

The Effects of Reintroducing Carbohydrates & Salt into a Very Low Carb Paleo Diet

Winslow Strong



Quantified Self

Quantified Self Europe 2013
Amsterdam, 2013.05.11-12

- Best practices in diet?
- Who knows?
- Self experiment to find out

Moderate Carb reintroduction began 2012.10.14.

Prev 9m Very low carb: 50g carb/d, 30g fiber/d = 20g net carb/d

All 2012 Exercise: 3 days strength training (1hr weights each) + 3-4 days jogging (20m-40m each) per week.

All 2012 Mostly **Paleo diet**: whole-foods based, no grains, no legumes, little dairy.

June-Present **Intermittent Fasting** (IF): eat between 12:00-20:00 only, daily.

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My Health Dissatisfactions

- Since the spring, unreasonably tired near bedtime. Didn't usually wake up feeling refreshed. Sleep quality not great.
- Overall not satisfied with my energy levels. Mediocre.
- Blood pressure of 144/92 mmHg on 2012.09.27
- Wanted to make faster progress in strength⇒need to gain weight more easily.
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Prescription: Carbohydrates and Salt

A [prescription](#) (from Matt Stone@[180degreehealth.com](#)) for raising metabolism & body temperature and lowering stress hormones:

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- Increase carbohydrates
- Increase calories
- Reduce fluid intake

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On 2012.10.22, I started a carbohydrate- and calorie-cycled diet (à la LeanGains.com):

- Strength training days: 600g=2400cal carbs, 200-250g protein (increase from my usual of 150-200). Total calories=4400.
- Other days: 150g=600cal carbs, 200-250g protein. Total calories =2850.
- I ate salt *liberally*. ~ 5g Na /day.
- Carb sources: sweet potatoes, potatoes, and white rice.

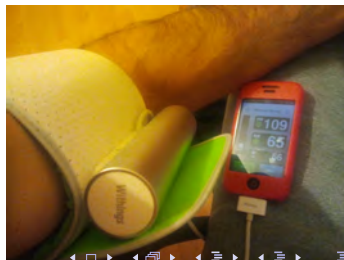
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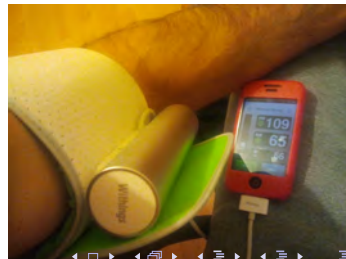
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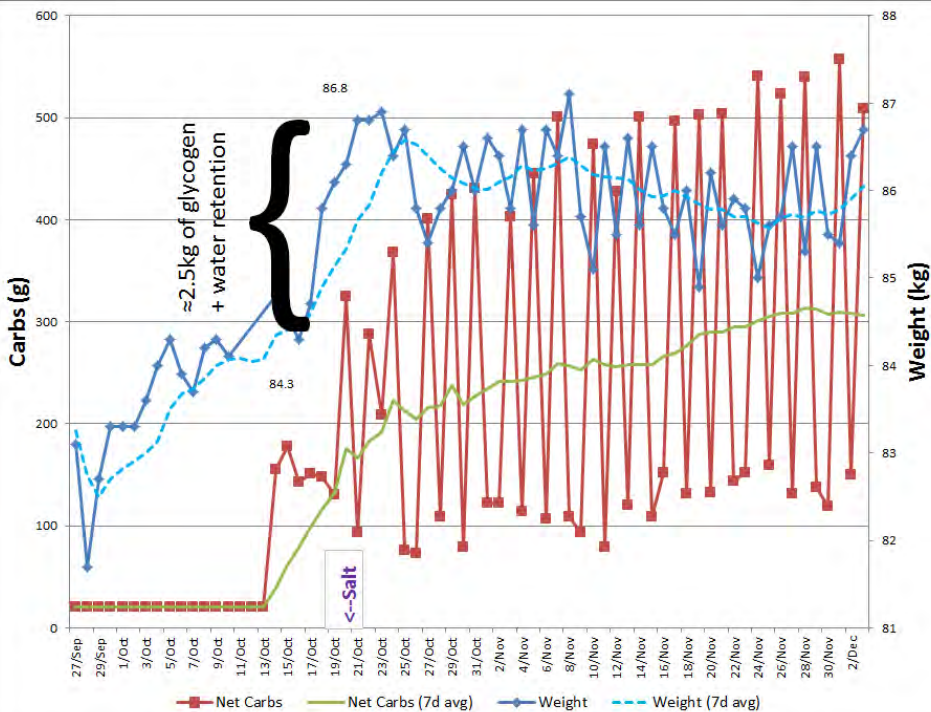
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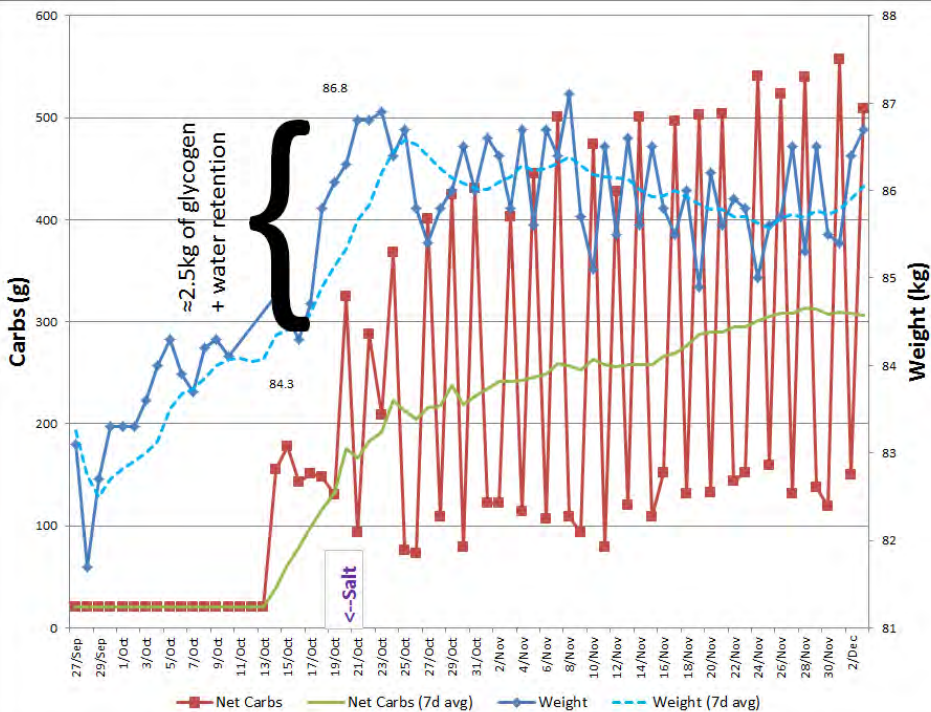
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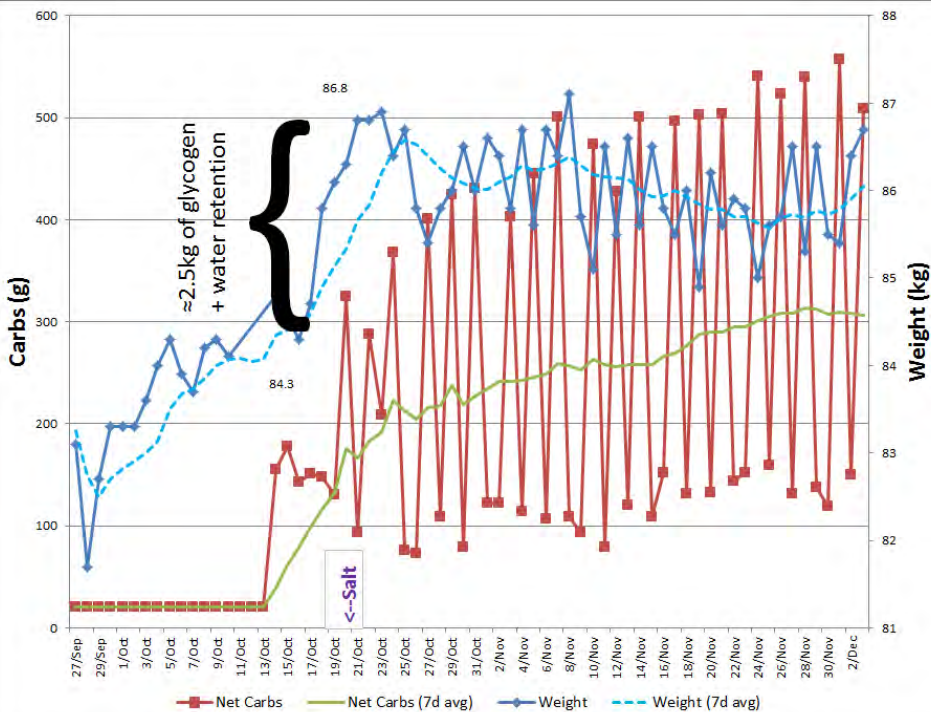


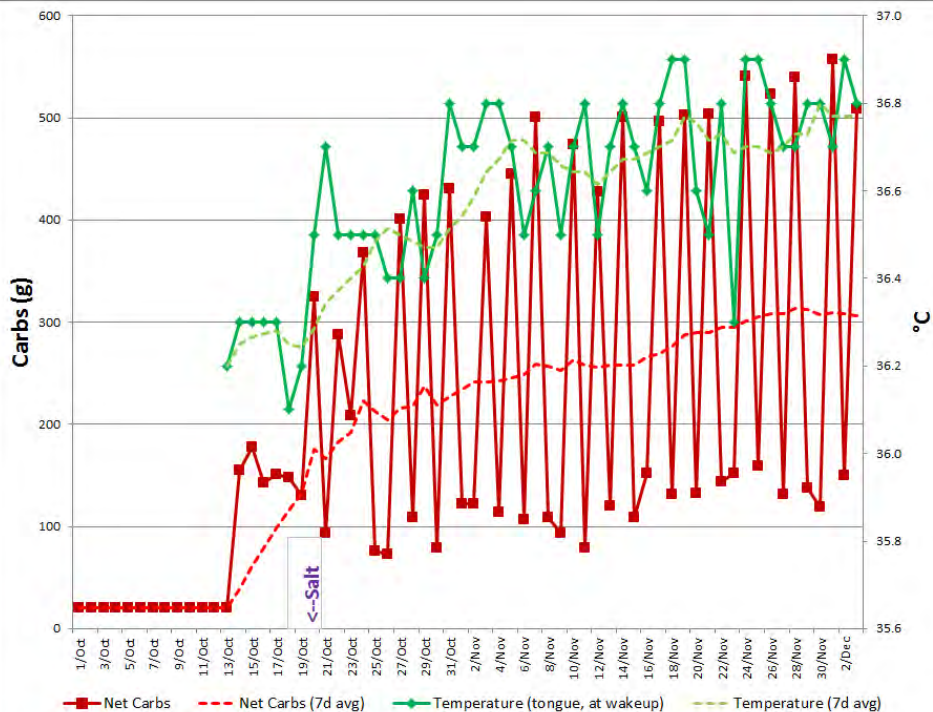
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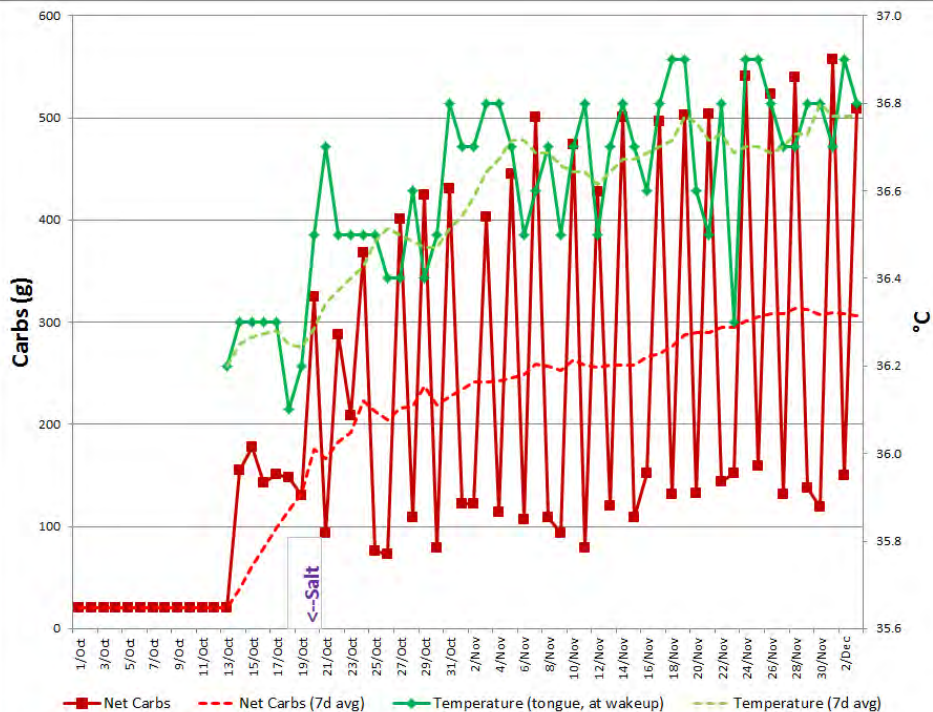


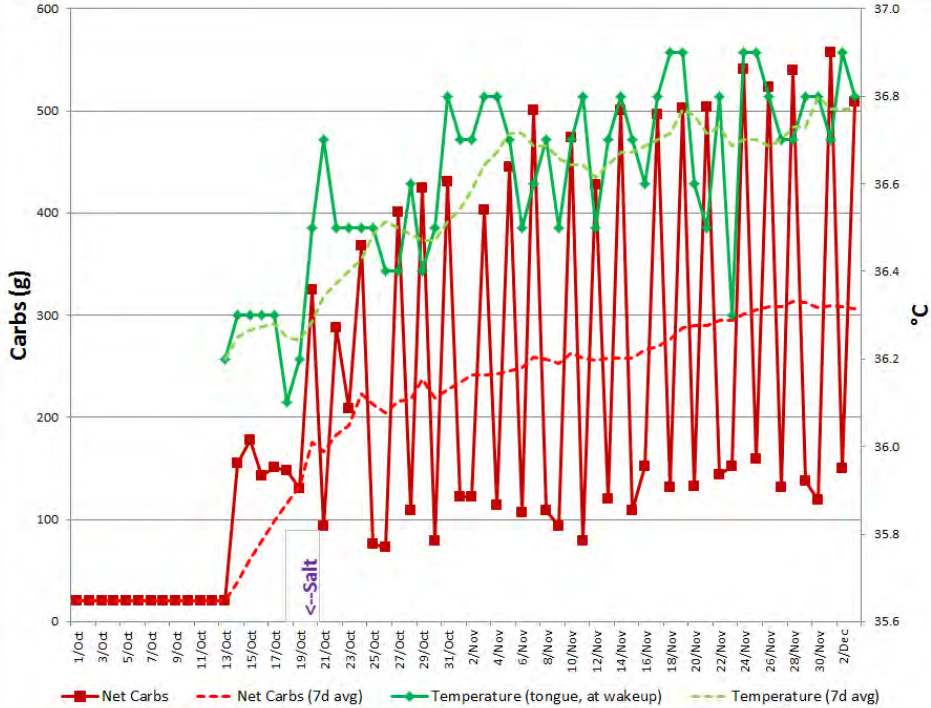


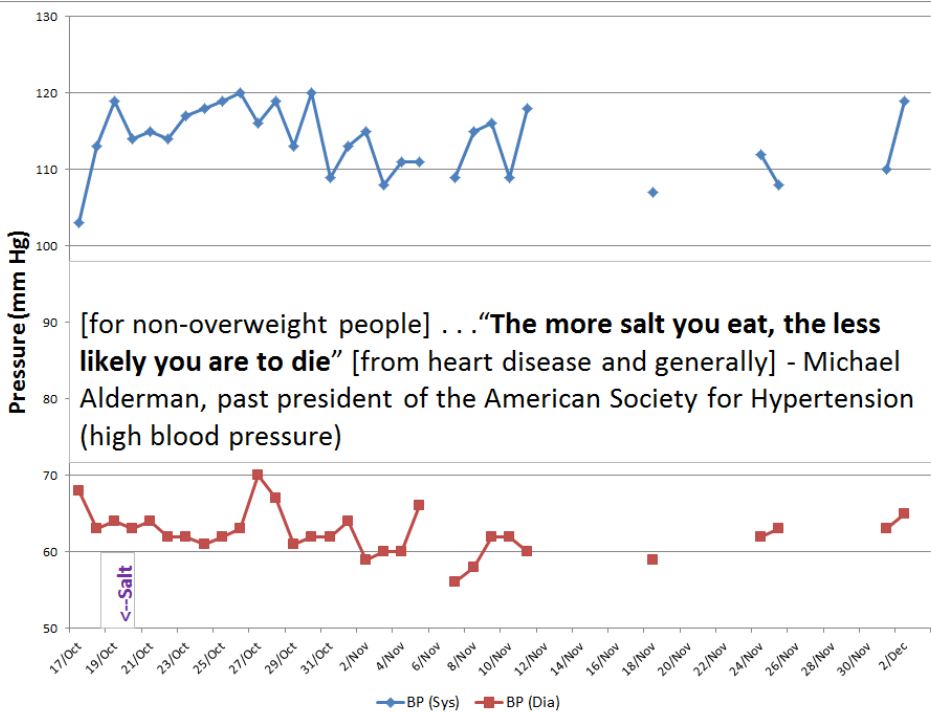


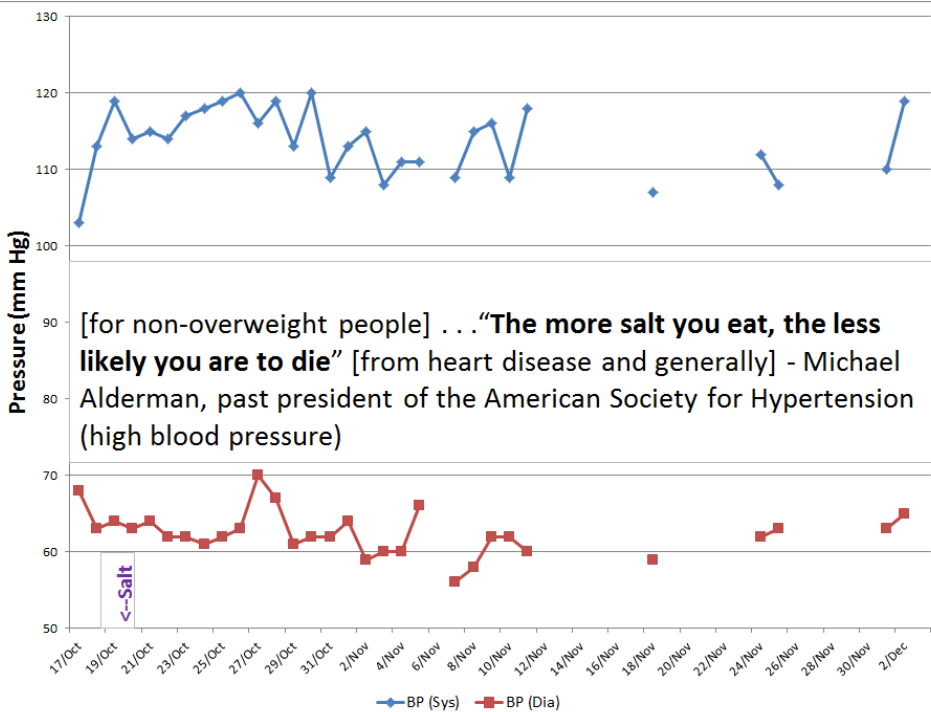


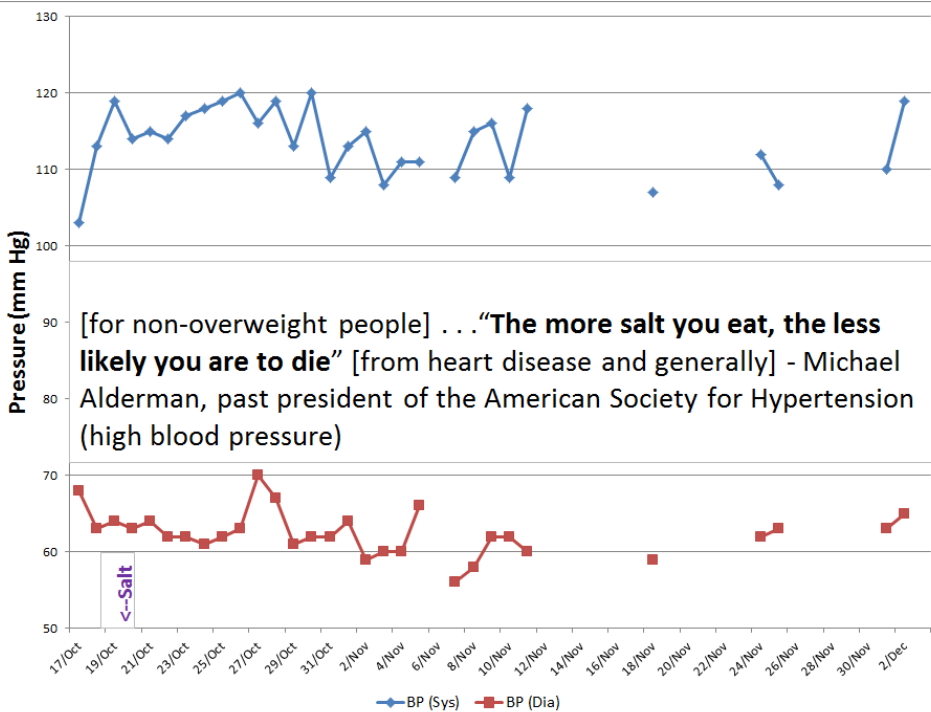












What I (Think I) Learned

- I feel better eating more than a little bit of carbohydrates+salt:
 - More energy in general, especially for workouts
 - Not exhausted at bedtime, but can usually fall asleep just fine
 - Feel more relaxed, especially 1-3hrs after carb meal
- Tracking nutrition is a powerful but costly tool for experimenting with your diet. Use it to develop intuition for food quantities, then stop.
- Body temperature is a great quantification tool for well-being.
- Listen to your body! A gradual drift of "normal" occurs over time. Be watchful and track health and wellness metrics.

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- Blood glucose
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- Sleep (Zeo)
- Subjective self-reported well-being

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Just finished a 25 day vegan self-experiment.

I tracked many more things.

I blog about QS, Health, and Performance

<http://BiohackYourself.com>

