The 4-Hour Body

AN UNCOMMON GUIDE TO RAPID FAT-LOSS, INCREDIBLE SEX, AND BECOMING SUPERHUMAN

Timothy Ferriss
CONTENTS

START HERE
Thinner, Bigger, Faster, Stronger? How to Use This Book  2

FUNDAMENTALS—FIRST AND FOREMOST
The Minimum Effective Dose: From Microwaves to Fat-Loss  17
Rules That Change the Rules: Everything Popular Is Wrong  21

GROUND ZERO—GETTING STARTED AND SWARAJ
The Harajuku Moment: The Decision to Become
   a Complete Human  36
Elusive Bodyfat: Where Are You Really?  44
From Photos to Fear: Making Failure Impossible  58

SUBTRACTING FAT
BASICS
The Slow-Carb Diet I: How to Lose 20 Pounds in 30 Days
   Without Exercise  70
The Slow-Carb Diet II: The Finer Points and Common Questions  79
Damage Control: Preventing Fat Gain When You Binge  100
The Four Horsemen of Fat-Loss: PAGG  114
ADVANCED
Ice Age: Mastering Temperature to Manipulate Weight 122
The Glucose Switch: Beautiful Number 100 133
The Last Mile: Losing the Final 5–10 Pounds 149

ADDING MUSCLE
Building the Perfect Posterior (or Losing 100+ Pounds) 158
Six-Minute Abs: Two Exercises That Actually Work 174
From Geek to Freak: How to Gain 34 Pounds in 28 Days 181
Occam’s Protocol I: A Minimalist Approach to Mass 193
Occam’s Protocol II: The Finer Points 214

IMPROVING SEX
The 15-Minute Female Orgasm—Part Un 226
The 15-Minute Female Orgasm—Part Deux 237
Sex Machine I: Adventures in Tripling Testosterone 253
Happy Endings and Doubling Sperm Count 264

PERFECTING SLEEP
Engineering the Perfect Night’s Sleep 275
Becoming Uberman: Sleeping Less with Polyphasic Sleep 287

REVERSING INJURIES
Reversing “Permanent” Injuries 294
How to Pay for a Beach Vacation with One Hospital Visit 319
Pre-Hab: Injury-Proofing the Body 324

RUNNING FASTER AND FARTHER
Hacking the NFL Combine I: Preliminaries—Jumping Higher 347
Hacking the NFL Combine II: Running Faster 354
CONTENTS

Ultraendurance I: Going from 5K to 50K in 12 Weeks—Phase I 367
Ultraendurance II: Going from 5K to 50K in 12 Weeks—Phase II 386

GETTING STRONGER
Effortless Superhuman: Breaking World Records with Barry Ross 406
Eating the Elephant: How to Add 100 Pounds to Your Bench Press 424

FROM SWIMMING TO SWINGING
How I Learned to Swim Effortlessly in 10 Days 434
The Architecture of Babe Ruth 444
How to Hold Your Breath Longer Than Houdini 453

ON LONGER AND BETTER LIFE
Living Forever: Vaccines, Bleeding, and Other Fun 460

CLOSING THOUGHTS
Closing Thoughts: The Trojan Horse 471

APPENDICES AND EXTRAS
Helpful Measurements and Conversions 476
Getting Tested—From Nutrients to Muscle Fibers 478
Muscles of the Body 483
The Value of Self-Experimentation 484
Spotting Bad Science 101: How Not to Trick Yourself 491
Spotting Bad Science 102: So You Have a Pill . . . 501
The Slow-Carb Diet—194 People 505
Sex Machine II: Details and Dangers 511
The Meatless Machine I: Reasons to Try a Plant-Based Diet for Two Weeks 520
The Meatless Machine II: A 28-Day Experiment 536
BONUS MATERIAL  550
Spot Reduction Revisited: Removing Stubborn Thigh Fat
Becoming Brad Pitt: Uses and Abuses of DNA
The China Study: A Well-Intentioned Critique
Heavy Metal: Your Personal Toxin Map
The Top 10 Reasons Why BMI Is Bogus
Hyperclocking and Related Mischief: How to Increase Strength
10% in One Workout
Creativity on Demand: The Promises and Dangers of Smart Drugs
An Alternative to Dieting: The Bodyfat Set Point and Tricking the Hypothalamus

ACKNOWLEDGMENTS  551
PHOTO AND ILLUSTRATION CREDITS  553
INDEX  555
TIM’S DISCLAIMER

Please don’t be stupid and kill yourself. It would make us both quite unhappy. Consult a doctor before doing anything in this book.

PUBLISHER’S DISCLAIMER

The material in this book is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the diet, exercises, and techniques described in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.
Cosmetic Fat vs. Evil Fat: Understanding and Measuring Visceral Fat

Think fat is just a pinch on the skin? Think again. The above MRI of a 250-pound woman, compared to a 120-pound woman, shows the large fat deposits around internal organs. The undigested food is a reader-gagging bonus.

Ever wonder how some people, especially older men, can have beer bellies that seem tight as a drum? Distended abdomens that seem like muscle if you poke them? The answer is, to put it bluntly, disgusting: rather than fat under the skin, it’s fat around internal organs that presses the abdominal wall out.

One big issue with skinfolds and ultrasound is that they can only directly measure subcutaneous fat (under the skin) and not what’s called visceral fat (around the organs).

This article explains a low-tech method for estimating the latter, which is particularly important for those over 25% bodyfat or middle-age or older.

The following was contributed by Michael Eades MD and Mary Dan Eades MD.

Recent research has given us a new measurement that found its genesis in CT scan technology. The measurement is called the sagittal abdominal diameter (SAD), and it’s been shown in studies to be one of the best clinical correlates of visceral fat and a good predictor of health risks, including the risk of sudden death in men, even those of normal weight.

Fortunately, we can easily get a handle on what’s inside.

Measuring Your SAD
In the research lab, scientists use a device called a slide beam abdominal caliper to measure the SAD of their subjects. You can make your own homemade version of the device by using a pair of yardsticks or 18-inch rulers. It’s helpful, though not required, to have a second person assist you in making the measurement.

**Here is the process:**

1. Lie on the floor on your back, knees drawn up, with feet flat on the floor.
2. Lay one yardstick or ruler across your abdomen at what appears to be the widest point between the bottom tip of your breastbone and your belly button.
3. Stand the other yardstick or ruler on end beside your abdomen, with the 0” end on the floor and in a position where the ruler can abut the end of the level ruler laid across your abdomen.
4. Read the height measurement (in inches) where the bottom of the ruler lying across your abdomen hits the vertical ruler.
5. This number is your Lying SAD (L-SAD).
6. Now stand up against a wall, with your heels far enough from the wall that you can press your lower back flat against the wall. Do not suck in your abdomen. Relax normally.
7. Place one ruler with its 0” end against the wall at your side at the new widest point of your abdomen between the tip of your breast bone and your belly button.
8. Place the other ruler flat across your abdomen at about that same level.
9. Try to hold the rulers in place gently, without pressure.
10. Read the number on the ruler at your side, where the ruler across your abdomen meets it. Try to keep the two rulers perpendicular to each other to get a more accurate reading.
11. This number is your Standing SAD (S-SAD); record it next to your L-SAD.

The greater the difference between your standing and lying SAD measurements, the more likely it is that most of the middle-body fat is subcutaneous (SAT) fat—i.e., mainly stored in the outer tube. The closer the two readings are, the more likely it is—with the exception of athletes and the extra-lean—that there is a significant amount of visceral (middle-body) fat stored in and around the vital organs within the abdominal cavity. This is the fat most dangerous to your health.

The good news is that, on the right dietary scheme, middle-body fat, which is much more metabolically active, can disappear very, very quickly.

One paper from the *British Journal of Radiology* shows just how quickly. The authors used MRI imaging to measure the liver fat of 10 people starting a low-carb diet who had excess liver (visceral) fat. Five of the subjects lost significant amounts of liver fat in just *three days* after correcting their diets. All of the subjects lost significant amounts of fat from their livers within 10 days.

Visceral fat is unforgiving, and far more sinister than a little extra on the waist. It can kill you.

Get on it.
Tim Ferriss’ New Book

The 4-Hour BODY

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TIMOTHY FERRISS

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