

CasePerformance

June Newsletter

Part II



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I. Leading Off...

Hello,

Glad to see that you're tuning into Part II of our newsletter! I hope you enjoyed [Part I](#) which featured an interview with athletic physical preparation coach, Michael Zweifel, who shared with us his background, importance of developing global athletic skills (vs. early specialization) as well as his thoughts on assessments and training for sports – what factors come into play? Following the interview we got to Rebecca Gerdon's CP community member performance discussion, *Fine Tuning the Olympic Lifts – No Hands No Feet Snatch*. In it, Rebecca discusses how implementation of the No Hook No Feet Snatch can help "tighten" your form when fine tuning your Olympic lifting movement skills!

Shifting gears a bit, we're proud to bring you Part II of our June '14 newsletter. We kick things off by taking a quick peek at some article news here at CasePerformance & partner sites. We then move on to our CP Performance Discussion, *Intermittent Fasting – Hype, Hope or Something In-between?* Finally we conclude with our SuppVersity Corner Report. Enjoy!

Respectfully,

Sean Casey

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II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we **DO NOT** litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or those pinching pennies.

The Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[**CLICK HERE**](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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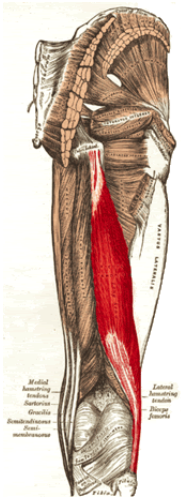
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III. Article News at CasePerformance

Top Read Article in May here at CasePerformance...

Rehabilitating Chronic Hamstring Strains



Once again, rehabilitating hamstring strains was a popular topic at CasePerformance during the month of June...

Hamstring strains are one of the most frustrating injuries for athletes to suffer. It seems that once a hamstring is injured, it's likely to be injured again within a couple of years. In a recent study, it was shown that even when pain-free, previously strained hamstrings lack strength/power during eccentric muscular contractions. In addition their range of motion is limited during hip flexion. Amongst other things, In order to combat this problem, I recommend including more Single Leg Romanian Dead Lifts (SLRDL) into your exercise program.

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IV. Article’s on Partner Websites

During the past month, I (Sean Casey) have contributed one article to the following website:

[Nucleo: Nutrition Research & Exercise Physiology Blog](#)

* This is a great site for those looking for "quick hit" articles. During the past month I contributed the following one "quick hit" article to this website:

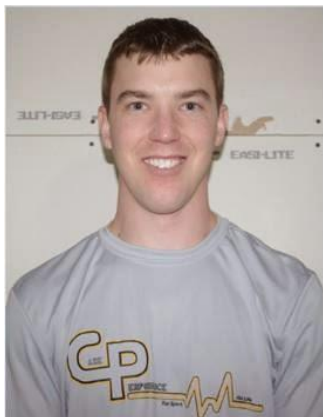
[Tennis Elbow – Getting Rid of that Pesky Elbow Pain!](#)



Has Tennis Elbow gotten in the way of your outside activity plans or gym performance? If so, be sure to check out this article which examines how to rid yourself of this pain such that you can get back to doing what you do best – Enjoying life!

During the past month, I (Sean Casey) was also interviewed by [Building Better Athletes:](#)

[Talking Sports Nutrition With Sean Casey](#)



“If your diet looks like it was designed by an Oompa Loompa at Willy Wonka’s Chocolate factory we have issues.”

To find out more about my thoughts on nutrition, I encourage you to check out the full interview. Topics covered include...

- 1) My approach to evaluating one's nutrition
- 2) Food as Medicine
- 3) Favorite Supplements
- 4) Influences

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Iron Radio Live At ISSN Conference



From Left to Right: Dr. Lonnie Lowery, Dr. Mike T Nelson, Korey Van Wyk, Sean Casey

In June I attended the annual International Society of Sports Nutrition (ISSN) Conference. Similar to last year, I will do a full write-up of the events and should have them completed during the first week or two of July. (FYI – For those interested, here are [Part I](#) and [Part II](#) of 2013's Conference). However, if you can't wait till then, I share with you the [Iron Radio Podcast](#) that was filmed live there. It was hosted by Dr. Lonnie Lowery and featured Dr. Mike T Nelson, Korey Van Wyk as well as myself.

Strength Guild Premium Content

CasePerformance contributor Phil Stevens is hosting “[Strength Guild Premium Content Interviews](#)” over at his personal website, Strength Guild. In these Premium Content Episodes he sits down with the best coaches & athletes in the world and asks them question everyone wants to know... How's/why's/what's from the top in the field. Along with the one hour audio file you will also receive a PDF of a program, tips, tricks, or advice you can implement as a coach or athlete. Each “Premium Content” episode is available for < \$1 and **NO I DO NOT RECEIVE ANY FINANCIAL KICKBACK** if you decide to order.

During the past month these [premium content episodes](#) were released:

* Ed Coan

* Jim Wendler

* Dan John

* Matt Vincent

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VI. CP Performance Discussion

Intermittent Fasting – Hype, Hope or Something In-between?

By Sean Casey



Figure 1. Does this whole intermittent fasting thing have you confused? Image Source.¹

Intermittent fasting (**IF**)... over the past few years, outside of maybe the paleo/ancestral and low carb diet (both of which could still be IF), has there been an eating strategy that has caused greater discussion amongst those hanging out at the post workout smoothie bar? I'm sure I'm not the only one who has heard comments ranging from *"Hey, if you really want to get shredded quickly, this IF stuff works great...My cuts have never been better... I only add "lean mass" now when bulking"* to *"Everyone knows your metabolism will crash if you don't eat every 3-4 hours... Small, frequent meals for the win baby!"*

With such a wide variety of opinions, who is right? Is IF the best thing since pre buttered protein spiked pancakes OR is it simply another overhyped diet promoted by contrarians who have nothing better to do with their free time then go on self imposed 12-24 fasts all in the name of chiseled physiques?

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What defines Intermittent Fasting (IF)?

Good question. IF has taken on 100 different protocols (ok slight exaggeration). I've seen 24 hr fasts 1 day/wk, every other day fasts, 16/8 plans (fasts 16 hrs/day; eat for 8 hrs), as well as sun-up till sundown fast similar to what practicing Muslims do during the month of Ramadan.

Is there any merit to Intermittent Fasting (IF)?

The concept of IF is rather interesting. It's based around the idea that our body is “primed” for fat burning during the hours after our body has fully processed and assimilated our last meal. When one enters a ‘fasted state’ following a meal will vary depending on the composition of it. For your typical mixed meal, we're usually looking at ~ 6-8 hours of being in the “fed” state before entering a ‘fasted’ state.

“...few show any significant differences in metabolic rate regardless of meal frequency”

Interestingly enough, the concept of IF goes against everything I was taught while going through my University studies during the mid 2000's as well as popular press at the time which promoted the "small frequent meals every 2-4 hours" approach for weight and fat loss. These recommendations were mostly based off the idea that the body would go into starvation mode, causing your metabolism to plummet if one wasn't continuously "*stoking the metabolic fire by adding more fuel to it*". However, if you look at well controlled metabolic studies, few show any significant differences in metabolic rate regardless of daily meal frequency.² On an ironic note, for people making poor food choices, this “small frequent meal approach” also meant walking around with elevated insulin levels all day – YIKES!

From a body composition standpoint, fasting, in particularly alternate day fasting has been beneficial in overweight/obese populations with regards to reductions in fat mass while maintaining fat free mass.³ It's also been shown to improve markers of CVD in obese populations.⁴ To date though, few studies have looked at the effects of IF on body composition changes, markers of health, etc, in normal weight individuals. There have been a few different studies looking at healthy athletic populations during the Islamic holy month of Ramadan. For instance, Trabelsi et al. found that 16 male bodybuilders failed to experience any changes in body composition over the course of the 30 day Ramadan time period.⁵ This occurred regardless of if they trained in the fasted or fed state (4-6pm following day fast or 9-10pm following evening meal). For reference macro's & kcal stayed relatively the same pre vs post.

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From an athletic performance standpoint, few studies have examined the issue. Most of the current literature examining athletic performance in Ramadan participants notes either a lack of change or decrease in performance.⁶

Don't get lost in the "Re"-search... It's the "Me"-search that counts!

As with everything, one's personal experience, not necessarily what some study shows, is the ultimate “proof” to the effectiveness of a given protocol as it relates to *that* individual ([“Re”-search leads to “Me”-search](#)). Anecdotally, with respect to leaning out, A LOT of trained individuals have had great success using IF approaches. That cannot be denied. In regards to ball/team/speed/endurance sport athletes, I haven't used it with any athlete nor have I talked to anyone that has; I personally don't think it's the best approach in these situations, especially if working out multiple times a day where psychological and physical recovery between sessions is an ABSOLUTE must ... and fasting be damned, this means food!

Personally, I've also played around with various fasting protocols (16/8 daily fast or 24 hr fast 1 day/wk) just to give myself an idea how it feels, etc in order to better assist those completing [nutrition consults](#) with me (so that I'd have a place of reference when talking with them). Before I share my experiences, it's worthwhile to mention my activity background with you...

I am an elite world class athlete. Ok, I'm pulling your leg; my formal athletic career is in the past and right now my physical activity includes lifting weights 3-4x/wk; 0-2x/wk of HIIT, getting >20 minutes of low intensity cardio/day and remaining 1/2 active while working with others. Additionally I don't count macro's/kcal 365 days/yr, but do “spot checks” here/there if I'm not experiencing results.

With that as a backdrop, I found that longer fasts (>16 hrs) caused my mood and or energy levels to crash more often than not. Sixteen hour fasts worked fine from a mood/energy level standpoint, but I really didn't notice any significant change body composition wise.

My Current Approach

During the ~ 16 months, I've done a 'relaxed fast.' This includes ~12-13 hr fasts 6 days/wk (ex - 8pm to ~ 8-9am) and then one 16 hr fast 1 day/wk. On that longer fasting day (Sunday - a non-workout day) my first meal will be a more protein/fat

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based meal followed by meals higher in carbohydrate later in the day. Like I said - a ‘relaxed fast’ which gives my body a chance to “clean the metabolic pipes” a bit to help with insulin sensitivity, etc, and potentially, slightly enhanced fat burning state vs. the small frequent meal approach.

Should You Fast?

I’m sure this is the question that most of you are still wondering at this point. Is this a legit strategy that you should implement in order to achieve your goals? Well, the answer to that question varies based off what your goals are...

For those looking to maximize gains in lean mass and/or participating in sports, I’d say implementing an intense fasting protocol similar to the aforementioned ones (i.e. - >>> 10-12 hrs) has failure written all over it. I already discussed the sport aspect above. From a muscle building standpoint, upon waking, I recommend distributing your daily protein (and other appropriate macro’s) needs over meals spaced every 3-4 hours in these pursuits.

If you’re looking to get the flat stomach you’ve always dreamed of, but not necessarily concerned with actually adding lean mass, it is a viable option. I have not seen anything to indicate that you’ll lose significantly amounts of lean mass if doing it intelligently.

“... it’s foolish to impose a diet on yourself that you HATE doing!”

If you are contemplating a fast as a means to lose fat, the other factor to consider is your personal dining preferences. Based off my experience working with others, some people seem to do better controlling overall food intake with multiple smaller meals throughout the day whereas others prefer a few larger meals with a longer fasting period. As I’ve mentioned elsewhere, the best diet is the one you CAN and WILL follow. Since neither has proven to be clearly superior to the other, it’s foolish to impose a diet on yourself that you HATE doing!

They both can work! Thus choose the one that works best in YOUR life.

Bottom Line

During the past 10 years, intermittent fasting has seen a sharp rise in popularity amongst those looking to lean out. To date, I’ve yet to see clear evidence of one being superior to the other with respect to cutting fat. Thus, going back to our original question “*Intermittent Fasting - Hype, Hope or Something In-between?*” I can only conclude one

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thing - As with most things, if intermittent fasting is right for you all comes down to personal goals as well as a little ME-Search!

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IV. SuppVersity Corner Report!



[SuppVersity](#) is one of my favorite sites. It's run by my friend [Adel Moussa](#). One of the things we do on the CasePerformance [FACEBOOK](#) page is highlight one of their excellent posts each week. In case you missed any of them...

Week of June 2nd – June 8th

[Natural BB Contest Coverage 2.0: Linear Weight Loss \(15.3 kg\), Minimal Lean Body Mass Loss \(8.8%\) on a 26-Week Contest Prep That Ended At 7.4% Body Fat as A New Pro](#)

CP Quick Thoughts

For those who like an “inside look” at a bodybuilders dietary strategy, this SV post of the week is for you.

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Week of June 9th-15th

[SuppVersity World Cup Special: What Football Can Do For Your Health & Performance Now & As You Age - It's Better for Heart & Bones \(!\) Than Lifting](#)

CP Quick Thoughts

We respect sport here at CasePerformance. What's the biggest sport in the world? Soccer.... And what is the biggest event in Soccer? That's right – The World Cup... How could we choose any other article to feature this week?!

Week of June 16 -22nd

[Melatonin As Potent as Letrozole in Inhibiting Aromatization of Testosterone to Estrogen - This Raises the Question: Is a Lack of / Bad Sleep to Blame for Breast Cancer?!](#)

CP Quick Thoughts

Ladies listen up; In case you don't have enough reasons to get your beauty rest at night, here's another – it may decrease your risk of breast cancer.

Week of June 23- 29th

[Want to Double Your Gains? Get a Trainer to Kick Your Lazy Ass, Periodize & Personalize Your Workouts & Off Times!](#)

CP Quick Thoughts

Not much to add here EXCEPT make sure your trainer actually knows what they're doing. For help in choosing one, I refer you to the CasePerformance article, [Where Art Thy Good Trainers](#)

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That wraps up this CasePerformance newsletter. Thanks for being a part of the team. We look forward to hearing your feedback on anything and everything so drop us a note on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)