

This was sent to Jordan Wrestling via email, and the origin is from Darla Donley, Owner, Bodytransforia™ Natural Nutrition Center in Lafayette TN. Enjoy!

The Sumo Wrestler Diet

Over 50% of Americans are on this diet and they aren't even aware of it. Let me first explain the sumo wrestler diet. Sumo wrestlers are not a special breed or race of Japanese people. They are people that are scientifically engineered to get fat. Here is how they create a sumo wrestler (see if know anyone who follows this diet):

1. Skip breakfast. By depriving their bodies of food after eight hours of sleep, their metabolic rates stay low.
2. Exercise on an empty stomach. If their bodies have no food, their metabolic thermostats are turned down even lower to conserve fuel.
3. Take a nap after eating. The Sumo secret for gaining weight is that, after eating, they sleep for at least four hours.
4. Eat late in the day. Going to bed with full stomachs means that their bodies must respond to the huge flood of nutrients with a rush of insulin, forcing their bodies to store some of it in the cells as fat instead of in the muscles and organs as nutrients.
5. Always eat with others in a social atmosphere. According to leading researchers, a meal eaten with others can be at least 44 percent larger and with 30 percent more calories and fat.

Scientifically, by eating in this manner, you can create huge weight gain in very little time. Do you know anyone who skips breakfast, skips lunch and eats a huge meal at the end of the day? This process is called end-loading of calories and is the secret behind building a sumo wrestler body style.

To avoid being a sumo wrestler, you must eat breakfast. You must eat within 45 minutes of getting out of bed in the morning. I have a lot of people tell me that they cannot eat breakfast. They have trained themselves not to eat in the morning. I help them work through that bulimic response. That is right, when you go long periods ignoring food in the morning, your body develops a resistance to food. Then when you do start to feed it again, it will have to adjust.

The perfect metabolism-building day is started by eating something high protein/low carb within 45 minutes of getting out of bed. This is where a high protein nutritional shake is excellent and rather quick to prepare in the morning. The next step is to have a small snack about 2-3 hours later (again, something high protein/low carb). At lunch, you have something high protein/low carb. If you are trying to lose weight, a nutritional protein shake is perfect and quick. Mid afternoon (2-3 hours later) is the perfect time to have another small snack (high protein/low carb), eat a sensible meal for dinner/supper. This meal should consist of at least 6 ounces of a lean protein (chicken, lean beef, turkey, fish, etc.). We recommend a serving of proper vegetables and a salad. Avoid potatoes, rice, and pasta as they are almost nothing but high carbohydrate items.

The first thing I do when I meet with a new client is give them a free body mass analysis. The body mass analysis gives us a lot of information as to the client's nutritional needs. We use the lean body mass as our guide to design a program that will best fit the client's needs.

To avoid the sumo wrestler diet, you must EAT. You must eat frequently. Let me explain what I mean when I say eat frequently. This means 6-8 small amounts of food daily.

The best way to start on the road to obesity is to eat large amounts at one time. Here is an example. Let's say your car gets 30 miles to a gallon. You are planning on driving 1,500 miles. You do the calculations and

realize that you will need 50 gallons of gas to get to your destination. You drive your car to the gas station and proceed to pump 50 gallons of gas into your gas tank. However, there is a slight problem. Your car only has 10 gallon tank. 10 gallons go in the tank and 40 gallons overflow onto the ground. The problem here is that your car's gas tank will not stretch to accommodate the four times more fuel that you are trying to give it. On the flip side, your body's fuel tank (called the stomach) WILL stretch to hold up to 7-10 times what it needs. After not feeding it all day, your stomach has told your metabolism to shut down, to store fat and conserve energy. You are now in the fat storage mode. The body stores fat when food is scarce. Once the body starts the storage process, it is very difficult to correct that and convert back to burning calories again.

But, that is okay because you have just gotten out of work and you are starving. You eat on the way home. You eat again when you get home and eat all night long until you go to bed. This is end-loading calories (thus you have the sumo wrestler diet). A lot of people tell me that they cannot eat breakfast and they cannot find the time to eat lunch. My only advice to this group of people is to get used to XXL sizes and pray that you'll be able to keep your health insurance. You may think that sounds mean, but sometimes the truth is not always pleasant. The sizes and weight are just the outward signs of poor health. The real problems are what this type of diet is doing to the internal health of the body.

If you have any questions or comments, please feel free to contact me anytime. Darla Donley, Owner, Bodytransforia™ Natural Nutrition Center, 114 Public Square, Lafayette TN 37083. 615-688-7546.