

A printable pdf version of this newsletter is at:  
<http://davedraper.com/pdfs/irononline282.pdf>

You'll also find Dave's column online at the link below.  
<http://www.davedraper.com/go4x.mvc?ID=Current>

- - - - Wednesday, January 19, 2005 - - - -

- 1 - Draper here... About the Decadent Tuna and Water Diet
- 2 - Laree here, taking over with Draper news...

- 1 - Draper here... About the Decadent Tuna and Water Diet

I'm beginning to get my stride after stumbling off the starting block nearly three weeks ago. The eruption that is the holidays is a neatly cataloged memory now and our attention has returned to the typical things of today and tomorrow. We're back to the same ole', same ole': life, liberty and the pursuit of happiness; work, bills and worldly woes; workouts, diet and getting lean. Thank God we're optimists -- the days are welcome and the future bright. We have iron in our blood and our bodies are blast furnaces. We're hot and we cook, we're strong and we build.

As I write I try to recall the quality of my training and physical condition at this time last year. Try it. It's a revelation. My routine, I'm sure, hasn't changed much since a year ago. I mean, every day my training is slightly different: another breakthrough, another step back, a new innovation to accommodate an unexpected limitation; some unique exercise combination to maintain interest while challenging my muscular system with a pounding. I've stepped forward in my shoulder and chest training, indicating my wrists and elbows are healthier than ever. My knees took a beating last fall from some heavy squatting, so you'll not hear me brag about setting lower body records anytime soon. You can call that a painful step back -- from which I shall step forward, I promise. Curling is up and I resurrected some old exercises for tris and delts offering them new life. Overall, a good year and the body feels super.

You caught me on a good day. Tomorrow I might be limping and growling like an old bear. Beware of the bear.

My diet is right on. Cheerios for breakfast, hotdogs for lunch and a frozen Hearty Man Dinner for -- you guessed it -- dinner. I like Coke, don't you? We joke. Can you imagine? Most people eat that way, give or take sausage pizza and a few beers.

I am embarrassingly strict: steaks, poultry and fish, plenty of fresh vegetables and fruit, choice dairy products, enough grains and nuts, the wide range of supplements and no junk... unless Clif Bars and bran muffins are considered junk. Get this: no ice cream, no pizza, no cake, no pie or pastry or cookies, no booze and no dope for years. I also have no friends and no life. But, hey, at least I'm miserable.

Joking again. I have Mugsy and Laree!

Now, had I seriously indulged, as some of you might have over the days and months gone by, I would amend the harm done, great or small, by applying the famous Tuna and Water Diet. The delightful menu, devised by Stone Age bodybuilders who grew up in the Dungeon of Muscle Beach, works wonders. I'd then watch the fat melt away and my disciplined nature restore.

You no doubt know the creature about which I speak. It has a life of its own.

For those who intentionally forgot the plan, or have not frequented Hangar X often enough to know the Bomber Basics, let me take the time and opportunity to detail the scheme. You are not the first bomber looking for clarification and elaboration of the tuna and water diet.

The amount of tuna consumed during the tuna and water regimen does not have to meet our daily grams-per-pound protein requirement. The only rule: Ingest no less than 100 grams of protein, regardless of structure and gender. This is, after all, a limited-time diet matched with modified light-weight exercise, possibly including higher-rep and superset training. It offers the restraint and cleansing features of a fast, yet assures the body of clean, efficient protein to grow and go.

The tuna and water eating plan is a healthy and sure way to break the ice in our frigid attempts to lose weight, while retaining maximum muscle mass, muscle energy and strength.

I recommend you maintain your fundamental vitamin and mineral supplementation throughout your decadent and determined T&W experience. Add a slug or two of essential fatty acids to augment the system's critical need for good fat, its useful energy calories and pizzazz.

The strict menu is up for any smart modifications one chooses to make once he or she has established the first critical steps the diet is designed to achieve. The steps are of a mental, physical and physiological nature, and often spiritual and emotional as well. They include:

- 1) The accomplishment of a challenging three-day goal
- 2) The reinforcement and affirmation from realizing a tough commitment
- 3) Overcoming procrastination by finally implementing a restricted eating plan
- 4) Creating healthy habits, breaking unhealthy habits
- 5) Initiating and developing the precious character qualities of discipline and perseverance
- 6) The reality of the plan's physical results -- loss of unwanted weight and the establishment of positive chemistry changes, limited as they might be in the early stages of your journey

The classic application covers three full days consuming as much tuna as you can tolerate in four to six equal portions throughout the day, plus all the water you can drink. Some folks for their own reasons extend the diet for a week or 10 days; others apply the regimen regularly at the beginning of each month. The rigidity and purity of the diet is calculated and a central part of the routine's meaningfulness -- provides order, discipline, challenge and strategy. Call it a test.

"Be strong," is my encouragement, or admonishment, depending on the attending ear. Anything less than strong is, of course, weak. I have a few friends who don't see it that way, but they're having dessert at the moment.

The serious dieter who dares to extend their 3-day T&W trip into an odyssey is wise to supplement the diet with a hefty full-spectrum amino acid formulation. This will further assure tissue building and energy supporting protein needs and supply those amino acids necessary for the completion of the body's numerous foundational ingredients and functions.

Bomber Blend plus water is a smart fortifier to the aggressive musclebuilding and fat-loss plan. But, then, you knew that.

I shouldn't offer you any margins of leeway in your initial days of dieting strictness, but we've been a crew for a long time. Sometime after the 20th can of tuna in a row, our mind and will can play games on us. The cans disappear, we lose the opener, our fingers become strangely disabled; there are the temper tantrums, we forget our name. Try this: Add salsa or lemon juice or balsamic vinegar to your canned tuna. Wow, thanks, Bomber. If you can't look at another can of the nasty stuff, but are bound to continue, sauté a piece of fresh fish in olive oil. Get's the less-valiant warriors through the day.

Once you cross the barren badlands, you can make broader modifications to the diet to suit your needs and desires: Add all the salad you want for the remainder of the week, or bring in some poultry in place of the tuna. After a week of smart eating and strong discipline, low-fat dairy products can be added sparingly to the menu -- cottage cheese, yogurt, milk, eggs. In two weeks some folks will be ready to visit the friendly butcher again for those steaks our muscles crave for growth.

Hi. 50 pounds of bright red meat, please.

The system-cleansing properties of the tuna and water diet are valuable. However, a wider purpose of the restricted menu is to cleanse the mind and spirit of the junk-food and overeating fixations. I'm free! I'm clean! I'm alive! Removing the source of trouble -- garbage and lots of it -- is wise; out-of-sight, out-of-mind works. The sound and tough routine establishes firm footing and sure direction for continued smart and right eating. The three-day investment is significant, its rewards are evident and hope is palpable -- enough to prompt (dare I say, inspire) you to forge ahead with courage and persistence.

How you ease into a more complete eating program, a lifelong plan, depends on a number of factors: how well you responded to the basic three-day diet (fat-loss, energy, well-being, fortitude); your discipline, commitment and vulnerabilities; the company you keep, your physical condition and healthiness; your weight loss needs and goals and so forth. You know what to do; you've come this far, you're motivated by want, need and desire and you possess commonsense. You're in motion. Keep going. Get there.

If that's not enough and you want real knowledge and a fascinating education in how foods and eating schemes effect your hormones, fat storage and muscle growth, read Rob Faigin's popular book, Natural Hormonal Enhancement. You'll be amazed.

Be strong, be smart and forever grateful. Relieving your craft of extra baggage enables easier take-offs, safer landings and longer, more agile time in the sky.

Embrace the wind with wings spread wide.

God's speed... Dave Draper

2 - Laree here, taking over with Draper News...

Before I send you off with links to here and there, I gather from a collection of carefully crafted email messages ("What's up with Dave's Dungeon thing?") there's a small percentage of Bombers winging around who might like to spend their tax refunds on a Draper home gym piece.

Very cool, I say! And could possibly happen. I got the go-ahead a few hours ago to book Dave's flight to Indiana for a weekend at Odis' Torque plant in early February. If I know these guys,

sparks will be flying (literally) and a lot of angle testing and trick welding will keep our California boy warm out there in the freezing middle of this great country.

After that, we should have a much closer delivery and cost estimation. Odis is ready, waiting on Dave, so we'll do our best to put him to work.

Want to see what kind of work the Torque crew puts out? Tap the link below and drool over the unusual training tools produced at Torque Athletic.

<http://torqueathletic.com/>

Winter and summer, Dave and I round out our personal supplement list with a selection of NOW Foods nutrients. Some are hard to find; others are hard to find in a bottle that lasts longer than a month, so we've made our personal selection available in our online store.

Check it out:

<http://www.davedraper.com/go4x.mvc?ID=NOW>

Ya'll did a bang-up job on the Muscle Beach Hall of Fame petition, and it turns out Joe Wheatley, the organizer, has made some gigantic strides toward making this a reality. Can we take another run on the signature collection? If you haven't yet made the trip over to the online petition, we made it to 550 signatures, which is excellent, but since our goal was 1,000, we still need your help. Would you join the charge by clicking the link below and "signing" the online petition, please?

<http://www.davedraper.com/go4x.mvc?ID=MuscleBeach>

The new Bomber tee shirts are great, although we ended up with one wee problem: The colors of the back logo of the black Draper Bomber shirts don't have enough contrast, so we're clearing them out to replace them with new ink colors. Below is the link to a \$10 tee to fuel your blasting -- only hurry, we're out of the XLs and low on size large.

<http://www.davedraper.com/go4x.mvc?ID=ClearOut>

I've done Dave's tuna and water diet a few times, once a year for the past four years, give or take a year. It's tough, cruel even, and I like it. I like the newfound control, and the intensity of it. I makes me feel like an athlete, which I'm not, so that's an unusual and powerful feeling, cool even. And young. I think eating tuna from the can, no frills, feels kinda youthful.

If you can get your head around it, I think you're going to like it -- not the diet, no, not even that! -- but the headtrip... it's really powerful to complete this harsh task, each day takes one through different emotions and thought patterns. The night of day three is pure victory.

In her cookbook, Stella's Kitchen, our pal Stella has a few ideas that jazz up a can of tuna. I've put those in a short download, plus a few swimmer recipes for when it's time to break out of the cold-tuna plan, here:

<http://www.davedraper.com/pdfs/StellasTuna.pdf>

In his article above, Dave recommended Rob Faigin's book, Natural Hormonal Enhancement, to expand on your knowledge of hormones and how our eating controls our hormones, which control everything else. Rob's book is here:

<http://www.davedraper.com/go4x.mvc?ID=NHE>

A luscious way out of the tuna and water diet is a tasty Bomber Blend protein shake. If you don't already have some in your cupboard, you can get it from us (and only from us), below:

<http://www.davedraper.com/go4x.mvc?ID=Bomber>

You can bake with Bomber Blend, did you know that? In fact, Stella is working on a few new recipes for us, which I'll publish here when she's ready. And it's really, really tasty combined with Udo's Wholesome Fast Food, new to our webstore:

<http://www.davedraper.com/go4x.mvc?ID=UDO>

And whenever you're ready to expand on your kitchen time, Stella's got more tuna recipes at her About.com site, here:

<http://bodybuilding.about.com/cs/nutrition/l/bltunapage3.htm>

Laree

[ldraper@davedraper.com](mailto:ldraper@davedraper.com)

<http://davedraper.com>

---

Quick links to support IronOnline

Dave's Top Squat

<http://www.davedraper.com/go4x.mvc?ID=TopSquat>

Dave's TriBlaster bar

<http://www.davedraper.com/go4x.mvc?ID=TriBlaster>

Dave's Bomber Blend whey protein powder

<http://www.davedraper.com/go4x.mv?ID=Bomber>

IronOnline bookstore

<http://www.davedraper.com/go4x.mv?ID=Books>

Super Spectrim, Anabol Naturals, NSP, NOW Foods, Ageless Growth, Udo's, Body Ammo

<http://www.davedraper.com/go4x.mv?ID=Supplements>

If you know people who might want to receive this weekly newsletter, forward them this copy and have them send a blank email to the address below:

[join-davedraper@dd.lyrishosting.com](mailto:join-davedraper@dd.lyrishosting.com)

(c) 2005 Dave Draper