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AI's Corner

Everything you've always wanted to know



**The Truth
Is Out
There....**

**Greetings and
Salutations Fellow
Snowmobiling
Enthusiasts**

**PREPARE TO HAVE YOUR
MIND EXPANDED...**



THE FIRST WEALTH IS HEALTH ****Weight**** Years ago, I was an over-the-road truck driver. I gained 30 pounds and was pretty out of shape. One night I was listening to a radio show, and this woman proclaimed that weight gain really wasn't all our fault. Apparently years before, around WWII, the military did a study to see how many calories the average soldier needs to be able to perform combat operations. It was determined that the number of calories was 2000. (2000 calories looks like 3 small meals per day, 2 medium sized meals per day, or one large meal per day.) However, that doesn't bode well for the average person. These soldiers were young, carrying a 60 pound ruck sack, a weapon, canteens, ammo pouches, hand grenades, a steel pot on their heads, full battle dress uniform, and marching 12 miles per day. I'm thinking not many of us have that lifestyle, yet all of our nutrition tables are "based on 2000 per day". The average sedentary American needs far fewer calories to maintain weight. I did my own experiments while truck driving, going out a month at a time, and coming home and weighing myself. I consumed 800 calories a day and i continued to GAIN weight. At 700 calories a day, I maintained my weight, and finally, at 600 calories, i started to lose some weight. I was able to lose 60 pounds sitting in a truck, and it took about 2 years. If you haven't guessed, 600 calories is pretty much smelling food, and that's about it. I can make you two promises. Promise 1: There is a caloric number out there, where you can be healthy thin, regardless of your thyroid condition, or anything else. Promise 2: That caloric number is depressingly low, possibly shockingly low. Our bodies are quite efficient, and that's a fact. A good rule of thumb is to drop 100 calories per day, per decade of life. That will help you maintain weight. Every successful diet out there, counts calories, every single one. They may use a points system, or keto, or Atkins, but it's all about cutting out high calorie foods, and ingesting low calorie foods. Cutting calories works, how they dress it up is irrelevant. If you burn more calories than you ingest, you will lose weight. But Al, i don't want to be hungry all of the time. Well, nobody does, but you can't let your feelings or your hunger dictate and control your life, you have to use MATH, and stick to it regardless of how you feel. Follow the math, and you will win. First: CONSULT YOUR DOCTOR BEFORE YOU BEGIN ANY DIET OR EXERCISE REGIMEN. Next, if you are deemed healthy enough for a diet, find your daily caloric number. It's probably going to be in the 600-900 range. You've heard of people that drop to 1200 calories a day, and don't lose weight. Somehow, 1200 calories is supposed to be some magic weight loss number...Well, the reason people don't lose weight eating only 1200 calories per day, is because it's DOUBLE the amount you really need. Word of caution: Make sure you are still getting proper nutrition. 700 calories a day is NOT much food. Start taking the best vitamins that you can afford. I personally like the vitamins that are high quality powdered vegetables. Either way, get your nutrition, GOOD LUCK, and obey the math!