mass, the higher your survivability against all diseases
- You need protein reserves to survive serious disease, and most of your protein reserve is stored in muscle. If you have very little muscle, you're going to pass away prematurely because you have no amino acid reserves. Your muscle also interfaces with your immune system
- It's never too late to start building muscle, even if you're in your 70s or even 80s, using diet and exercise
- High-quality animal protein is essential for muscle growth. Most people need 1 gram of protein per pound of ideal body weight (the weight you would ideally be). Divide that by the number of meals you eat to get your per-meal quota which, for older adults should be around 30 to 50 grams per meal

In this interview, Dr. Gabrielle Lyon, an osteopathic physician, reviews what I believe is one of the best health optimizing strategies there is, namely strength training. She's a graduate of Midwestern University and has spent a good part of her professional career focusing on how to increase strength and muscle mass, which is an often-overlooked foundation for health and longevity.

Muscle Mass Is a Key to Longevity

Lyon and I both strongly believe muscle-centric medicine is part of the solution for many chronic health problems, including obesity, yet very little attention is given to it.

> *"Obesity, Alzheimer's diabetes and cardiovascular disease actually begin in skeletal muscle, years before they become apparent," she says. "Obesity, diabetes, these are diseases of skeletal muscle insulin resistance.*
>
> *But what's so shocking is that everyone is focused, especially in the medical community, on attacking obesity, as opposed to fixing the underlying problem, which is really augmenting skeletal muscle and optimizing muscle with nutrition, which is primary, and training, secondary."*

As explained by Lyon, while there's certainly benefit to cardiovascular exercise — mitochondrial biogenesis, for example — resistance training is far more foundational to your long-term health, because skeletal muscle is the organ of longevity. Muscle mass optimizes you for longevity.

The greater your muscle mass, the higher your survivability against all diseases, including cancer. According to Lyon, cachexia, for example — the loss of muscle mass — kills 1 in 5 cancer patients.

You need protein reserves to survive serious disease, and most of your protein is stored in muscle. If you have very little muscle, you're going to pass away prematurely because you have no amino acid reserves. Your muscle also interfaces with your immune system.

> *"Listen, aging can be highly catabolic. There's this immunosenescence that happens. The body doesn't regulate the way that it used to. But moving and contracting skeletal muscle is the best defense that we have," Lyon says.*

Muscle Is Your Metabolic Regulator

As explained by Lyon, muscle is the regulator of your metabolism, and here's why:

> *"Skeletal muscle is your primary site for glucose disposal — 80-some percent. Individuals who are struggling with elevated blood sugar, elevated glucose, elevated triglycerides, skeletal muscle is your primary site for disposal and utilization of these nutrients, these substrates. Having healthy skeletal muscle will manage that metabolic currency.*
>
> *It's really interesting because, as we age, the health of muscle decreases [unless] we become extremely focused on stimulating muscle through diet — I think the diet is most important because it is accessible to everybody — [and] resistance training and cross training … [resulting] in states like diabetes, hypertension, cardiovascular disease. Insulin resistance actually begins in skeletal muscle."*

The good news it's never too late to start building muscle, even if you're in your 70s or even 80s, using diet and exercise. It becomes more difficult to add muscle with advancing age, yes, but it's far from impossible. To prove it is possible, I'm 67, and over the past year, I've put on 25 pounds of muscle mass and now weigh over 200 pounds.

The Case for Animal Protein

In terms of diet, skeletal muscle requires high-quality dietary protein, ideally animal protein, to stimulate muscle protein synthesis. There's 20 amino acids and nine of them are essential, which means you have to get them from your diet, as your body cannot make them from other substrates. In particular, skeletal muscle requires branched-chain amino acids — leucine, isoleucine and valine.

Must you eat animal protein? No, but one of the problems with avoiding animal protein is that it is quite difficult to obtain enough complete essential amino acids, especially branched chained amino acids to stimulate mTOR.

While there are plants that are high in protein, they're not identical or even equivalent to animal protein in most cases. Certain micronutrients found in animal foods you simply cannot get from plants. This includes vitamin B 12, vitamin A (retinol not beta-carotene), creatine, bioavailable iron, carnitine and carnosine, all of which are important for muscle growth and health in general. Lyon comments:

> *"I consider high-quality protein to be animal-based proteins. That's not to say, if you are an individual who is vegan or vegetarian, that you cannot get the same amount of protein. You can, but that would require additional supplementation …*
>
> *But one has to understand that 30 grams of protein from hemp is different from 30 grams of protein from, say, a chicken breast. (NOTE: I don't advise anyone to eat chicken because of the high linoleic acid content).*
>
> *In fact, as you age, it becomes really important to realize that, if you are going to try to get your protein from, say, quinoa — people say quinoa is high in protein — it would take 6 cups of quinoa to get the equivalent of one 3-ounce chicken breast.*
>
> *So, if you are listening to this, I really want you to take to heart that you need to focus on high quality proteins, and if you are vegan or a vegetarian, that you need to then supplement with something — some branched-chained or essential amino acids — in addition to your meal."*

On a side note, glutamine, a nonessential amino acid (meaning your body can generate it) is an important nutrient source for your immune cells, and the way your body generates glutamine is through muscle contraction. So, when you're contracting skeletal muscle, you're quite literally nourishing your immune system!

Finding Your Ideal Protein Intake

To determine your personal protein requirement, Lyon recommends 1 gram of protein per pound of ideal body weight (the weight you would ideally be, not necessarily the weight you are now). Once you have that number, you can divide it by the number of meals you eat to get your per-meal quota which, for older adults should be around 30 to 50 grams per meal.

For reference, there's approximately 7 grams of protein in each ounce of steak, so a 5-ounce steak would give you 35 grams of high-quality protein. For children, the average amount per meal is around 5 to 10 grams, while young adults typically can get away with 20 grams per meal.

For most normal-weight adults, 30 grams per meal is really the minimum you need to stimulate muscle protein synthesis. If you have a robust strength training program, you may need to go even higher. To make sure you're getting enough protein in your meals, consider using a free nutritional tracker like Cronometer. That way, you're not guessing.

Will a High-Protein Diet Harm Your Kidneys?

Some avoid protein for fear it might damage their kidneys. People with chronic renal failure do need to limit their protein intake so as not to tax their kidneys, but if your kidneys are healthy, you don't need to worry about this. Lyon explains:

> *"I think the majority of individuals have healthy kidney function. Actually, protein intake has been shown to improve glomerular filtration rate, not have a negative impact. The body should be capable to manage high-quality protein without an issue, and there's been multiple meta analysis with individuals with healthy kidneys in terms of protein consumption. It's another falsehood.*
>
> *The same thing with osteoporosis. People will say, 'You don't want to each too much protein because it's bad for your bones.' Well, what do people think bones are made of? Bones are made of proteins. Yes. They are made of calcium, but the requirement is through protein. [Editor's note: Protein is the matrix that holds the calcium]. So, that's another falsehood.*
>
> *When I went through my geriatric training, it became so apparent that what we were seeing in clinic, and what we were doing to protect aging individuals was so vastly different than what was out in the public sphere.*
>
> *It's interesting. Individuals can ride the wave of youth for only so long, and then what ultimately happens is, as you age, you have to get good information, because the wiggle room for mistakes and the wiggle room for actually executing important and correct information becomes less …*
>
> *[Protein] is the one nutrient that will really be able to save people's lives. It is the pinnacle, because it protects skeletal muscle. Yes, carbohydrates have a protein sparing effect. Yes, you can do a ketogenic diet, and there may be protein sparing effects. But the question I would ask is why?*
>
> *We know we need to prioritize protein because we have to optimize skeletal muscle. It is important for neurotransmitters. It is important for the immune system. It is important for regulation for mucin from gut lining. It is important for all things in the body, hands down, and it's essential.*
>
> *Skeletal muscle goes through this process of anabolic resistance, and as we age, the efficiency [decreases]. Muscle is also a nutrient sensing organ. Its efficiency to utilize and sense protein decreases as we age."*

Should You Work Out Fasted?

I believe time restricted eating (TRE) is best done 16 to 20 hours a day, every day. Sixteen to 18 hours is probably the sweet spot. This schedule will give you virtually all the same benefits as calorie restriction with respect to longevity benefits, but without any of the downsides, the primary one being compliance.

I prefer to do my workout in a fasted state, followed by an infrared sauna and swim, and then break my fast afterward. This will reduce the carbohydrate load in the muscles as they're using up glucose during the workout. This, in turn, gives you the additional benefits of autophagy.

Lyon also points out that when muscle contracts, it releases myokines, which play a role in both lipolysis (the breakdown of fat) and glucose utilization. When you train in a low-glycogen fasted state, myokine release is increased.

While we're on the topic of time-restricted eating, this will also help prevent excessive activation of the mechanistic target of rapamycin (mTOR). As explained by Lyon, mTOR is found in every tissue and responds to different nutrients and stimuli, including dietary protein, insulin, carbohydrates and exercise.

About five years ago, largely due to Dr. Ron Rosedale, co-founder of the Colorado Center for Metabolic Medicine, I was concerned about too much protein stimulating mTOR so I restricted my protein intake. However, mTOR is activated not only by protein but also by carbohydrates. A key misunderstanding about mTOR is that it's not protein that's the problem, or even carbs. You stimulate mTOR on a vegetarian diet as well.

The other more serious issue is that most people eat more or less continuously throughout each day, which will keep mTOR continuously activated. When you're eating all your meals within a window of, say, six to eight hours, and fasting for the remaining 16 to 18 hours, mTOR gets stimulated only once or twice a day, which is not a problem.

mTOR is best activated twice a day in a pulsatile fashion. When you activate it continuously as most people do, it can lead to an increase in risk in diseases like cancer.

Timing of Your Post-Workout Meal

As for the timing of your post-workout meal, Lyon disagrees with the common notion that protein feeding can occur any time after your workout as long as it's within 24 hours.

> **"The current recommendation is very low for exercise. It's 150 minutes per week … I would say that's probably the bare minimum that anybody should do, not the optimal; 30 minutes of moderate intensity exercise, five days a week, is likely not going to be enough. ~ Dr. Gabrielle Lyon"**

She believes it's far better to eat that meal shortly after exercise. "In a geriatric population, we know that blood flow is optimized post-training, and we know that adding in a protein meal right after training … is extremely beneficial," Lyon says. This goes for carbs too.

> *"To gain muscle mass, you do need calories," she says. "Protein and carbohydrates play a different role post-training, whether one is for glycogen repletion versus muscle protein synthesis or muscle repair, both are very valuable."*

Are You Getting Enough Exercise?

When it comes to executing an exercise program to optimize muscle, Lyon recommends working with an experienced coach to create a suitable program.

> *"Volume is very important, and volume is exactly what it sounds like, it's the amount of repetitions. It's all cumulative in terms of weight and repetition. That is what we have seen in the literature. When you are new [to exercise], it is much easier to stimulate muscle tissue. So, if you are an untrained individual, you could get away with 10 sets per week.*
>
> *I preface this by saying I don't actually develop training programs for individuals. I think doing this in-person with a professional trainer is really where you're going to get your benefit, because they can watch you. They can determine what moves you need to do.*
>
> *You don't want to get injured, because injury really sets individuals back. There are certain groups of people that may have a predisposition to get injured, for example, an individual with hypothyroidism. I see that they have poor tissue turnover. They get joint pain. The recovery tends to be a bit of an issue, so getting with someone who knows what they're doing is really important.*
>
> *That said, the current recommendation is very low for exercise. When I say very low, it's 150 minutes per week. That could be 30 minutes, five days a week of exercise … I would say that's probably the bare minimum that anybody should do, not the optimal, but the bare minimum; 30 minutes of moderate intensity exercise, five days a week, is likely not going to be enough."*

Exertion Is Important

A key part of resistance training is actually exerting yourself. "It's called resistance exercise for a reason," Lyon says. "There needs to be a component of effort that I don't see people putting in." If you're on your phone or watching TV, chances are you're not putting in sufficient effort.

> *"It's not just about putting in the time. I expect you to execute in a way that requires focus and a way that requires exertion that is intense enough that you are fatigued … I would consider going to failure. Perceived exertion is really important.*
>
> *There's a mind-muscle connection. You can do a lot of movements, but it doesn't mean you're actually targeting the muscle group that you are intending to target. If you do a certain exercise, maybe you're going to do a squat, and perhaps you compensate in a different way. You use your quads more than you use your hamstring or your glute.*
>
> *Really focusing on the muscle that you are training is of extraordinary importance. You do need to create muscle damage. You do need to change the metabolic homeostasis in your body. You do need to have enough recovery, enough nutrients for recovery, but you do have to tax that muscle, and one way in which you tax the muscle is through effort.*
>
> *One way that you also tax and understand the effort is through perceived exhaustion. I'm not saying you have to train to maximum exhaustion, but, if we are thinking about how to really step up and protect ourselves as we age, people are always looking for this external fountain of youth. It's not.*
>
> *It's not something you're going to take in. The fountain youth truly is within this muscle system as the organ of longevity. That's how people are going to really excel and change the trajectory of the way in which they age."*

Blood Flow Restriction (BFR) Training

An excellent strategy that can allow even the elderly to get a very intense workout while minimizing the risk of injury is blood flow restriction (BFR) training. KAATSU is the original BFR device, developed in Japan. With BFR, you can get the same results with just 30% of the weight you'd have to use otherwise. As explained by Lyon:

> *"[With BFR], your body will recognize the same stimulus, growth factors, cell turnover, as you would if you were lifting heavier weights. It can be very valuable, especially when you are just starting out. Again, do it with a professional … Something else that's interesting is electro stim suits, [but they're] a lot more expensive."*

While we didn't have enough time to really cover BFR in our interview, you can go to Bitchute and type in KAATSU and you will find my previous interviews on this topic. I know it is a bit pricey, which is why I was able to work out a deal with the manufacturer if you use the discount code. You'll find the discount code in the video description by clicking "MORE+" on any of the videos there.

I have been doing KAATSU for a few years now along with increasing my protein intake to 1.6 grams/kg of my body weight, which is about 150 grams of protein for me. To illustrate that you can have quite a dramatic change in your body by these techniques, the picture below is from my medical school days about 40 years ago. My arm size was 11 inches.

Interestingly I just talked to the guy with the glasses who was a classmate in school, Jay Bishop. He's a urologist in Arizona and his adorable wife Sue is on the left. She has had Type 1 diabetes for over 50 years and still doing well with virtually no complications.

The video below shows my arms that are now 15 inches, while I'm deadlifting 370 pounds. Since I did this recording have actually deadlifted 400 pounds

DR. MERCOLA
DEADLIFTS 370LBS
MERCOLA
00:18

More Information

To learn more about protein and Lyon's muscle-centric approach to health, check out her YouTube channel and/or sign up for her newsletter. If you're ready to make some serious changes and take your health to the next level, you can contact the Institute for Muscle Centric Medicine, which Lyon founded. Lyon is also active on Instagram.

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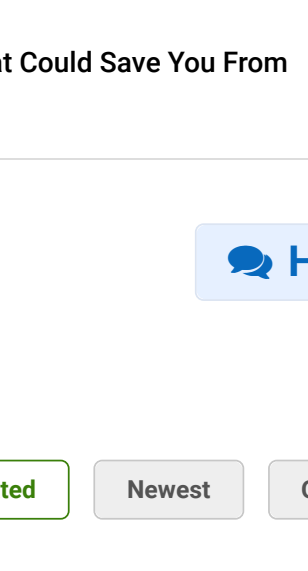
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wareagle82
Joined On 1/25/2022 10:01:46 AM
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Interesting that Lyon brings up volume. That is a highly subjective term in gyms and it correlates directly to intensity - you can work out hard or you can work out long, but you can't do both. Compare it to running - your body can only sustain a sprinting speed for short distances. So what do you do? You control the variables within a workout: the number of reps per set, rest time between sets, the cadence of reps, and whether or not to push each set to failure. If you want to go high volume, use lower rates but push each set to failure. Light weights can build muscle, too, but you have to condense a lot of sets into a limited time window. Since the weights are light, recovery is faster and that can be done.

Just be prepared for sets in the 20-30 rep range. They will build muscle; I and others are walking proof of that plus your joints do not take the pounding associated with heavy weights. There is nothing wrong with going heavy at times; always good to try different things and give the body new challenges. Final thought: gaining muscle will require taking your body to places it may not want to go. The process is much more mental than physical. You have to become comfortable with the pain that occurs the longer a set goes; you have to embrace it, even enjoy it. Once some results occur, you WILL enjoy it, and probably even look forward to it.

Reply | Mark as Spam | Posted On 4/10/2022 8:40:38 AM
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jskwara
Joined On 5/18/2021 8:00:52 AM
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Great deadlift. My advice is also look at resistance bands when you get older. Whatever you do make an effort. My wife is strong naturally but she doesn't do real effort when she lifts a weight. Exert yourself like it matters and sometimes it's not fun so Embrace the Suck. If you are older then do alot on your core. Get on the ground and practice getting up without any assistance holding on to anything. Get back on the floor and do it again. Depending on how it goes you will see where your weakness is. Can you not push off the ground with your hands or maybe your legs don't go where you need them to? Don't be one of those "I've fallen and I can't get up people".

Reply | Mark as Spam | Posted On 4/10/2022 6:37:45 AM
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juststeve
Joined On 1/5/2012 11:13:54 AM
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While resistance training has massive dividends protecting one from injury, when injuries do occur it can be a bugger to bounce back. When severe trauma occurs, it's challenge to find go arounds to continue without adding insult to the injury. While the injured area may not be directly engaged, there can still be improvements in the area as some research has suggested that even stroke victims who can only use one arm will benefit from exercise in the other arm & the body. The whole mind body benefits. Another thing to keep in mind while physical labor can be good for the body & has benefits of its own, it is not exercise and cannot deliver the enhancements of targeted sustained activity.

With a focus on obesity many turn to long distance running. Research shows the tissue in long distance runners can look like a disaster, damaged even older looking tissue. Tissue cultivated in resistance training can look like that of a young person. As we suffer the slings and arrows of life and the insults of injury, resistance training, (& I believe Yoga poses addressing other body systems, along with good old walking,) can keep one in good mind and spirits able to face the day.

Reply | Mark as Spam | Posted On 4/10/2022 4:54:30 AM
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skupe59
Joined On 5/2/2009 7:28:21 AM
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I do Dr. Al Sears' PACE program and I will start adding in some weights. I also walk 40 minutes/day.

Mark as Spam | Posted On 4/10/2022 5:13:05 AM
Like | Dislike

lovestosing6
Joined On 8/26/2013 8:44:35 AM
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My picture here was taken exactly one year ago. 17 weeks ago I began a different journey. I joined a gym and told the trainer I wanted my core strength back. He directed me to the yellow area and for the first ten weeks I stayed in that area and worked to build my muscles. I knew I needed to do something now that I had crossed the line of living half a century! Instinctively I knew I had to build muscle unless I wanted to die in a recliner in front of a tv, which is so not my style. But when you've had surgey and get weak, what else is there? For me, I can't, I refuse, and some feathers got ruffled in my house, but I needed to do it for me! I'm not there yet, but I no longer have a back that shrieks in pain when I stand from the couch, my body doesn't stiffen so I have to carefully get out of the car so as not to break off a body part.

I can't believe the addiction my brain has to this. It nags me to get out and get moving. I'm now in the purple area, experimenting with weights, the Smith machine, I follow people on Instagram and learn things I might be missing - and I've grown from being intimidated to owning my place in the world. My workouts are best in the 4am area - so that's when I begin. The Rock does cardio in the 2nd half of his day, so I broke apart my workout to do cardio later too. Focus on strength early, sweat later LOL ...

I make sure to eat clean meat and veggies, and I do a protein shake with berries and kale and, believe it or not, some herbs from my herb garden which give it a wild twang. I also add a lemon and it tastes amazing, almost like a Jamba Juice without the 40g of sugar! I know we all have the potential, but it wasn't until I said the words out loud, "I want to be strong," that my brain followed. All I can say is, I wish I didn't wait so long. I've used diet to control my weight since my modeling days. Oh lordy, I'm so glad my body isn't punishing me for all the things I put her through. Just do it - that's my new motto.

Reply | Mark as Spam | Posted On 4/10/2022 7:57:46 AM

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balhawk
Joined On 12/11/2009 3:56:56 PM
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Way to go! Time of a new pic? Time to make a power drink for myself.

Mark as Spam | Posted On 4/10/2022 8:33:58 AM

Like Dislike

lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

Thanks so much! It's been a long-awaited journey - and ya, need a new pic :)))

Mark as Spam | Posted On 4/10/2022 8:38:54 AM

Like Dislike

weehen
Joined On 8/25/2010 2:09:20 AM
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I hope everyone is by now aware at least to some degree that we have an attack on our food supply taking place at a global scale. Part of that attack is ramping up limits on your ability to access animal proteins, whether through inflation pushing good meat out of affordability, shipping and supply chain issues, shortages of animal feed (which limits farmers productivity), or fraudulent (high threshold) PCR tests to detect disease like avian influenza. (Millions of chickens have already been slaughtered in Europe and USA). Based on what we know, and what is shared in this article, I see it as no coincidence. Check out the work of Ice Age Farmer and prepare accordingly. His research is careful and sourced (and shocking). Awesome deadlift, Dr. Mercola! I am almost 50 and lifting wheelbarrows of gravel as we fix and landscape our backyard. I definitely feel a benefit from the extra muscle mass, and plan to set up home weights next!

Reply | Mark as Spam | Posted On 4/10/2022 6:57:27 AM

Like Dislike

freeman_jamesx
Joined On 12/1/2021 1:01:37 AM
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This is a real problem that most 'normies' haven't even realized yet, let alone come to terms with. Preppers have been aware of it for a while. For suburbanites, rabbits, chickens, quail, and guinea pigs (yes, they're delish) and possibly even dwarf goats (if you've got adequate fencing) should be raised by as many people as possible to ensure a local, under the radar, meat supply. I feed my rabbits & piggies largely on free kudzu 8 months out of the year, meaning much less $ spent on commercial rabbit chow.

Lay in a good supply of Timothy hay for the winter well ahead of time, and you'll do OK. I also plant a good bit of 'Thousand Headed Kale' in my yard (along the property line - good impromptu fencing) and it does pretty good over the winter in my zone 7b area. Both me & the livestock love the fresh greens in the winter and early spring. www.quailseeds.com/.../Thousand-Headed_Kale.html or www.rareseeds.com/store/vegetables/new-items-2019/thousandhead-kale

Mark as Spam | Posted On 4/10/2022 10:22:18 AM

Like Dislike

bowgirl
Joined On 12/3/2011 6:17:03 AM
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Morning all, I think digging a new section of garden rings all the bells. Or maybe moving wet straw bales.... or 5 gallon buckets of water..... Make your life your workout. It is good for body, mind and soul. This year a garden may be needed for survival. Just get it done. Out I go.......

Reply | Mark as Spam | Posted On 4/10/2022 5:14:22 AM

Like Dislike

weehen
Joined On 8/25/2010 2:09:20 AM
Add as Friend | Send Message

Love that - I agree! Working in my garden is my favorite exercise!

Mark as Spam | Posted On 4/10/2022 7:00:39 AM

Like Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Yes, really...Seems a bit neurotic to go through all that complicated discipline; ya wanna live forever? Active natural carefree outdoor lifestyle works for me..though nice to know extreme-ophile findings...Breathing and maintaining a strong alkaline charge terrain, restoring electrons to recycle lactic acid and mitochondrial protection from oxidative stress are key. Sure; use it or lose it.

Mark as Spam | Posted On 4/10/2022 8:19:21 AM

Like Dislike

Bigfletch
Joined On 1/5/2010 7:46:30 AM
Add as Friend | Send Message

I eat about six eggs per week and 2kgs of plain full fat yoghurt. Thats it for animal based protein and Ill take anyone on over 70.lol...Have retained about 75% of muscle from my prime and train 40 mins 5 'x per two weeks to hit failure. Max heart rate in 5 minutes cross trainer then 14 pin selected machine movements Little understood I believe' is the link between mental discipline and hormonal activity. Holistically I suspect that if you keep activating the anaerobic activity in this way the body acts as though there has been a decline in " young warriors/ hunters" in the tribe and this is natures way of compensating This Hunter seems to be Biden his time hehehe...

Reply | Mark as Spam | Posted On 4/10/2022 2:22:35 AM

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skupe59
Joined On 5/2/2009 7:28:21 AM
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Just make sure the eggs are grass-fed and organic with bright orange yolks. Yes, this is really important and there definitely is a difference.

Mark as Spam | Posted On 4/10/2022 5:10:27 AM

Like Dislike

BicycleBoy
Joined On 6/26/2007 12:32:23 AM
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That is a lot of yogurt and is significant in protein only if it is Greek with 18g per 2/3 cup as in Kirkland organic. Anything with less protein is not worth it. Also sardines or canned salmon has a lot of protein and can be a convenient post exercise protein snack.

Mark as Spam | Posted On 4/10/2022 9:38:15 AM

Like Dislike

Raythe4th
Joined On 7/16/2012 8:10:52 AM
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Hard to argue with the doc on this one after watching him deadlift almost 400 lbs. he looks fantastic, especially at his age. That alone should give people confidence in listening to his advice. The man lives what he teaches, and the results speak for themself.

Reply | Mark as Spam | Posted On 4/10/2022 9:08:34 AM

Like Dislike

M.H.Deal
Joined On 11/22/2017 8:29:27 AM
Add as Friend | Send Message

Superior resistance training is pushing yourself away from the table.

Reply | Mark as Spam | Posted On 4/10/2022 8:13:11 AM

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Dena1219
Joined On 6/20/2006 7:24:27 AM
Add as Friend | Send Message

Looks like I need to up my protein intake and exercise more intensely and longer.

Reply | Mark as Spam | Posted On 4/10/2022 2:14:21 AM

Like Dislike

chezron
Joined On 2/1/2014 12:09:27 PM
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Single best exercise to avoid Alzheimers and Dementia is to stop getting vaccinated. All of that aluminum in the brain is cumulative.

Reply | Mark as Spam | Posted On 4/10/2022 11:09:32 AM

Like Dislike

bluesky17
Joined On 9/29/2011 8:09:18 AM
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Maybe someone can help me clear up my confusion. There was an article on this site, a couple of years ago I think, that I remember as stating you need 1 gram of protein per kilo of lean body mass. So my target has been about half of what is recommended here, and even that winds up being high enough in calories to make it hard to maintain my target weight. Eating even more food to get the amount of protein recommended in this article means more fat around my middle. I suppose it could be accomplished by limiting myself to greens, eggs, and turkey breast, for example -- is that the idea?

Reply | Mark as Spam | Posted On 4/10/2022 10:59:54 AM

Like Dislike

ton4236
Joined On 4/17/2015 11:37:47 AM
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Great Job Dr. Mercola, to put on 25 lbs of muscle mass, that is quite an accomplishment at any age, and at 67 is amazing!

Reply | Mark as Spam | Posted On 4/10/2022 10:11:16 AM

Like Dislike

tan2582
Joined On 3/19/2015 10:40:19 PM
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Thank you 🙏. I needed that 👍

Reply | Mark as Spam | Posted On 4/10/2022 10:03:30 AM

Like Dislike

steelj
Joined On 6/19/2006 11:43:25 PM
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Lyon says: "There needs to be a component of effort that I don't see people putting in." "I expect you to execute in a way that requires focus" This is a lady after my heart! I have always noticed most everybody in the gym looks to be "going through the motions". Before every "work set" (which means not a warm-up) I do, I gather myself a bit, sometimes a lot. If you're using enough resistance, that's essential to avoid injury as well as to exert myself as much as I intend to. I've never understood why so many people spend so much time exercising but putting in so little effort. I spend much less time in the gym than most and do many less work sets, with excellent results. It's about the intensity. In the rest of your time, low intensity activity is great, like a lot of walking, just moving around. But that's not the way to train for strength. I've been lifting 57 years now fwiw.

Reply | Mark as Spam | Posted On 4/10/2022 9:57:24 AM

Like Dislike

sallybreck
Joined On 4/4/2018 12:38:20 PM
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Awesome common sense! My body craves protein after a workout or strenuous activity. Hypoglycemic when I was younger but found protein stops the lightheaded feelings immediately!

Reply | Mark as Spam | Posted On 4/10/2022 9:38:43 AM

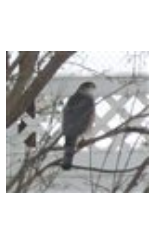
Like Dislike

vio7642
Joined On 9/27/2021 3:48:06 PM
Add as Friend | Send Message

Dr. Mercola your video of deadlifting is awesome. I'm 70 and have lifted weights all my life. I recently had a bicep tear and have been out of the gym for a few months now. Your video gives me inspiration to fight back against my age. Thank you!

Reply | Mark as Spam | Posted On 4/10/2022 9:24:47 AM

Like Dislike



balhawk
Joined On 12/11/2009 3:56:56 PM
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It is important to account for day-to-day activity in order to avoid overtraining. I've found I really need very little formal exercise, on account of all the incidental exercise I get during the course of my work and recreational activities. A couple or 3 strength and/or HIIT workouts per week is plenty, typically in a fasted state, followed by a massive pig-out until my body feels it's time to lay off. Sometimes I get enough incidental strength training volume that a very brief Tabata workout every few days is quite enough. Also, it's not excess protein when one's body needs it for rebuilding. The more one utilizes, the less of it one excretes. If there are 2 things I've learned about exercise and health, in general, they are to follow the cues my own body is telling me, and to do what makes logical sense. Be healthy and strong, everyone!

Reply | Mark as Spam | Posted On 4/10/2022 8:07:03 AM

Like Dislike

therealjones
Joined On 10/8/2010 5:59:47 PM
Add as Friend | Send Message

Dr Mercola, you Animal!!!

Reply | Mark as Spam | Posted On 4/10/2022 7:46:30 AM

Like Dislike

chrisphillips
Joined On 9/27/2010 9:26:38 AM
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i have joint issues that prevent the resistance exercises and have scrawnied up...though i am strong at the core...arms are hard to build when hands are compromised with technical difficulties...i admire your prowess and do what i can. i am very mobile!

Reply | Mark as Spam | Posted On 4/10/2022 7:43:29 AM

Like Dislike

AndymAndym
Joined On 4/26/2016 7:07:05 PM
Add as Friend | Send Message

My trainer likes to day, “Strength training is an old man’s sport.”

Reply | Mark as Spam | Posted On 4/10/2022 6:54:02 AM

Like Dislike

RichJedi
Joined On 8/17/2006 1:23:38 PM
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The Chinese have been aware of this connection between muscle mass, strength and Health and Longevity for Millennia. This is why in real world old Style kung fu and Qigong working the muscles using both moderate weight resistance, specific Qigong exercises combined with breathing are known to produce fantastic results in strength, immunity, Martial power & overall Health and Longevity. When you add the more advanced Energy circulation techniques of internal neigong such as sitting meditation to build up significant amounts of bioenergy through the Don Tien and circulate that energy into the muscles throughout the body, you are also greatly strengthening the internal organs and increasing their function and their longevity.

When your internal organs and bone marrow our functioning optimally, this is when health and longevity, sometimes significant longevity are achieved. The Taoist and Shaolin monks of China I've been aware of this connection for several thousand years. This is why the greatest achievements in longevity and the martial power were always achieved by the monks because they had the most advanced and most effective techniques. They knew that the brain and the bones in particular were the two most important aspects to keep healthy, clean and strong. As part of the muscle tendon changing system of exercises and techniques, they would lead massive amounts of chi generated through various methods deep into the bone marrow using breathing and the mind as well as up to the brain and especially to the pineal and pituitary glands via specific energy meridian pathways.

These techniques significantly increase their function and keeping the bone marrow clean floods the body with tons of healthy red blood cells which are crucial toward maintaining cell regeneration. But those training BEGINS with training the Muscle/Tendon changing (Strengthening) classic using postures, breathing & weights as they're foundational to health &v longevity & so much more.

Reply | Mark as Spam | Posted On 4/10/2022 3:23:17 AM

Like Dislike

seedsaver37
Joined On 4/28/2020 2:58:31 AM
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How about a video demonstrating this? It has more impact on me than talking about it.

Reply | Mark as Spam | Posted On 4/10/2022 2:12:46 AM

Like Dislike

Bigfletch
Joined On 1/5/2010 7:46:30 AM
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He has posted many such videos over the years .

Mark as Spam | Posted On 4/10/2022 2:27:44 AM

Like Dislike

seedsaver37
Joined On 4/28/2020 2:58:31 AM
Add as Friend | Send Message

They're not there now!

Mark as Spam | Posted On 4/10/2022 2:43:09 AM

Like Dislike

RichJedi
Joined On 8/17/2006 1:23:38 PM
Add as Friend | Send Message

No they're no longer on his site unfortunately because he had to remove his content as the Deep state was getting downright threatening of him posting too much factual information and Truth. You would probably have to sign up to access his archive articles and videos on sub stack for $5 a month. Then you'll be able to access all those old articles containing numerous exercise videos he has posted over the years.

Mark as Spam | Posted On 4/10/2022 3:26:22 AM

Like Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
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You should see what RF does to muscle mass .....kinda like Frying Bacon
stopsmartmetersbc.com/2022-04-09-help-needed-now-if-we-want-a-healthy-..

Reply | Mark as Spam | Posted On 4/10/2022 7:45:28 AM

Like Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
Add as Friend | Send Message

of course you can watch bacon in your microwave oven...whick is like you will look as they crank up 5G to the maximin output of these transmitting antennas....fed by a very high powered transmitter in each tower...now its all on low...kinda like having your microwave oven on only the smallest power......but as it gets 2025 it will be on at least 2 on your microwave oven.....by 2030 it will be on 5 .....2032....8.... I thin' I smell people cookin'......lol...worldwide Human-Bacon Frydown....Man thats a lot of Bacon-Grease....EWWWWWWW

Mark as Spam | Posted On 4/10/2022 7:58:29 AM

Like Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
Add as Friend | Send Message

If ya ever render down Pig Fat to make Lard...which I do .....is an interesting action....as I pour off the clear oil after its been on super low for a day or two....I pour the clean oil into jars and let it cool.....and I get snow white , no smell lard......and this make the best French fries from white or sweet potatoes......MMMM.. When ya buy Fries ar McD or other place they use canola oil......EWWWWWWWW........ Kinda like frying potatoes in oil from Da Garage.....ahhhhhh............gag a maggot>>>>>>

Mark as Spam | Posted On 4/10/2022 8:12:18 AM

Like Dislike

davevarga
Joined On 6/23/2009 9:43:27 PM
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I appreciate this article and have saved it. I will share some things about my health journey. Might not match with this article completely. First, I am doing a MILDLY Keto diet, and have recently been pleased to notice that my hunger pains throughout the day have decreased. And my energy level remains good. This has never happened before for me. So I eat dinner and have no need for snacking afterwards. So it is 12-13 hrs until I next eat food in the AM, so am kind of in the fasting range. Because of this article I will do my strength training just before I eat breakfast. And I will watch myself and see how I feel over time. Secondly, about protein intake.

I tried many times over the past decades to be vegan, the driver being I do not want to contribute to the unbelievable cruelty farm animals receive. And when I say tried being vegan, I really BEAT that drum over the past many decades. But my two measurables, energy level and ability to maintain my weight showed me this does not work for me. Even being a vegetarian these days, it takes longer to lose weight and energy, but that no longer works for me, I assume because my body is older and less efficient. (At the same time I am friends with people who are easily vegan and vibrant.) So I am aware that each person has their own range of digestive, assimilative ability that may allow them to successfully dial into being vegetarian or vegan (while taking B12 and iron sups at least), or not.

OK, so I have 1 egg a week, some cheese each day, and 42 grams of meat a day, that is 1.5 oz f of meat. And for beef, according to this article, this contains "7 grms of protein in each ounce (28 grams) of steak" so that means my protein input is about 10 grams 'per day'. This is radically less than the 30-50 grams a day recommended in this article. But it works for me. I read Dr. M's health articles with great interest looking for ideas (think cronometer) and test things out in the laboratory of my own experience. Thx

Reply | Mark as Spam | Posted On 4/10/2022 9:07:42 AM

Like Dislike

BicycleBoy
Joined On 6/26/2007 12:32:23 AM
Add as Friend | Send Message

30-50g per meal x 3 meals / day. You are extremely under Mercola's recommendation.

Mark as Spam | Posted On 4/10/2022 9:55:48 AM

Like Dislike

davevarga
Joined On 6/23/2009 9:43:27 PM
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Yep bicycleboy, thx corrected: should have said 30-50 grams protein per meal. = so that is 90-150 protein grams a day. Since 4 grams beef = 1 grm protein, this article is reco 360-600 grams of (say beef) a day. And keeping in mind 454 grams = 1 pound. That’s a whole lot of meat per day… I’ve been doing well on 42 grms of meat a day = 10 grms of protein a day. As I mentioned I know some vegans that eats zero meat or animal products a day, and they thrive. I am certainly not one of them. My point is we each have our own range of assimilation and digestion abilities.

Mark as Spam | Posted On 4/10/2022 10:36:04 AM

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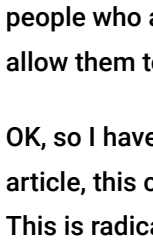

ono4884
Joined On 11/26/2013 3:31:40 AM
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I’m 65 and despite at the beginning resistance training looks interesting and motivating after you reach a plateaux it gets extremely boring. Keep you walking cardio that never gets boring 😇

Reply | Mark as Spam | Posted On 4/10/2022 7:50:02 AM

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