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Lawrence: Lawrence Neal here and welcome back to highintensitybusiness.com. This is episode 258. Today's guest is returning guest, Ad Ligtoet, my good friend. Ad is a train conductor and training instructor based in the Netherlands, and former MedX therapist for [Keiser Training](#). He also runs his own business, [Ad Ligvoet Training Therapy Nutrition](#) which focuses on helping people restore metabolic health through an efficient and practical application concerning muscle training and nutrition. The exercise program takes place at Ad's private facility and his nutrition counselling is based on the [Bodymed](#) system.

Ad, welcome back to the podcast. Good to chat to you again.

Ad: Hi Lawrence! Thank you for having me back. I'm really excited for this one.

Lawrence: You are welcome. Let's just start with the obvious shall we. How's things in the Netherlands, what's going on with the silly virus?

Ad: Well, like almost everywhere else. I think nobody knows exactly what to do, so politicians do what they have to do, follow each other, tapping each other with constrictions in this case. From the one side, I can understand it. Nobody wants to get blame to not having done things properly. I think they should have done things much earlier so this economic disaster doesn't take place because it's what will happen in the future in my

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opinion, and not only my opinion. I mean, many others are concerned about that too that now they have to act and have almost a lockdown here. I think the real damage of the virus will not be the virus itself but the economic disaster for many people. Lot of depressions, suicides I guess will come in the future. That's all I see it.

Lawrence: Yeah, I agree. We've obviously, I think you posted on the blog about your thoughts about the health care system so you are kind of of the view that if the health care system was fixed before this happened or on the stronger position it may be have to cope with what's going on better in what might have been the situation. Is that how you feel about that?

Ad: Yeah, because the reason why we have this let's call it a lockdown. It's not officially lockdown here but many people are at home. We can leave the houses. We can do our shopping at least for food. Shops are open but nobody will go to a city because all the cafés and restaurants etcetera are close so you can't get anything to drink or like that. It's not fun to be in a city right now I guess. But we have still some freedom but it will be more constricted in the near future. But the reason for this is to flatten the curve. But why do we have to flatten the curve because the hospitals for instance, they can't handle so many sick people. And all this of course is ceiling, but in this case I think the years of constricting health care and how the hospitals work. The virus now does accelerated form show us

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what the problem is – the bottleneck. Now, it's all hands in the air. We have save the hospitals, making sure that there are enough beds for people that area really ill. I understand that's a difficult to work out but the people that are working there are working really hard with risk for their own health and they have families. And so what they did in the past also about the reward from government for instance have never been there as it should be. Now it's an open wound that shows itself. That's how I see it. Did they do their job better under the same circumstances, the same hospitals and same amounts of beds, I think the spread of the virus would be more constricted. And then the economy would run more as it is now and that would in a long term be better. I'm just a train conductor, nobody asks me.

Lawrence: Well, I did. I'm interested in your opinion.

Ad: Okay.

Lawrence: Yeah, I hear you. I don't know what you think about this and maybe this is an unpopular opinion but something I've been thinking about is, you know, we often talk about on this podcast and I guess in the health and fitness internet space. We talk about how there's a huge burden on health care, long before this because there're so many sick people. So many people that are predispose to the big four illnesses that tend to kill most of

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us, neuro generated disease, diabetes, cancer, heart disease. If we were healthier and we had better lifestyles, better exercise, better nutrition that we'd save a ton of money on a global setting and within healthcare, and us may have the capacity to cope with a virus like this, and to cope with the inflow. I mean, I don't know if that's true. I'm not an expert on healthcare systems. But what you make on that? Do you think there some truth to that? Is it because it's already overburdened, right, so they can't take on extra load?

Ad: That's for sure. To make it clear, I'm not a health expert in that context neither. As I told you, I see it as open wound and the coronavirus is really mixing in it. And you're correct. I mean, people are getting sicker and sicker over decades now. Actually, what I see is that... Let me tell it this way. Not everyone that is sick in a metabolic sense is his own fault, but for the most it is. They are now more vulnerable to catch the virus and or not to deal properly with it. They got more sick, they go to the hospital. And then you have the category of people, let's say, above 80. Sick or not they also in a high category of people that can catch the virus and die from it. But see I have a problem with the fact that the people that are in their 40's, 50's or 60's and all has live like only party, eating. Let's call it a bad lifestyle and now they're whining because they're at risk, and they also lay in the hospitals. Maybe if this goes on, the medical staff has to make decisions. Do we treat a younger person who live that bad lifestyle or do

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we help older people? And the older people are mostly at that high risk that they won't survive. I'm glad that I don't have to make these choices but the choice is somewhere will have to be made in the near future. But the problem I have with it is these older people, they had paid for the healthcare for their whole life. And now it's time to collect so to speak, and then probably the choice will be made to let die the older people and let's see that we help the younger ones. The younger ones that had by choice a bad lifestyle. That's what I have a problem with. We all pay the price for it now because the people that made their choice over the years to live a healthy lifestyle by that probably, I say probably, got less risk from the virus. Maybe just like a normal flu and we can stay at home because we are healthy and stronger for the most part. We also have to pay in economic sense the price. I don't think that people will teach a lesson from this because if this is over many will think, "See, we better party on because life can be really sort." I don't think it will change anything in the respect. But that's the problem I have with it. We have to make a choice, but not us really, but the medical staffs in hospitals. Not enough beds, not enough ventilators, what do we do with the old people or the young people? And if you had paid your whole life in medical care and they put you aside and let you die, I have a problem with it.

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Lawrence: Yeah I agree. It's funny, certainly in the mass media, you're not seeing any discussion about what constitutes someone as being healthy. I don't know if you follow Dr. Paul Saladino?

Ad: Yes.

Lawrence: I'm sure you like his work. I think he quote us that or might been his book that something like 80-70% of people, I think it's in the U.S I'm not sure if that's global, have some sort of metabolic dysfunction. Yeah, right, and you and I agree with that. You know, there's a lot of people walking around who clearly are not in optimal health who think they are because society says they're okay. And if they do get the virus and have a really bad reaction or die that's no fault of their own. I think this is really bad because I think this whole situation could be not necessarily clearly avoided but certainly mitigated.

Ad: Milder.

Lawrence: Right, much milder if everyone was in far better position health wise. For one they'd be much less impact on healthcare, pre-virus, anyway.

Ad: Yes.

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Lawrence: And much, much fewer cases. Oh sorry, much fewer hospitalized cases and they would have the capacity to actually help these people. I think maybe that's not very obvious to a lot of people but I think it's only obvious in like the health and fitness online kind of science focused people. I just feel like the mass media or any media is really even talking about that at all because it's kind of controversial, right, putting the blame on people which they don't want to do.

Ad: Yeah exactly, that's it. Everybody should have the possibility to live as they want and if you get sick there are also medicines, and that's it. But you see now exactly it's an explosion right. In a few months, by that virus, that shows us exactly that open wound that has been there for decades and is growing and growing. And now suddenly something happens like this virus and it shows it up immediately where the problems are, where the bottlenecks are. You can go on discussions about all kinds of measurements and rules to deal with it but the problem was there already long before.

Lawrence: Yeah.

Ad: And that's mostly also, if you take it philosophically, that's also what happens with some politics that are brewing under the radar. All of a

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sudden, call it socialist ideas, and all of a sudden you have a dictatorship. You know what I mean?

Lawrence: Yeah.

Ad: That has been the case in many countries. Europe has its history too for that. It's not that that happens suddenly but it was there already there for decades and it's growing. It's a snowball effect.

Lawrence: It's gradual.

Ad: I see this international healthcare problem, people being more sick and sick and less fit, that's also something like snowball effect. But now the virus is there and that shows it immediately where the problems are and now we have to deal with it. As I said, I think I'm worried about the future for many people in an economic sense and that will have a big influence on their lives. Therefore, I think, and it's not just me. I think that the depressions will be arising and with it is suicides because if you lose a job.

Lawrence: Yeah, sorry, go on.

Ad: If you lose your business, a job is okay. But if you have business and everything you own is put in that business and it's taking you real right

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now in a few months. I know from the past there were these farmers, mostly it was the pig... How do you name it in English? They have a pig farms. They raise some pigs.

Lawrence: Same thing. I don't know. I have no idea. I would just say same thing, pig farms.

Ad: Okay, yeah. There was sickness spreading on these farms, so they have to kill all the pigs on the farms and we've taken away the life existence of these farmers. And many have killed themselves for financial problems. I mean, I think it will happen to lot of people worldwide too now.

Lawrence: Yeah, I think you know it's bleak to say but I agree. It's a very sad event. You know, I was talking to a friend the other day who's had a client walk-in and just broke down to tears because she had an events company that literally went out of business over night. And that's obviously, that is happening at scale. And we're seeing it in personal training right now. We're seeing a lot of the studios closed, if not all of them at this point. The one positive to take out of this is that a lot of them are understanding that this is an opportunity to serve virtually temporarily. I don't know how long is this going to be for and the proactive among us are really doing that and that's great to see. And then obviously, I'm helping people do that as well as to transition to virtual. I know it's not necessarily a like for like replacement for that in person personal training that we all love. But I guess it's the next best thing.

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Ad: Yeah.

Lawrence: I mean I don't know about you it's been like. It's all the people are talking about and I'm sure you're probably sick of talking about this now.

Ad: Yes, correct.

Lawrence: I'm sorry to...

Ad: No, no. It's not a problem.

Lawrence: It's not the podcast topic on this but just want to know what's going at your part of the world really.

Ad: No, but it's normal to talk about this right now but it's nothing else anymore. You know, I work on the trains, as for yesterday we only have yet 7% of travelers on the trains compared to normal.

Lawrence: Wow.

Ad: That's not that much and the reason for it is firstly because the government orders now by law that people to stay as much as possible at home. We have to take distance from each other if we are outside or in a

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shop of one meter, one and a half meter. That will be controlled so it is almost Big Brother watching you. But I kind of understand the reason for it and on the trains the same. People are asked to only go by train if they have to do so for their job and their jobs must be needed for now.

Lawrence: You're still working then. You're still working on the train?

Ad: Yeah, sure. We have a new shuttle that means I have a call up shift, and it will be tomorrow. Then I stay at home. If they call me, if somebody else get sick on the train, I have work there. Then I have to be there in an hour, at my starting place. Other days I'm just on the train. We don't have to work as normal, just make sure the stop and start procedures are correctly so the train can go, and to be on the train should something else happen, so that somebody is there. We are really asked to not contact the passengers. Stay away from them, from a certain distance. Wash our hands like crazy. I mean, I have no skin on my hands anymore from that because we have to turn a lot of knots and doors and all that stuff. They don't want to take any risk. And might you have some kind of just a runny nose, you have to stay at home because the risk is too great to spread the virus by your colleagues. If somebody of your family at home, sick, you also have to stay at home.

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Lawrence: Now, let me ask you the most important question here. Are you still able to access your [facility](#) to train?

Ad: I live above my [facility](#).

Lawrence: Perfect.

Ad: Just yesterday, I talked with my wife about it. I mean, we have a reasonable big house, a garden, and our [facility](#) downstairs. But imagine if you're living in an apartment of just a few square meters and you have to stay at home at a total lockdown.

Lawrence: We have a very, very tiny rental here. It's not as small as that but, yeah, I can only imagine that that would be pretty challenging.

Ad: I would get nuts, I think. Maybe I was joking, but I said, okay. You have to also look for the benefits of this virus, right? The positive side.

Lawrence: Absolutely.

Ad: Sounds a bit harsh but if a lot of older people die, we have to pay less for their retirements. On the other side, a lot of people are staying at home and mostly if they have to stay at home there will be a baby boom in a

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year or so because they have nothing else to do. These kids that are born then will take care of our retirement by the time we have to catch it. So, that's my positive side of it.

Lawrence: Yeah. I mean there's clearly lots of negatives but there's lots of positives. You know, there's lots of good being shown in the world right now. People are talking about how things like air pollution, and river pollutions sort of cleaning up. And there are a lot of opportunities from a business perspective. I know that's hard to hear because if you've got a traditional business or brick and mortar business then obviously this could kill your business and cause you to either radically diversify and pivot, or have to spin up something new or go on the benefits of what have you or get employment. But there's always a lot of opportunity in times like this and it's just being able to be open to that and putting on those. I call it opportunity glasses, you know, just changing your mindset. And that's what I've been trying to do because you can only sit around and be miserable about the situation for so long. You got to get on and change your perspective and try and be productive and try to help others, right? I guess that's the approach I'm taking.

Ad: Yeah, that's correct and that's a healthy view. But from my experience I can tell you, and you know that by yourself also. Suppose you lose your job, but also your financial income so nobody's taking care of you

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anymore. What then? How positive can you then look for opportunities? I mean, if your primary life circumstances like a house and food isn't anymore there then we have a bigger problem.

Lawrence: If you got government benefits. You know you've got this stimulus coming in from the government to help. I'm hopeful that that will help people that are really in need like that, you know.

Ad: Yeah, that's possible.

Lawrence: I know it's not the same as having their business income but it's something.

Ad: No, that's correct, and that's of course in most countries what will happen indeed.

Lawrence: Yeah.

Ad: But not for everyone. I mean all the office workers are actually at home in Netherlands now. So the instances that the government do these payments and registrations, they don't have enough people to get all the work done at the moment because there's an explosion of people that are asking for help.

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Lawrence: Of course, yeah.

Ad: They are lagging behind before the virus anyway to help enough people. So I don't know how they will manage it. They are talking about help of 3 months or so. Maybe it helps maybe not. I don't know. But I'm for sure there are people that won't get enough help or not in time. They had another problem. The government can help as much as it wants. It has to take that money from us afterwards. They have to come somewhere from, right? I mean, there is no production, there is no income.

Lawrence: Yeah, that's an interesting point.

Ad: They can spend money only but they take from us. So what that for the future will mean, I don't know for sure, but I think it will be hard.

Lawrence: Yeah. Fair enough. You know I will say one more thing on this and then we'll move on because we're going to consume all the time we have talking about this bloody virus. One thing I will say which I personally found very, very helpful is a great book. One of the greatest book ever written called Man's Search For Meaning by Viktor Frankl. And it's always a book I've always turned to, and I've read it probably two every time to this point. It's a book I've always turned to when I've had anything really bad happened to me or felt feeling sorry for myself I read it. I had a pretty

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dark day recently as many of us have had with this virus and I read that book and immediately put me in a much better mood. Gave me perspective and that book's basically all about Viktor who is the main character of the book. It's a non-fiction, and he basically tells the story of his time as a prisoner in Auschwitz. Jewish prisoner.

Ad: Yes, I know.

Lawrence: I know you would know, Ad. I'm just sort of telling the listeners. It's about all the terrible, actually awful, horrific things that happened to him and that he witnessed. It just puts a lot of this in perspective. I'm not playing down the hardships that people are going through right now but I think as bad as this is, most of us are going to be okay, you know. That's my perspective.

Ad: That's good. No, it's correct.

Lawrence: Yeah, I appreciate that. Let's move on because I had some questions that I've been think about asking you. I listen to both our podcast today, Ad. I listen to both of them this morning and it's so funny to listen back to those. Obviously, they were few years ago now and sometimes I cringe at some of the things I say. It's really weird hearing your younger self say something which you perhaps know better now. One of the things that

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interests me is you are fortunate enough to have a few consultations with Mike Mentzer. I'd love to hear like from your perspective. What were the biggest takeaways, things that Mentzer taught you like Aha moments that you have from those consultations?

Ad: Most important one is starting for yourself. Find out, experiment. The other thing is, not less is better, not more is better, the size is better and to find that out for yourself. It's not for everyone the same. That changed. I remember that very recently and changed my workout. Not only because of that that I was changing my workout regime anyway but that was an influence I remembered. Speaking to him, him himself. I mean, I was very much younger of me at that time. Yeah, it felt great to speak to a hero even if it was by phone. Train hard. Yeah, I think that's the context of it all. Going to the training advice was actually fairly simple. Just take each step to out of failure and recover. If you don't get stronger, you are not recovered. I believed in that. I changed my workouts but I'm coming back to that and thought, "Uhm, not so sure anymore." So, about 2 years ago. Actually, before our last podcast I just started doubting myself. My beliefs and I did it on purpose because if you hang in too long in something, and you just say yes, yes, yes. I think it's time to think out of the box even for an experiment and learning, even if you're wrong and you were right before. At least I need that. So I was doubting my beliefs. I thought okay, let's start the experiment. And the time for me was there. Not being

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professionally anymore in the industry but I have to do that on a slow phase because surely after our last conversation, I lost my job in the fitness industry. I was without a job so that's why I told you at the start of this podcast that I see the problems for the people that have no money anymore, no income. I was shortly before that feel... I know how it feels. How fast you can go down. I mean, if you have to pay a rent, your income to make sure your family has food and all of a sudden what you thought was a stable income is gone and now you can go to get an income from the government for a part and look for another job. And if you then see where you can get... The jobs are not that great here in the area. But I took anything I could just to provide income. Luckily, I got the opportunity to work as a train conductor. It was a hard time, difficult time. Also regarding the education, I had to pass exams. At my age it was not easy but it was worthwhile. I can tell you I'm really, really happy now that I have my contract.

Lawrence: Good for you, mate.

Ad: Let me tell you this. If I took the other route and trying to live from my own fitness facility or starting in a franchise concept that would really be bad for me now. So I made a good decision and I'm happy with it. I was happy before the coronavirus with it. I feel really confident in my job and I'm glad I still can do something in the fitness industry in my own private facility.

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Lawrence: I'm guessing you're not training people currently at your [facility](#) there, right?

Ad: Yeah, two or three.

Lawrence: Okay, so people are still coming?

Ad: No. I have a couple that I train, and one other person. I still have a few old customers that I train by themselves. It's not an open facility. I know when they are there so I assume kind of open hours and they just train the way they want. I don't care. And the others I train once a month and the rest of the month they train by themselves. Actually, I have a control training with them once in a month. They want that. It gives them security and we change things here and there. Yeah, that's what I do at the moment and that's also what it will stay. I'm not interested into having more customers because it's not doable for me. This way I can keep it also clean in the sense of who is entering my [facility](#) and with whom I have to deal. I'm not any more almost begging for clients. So if somebody thinks I'm a nutcase, so be it, then just stay outside. It's not a problem. I have my security income and my...

Lawrence: Good for you. Yeah, I totally respect that. I know we've had a lot of back and forth on email, and I think on the blog and comments, where you and

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I have challenged one another. I think that's actually really healthy. I think sometimes tons gets lost in email and email is not always the best format for those sort of things. I think in the future... I don't think it would be, it's probably the ideal time to be talking about your viewpoint on some of the fast growing HIT franchises and businesses and your thoughts on value to the person versus trying to scale and grow a big business. I do think there is a place for that and I want to talk to you about that. But I think we will put that on a podcast when the market starts recovering and the studio starts to reopen where it's a little bit more relevant. I hope you're okay with that.

Ad: Yup.

Lawrence: I just want to return to what you were saying there about your consults with Mike. You started saying how your or you sort of hinted your training changing. Last time we spoke you had a... I think it was you were training every 4-6 days and you had like 6 different splits.

Ad: Yes. It's a 3-way split and six different... 3-way split but the exercises for the specific muscle groups were different on the A or B routine. That's the easiest way to explain. I saw that was enough variation but after my experiment...

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Lawrence: Yeah, go on. Sorry, tell me, because you said you started productively doubting yourself which I really thought is an interesting concept. So tell me, as you started doubting yourself, what have you changed and what do you think might be much more effective for you now?

Ad: Okay. Let's start first with why I doubted myself. Well, okay, this way. I posted on Instagram here and there and I got a comment somewhere from Joshua Trentine; and you also know. It was in the direction of never compare yourself with another. About bodybuilding, right. He also said, "Maybe you're not motivated enough", and it has to do with me. I don't remember correctly. It was more me saying something like genetics always rules and he doubted that because you can also push harder. That's the easiest way to explain what happened. And that triggered something in me so I thought, "Okay. Maybe he's right. Maybe I'm just lazy. Who knows." And then it came you with your podcast about bulking up and I thought maybe there are few kilograms more of muscle for me in the pocket. Let me tell you this, if I kept walking all the way I did and I expected more results that would be nuts because I was doing that for years and I wasn't dissatisfied, but I wanted to find out is there more for me in it. And then you have to change things. I have few things I remembered in the few days. Also the work of Brian Johnston, g-reps. I had a few books of him so I dusted them off and read them again. Some things made more sense for me at least. Now, I decided firstly to change

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some nutrition. I'm talking now about almost 18 months ago. Currently, I consume 4x a day of meal. That's actually one meal more as before on average, and that's to spread the protein intake more efficient. Because I was eating a lot of protein in a few meals. Now, mostly I have in the morning protein meal. That has to do with the way the protein synthesis functions, and if you overnight has more breakdown than synthesis. It's wise to get in some more protein in the morning. It has also something to do with my age. I'm 55 now. The factors that support muscle growth are more blunted the more you age. And I want to keep it up, upgrade it. All that I do is I want actually somewhat more muscle mass. Not for the aesthetic reasons but for the health reasons. It's just like money, right? If you save more money you can use it in bad times and my bad times will come over the years. But I want to have more in the safe in the muscle area. It's an experiment I took it more serious. But as I told you I lost my job. That was a lot of stress so it was not the right moment for changing much of my training, but nutrition wise I could do. And then after I had my contract at the Dutch rail company to work as a train conductor I got more ease on my mind and started to change my workout. Actually, I did that fairly fast. I experimented a bit with the feeling of g-reps, shorter range of motion, fast movement style. So you have to learn that again, these faster movement, and I did it free style. Nothing special. Not much of writing down the exact numbers. I just went by feel. I did that always anyway. But now it was a different feeling. I just wanted to say feel from, is this

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stimulation or not. I'm going to say you'll learn your body much better that way. I don't have to rely on numbers anymore at the moment, right. I'm happy with the results until now. That's a bit how I would change.

Lawrence: Has it work then? Have you managed to increase your lean muscle mass?

Ad: It's difficult to say. I have to go by view because I don't have the topnotch equipment to do so. It's very expensive. Even the experts are still discussing what's good and what's not. Let me tell you, if you gain a few kilos of muscle which I haven't yet but you would recognize it on your body, right? You don't have a certain number. You just look in the mirror and you can tell. That's my thought also. I look fuller on the outside of the muscles and that I think has to do with the g-reps because you are working the muscles different. More overloading in certain areas or part of the movement. For instance, my quadriceps are not genetically blessed with them. But now, more in the upper region, they look fuller. It's not enough to show on a scale with kilos of course. So I have certain areas, the back for instance, the same story. My waist is shrinking actually because that I can feel on the belt I use on my working clothes. So something is happening positively, and the experience of the training is also less dull. Let me tell it this way. That's why I call it a free style but you have to be open minded for it.

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Lawrence: What was Josh's advice then? What did he said you being lazy?

Ad: Josh didn't give any advice but he triggered something in me. It was just short answers of him. I don't remember exactly. I commented on something like the older bodybuilders in the 1900s or so. You know these old pictures probably pre steroid era and that's how a person can look. But I commented something like, that's still not, I didn't want that, to show up in a swimming suit on a stage. Him being a competitor told me something like, "Okay, but never compare yourself to somebody else. Make the best of yourself." And then it went back and forth and in the end it triggered me to ask myself, "Am I really lazy with 4-6 days of workout? Is there more in the pocket?" That's what actually triggered me. And then from there I started to think about it. Nothing special with Joshua but it's just something that happened and it changed mine.

Lawrence: Yeah. The last time we spoke on the podcast, you were always talking about area under the curve. I know that that's no different now and certainly your goal with this is to increase that area under the curve. But what if increasing your muscle mass doesn't do that? Surely there is this law of diminishing returns, and do we really know that maximizing your muscle mass is actually going to correlate with more area under the curve? So could be like a waste of energy, you know.

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Ad: No, I don't. I think it's worth it.

Lawrence: Fair enough.

Ad: All these discussions isn't muscle mass or strength because strength is more important. But I think if you lose enough muscle mass when you're older the strength will be gone also. Probably the people that are the healthiest and the longest to live are strong, but strong from themselves. So you can ask yourself if you're not that strong and you make yourself stronger by exercise will that help? I don't know. That's something for the experts. But I can tell you if you have enough amino acids, that's muscle mass, right, to survive from if you get hospitalized for instance. You are better off. Just yesterday with these shitty coronavirus documentaries over the place, on the television. It was on the news a lady that was a lung specialist and it was exactly that what we talked in the beginning of this podcast with older people. Dr. Doug McGuff by the way also told once before, if they are not able to get out of the chair, if they are that weak, and they catch the virus it's death row in the few days. They have to have enough muscle mass specifically that's what she said. Probably because she thinks that's also strength but the tissue itself, the amino acids, that's what's going to help you survive, like building victims need that. That's a reason for me. Of course I like the aesthetics but I'm not going to worry about the calves being in accordance with my back or something like that.

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That's not important for me. But I want more muscle mass. Trying to get it anyway. We have a really good time spending in a week just for the health reasons. To increase my back account of amino acid so to speak. Yeah, that's how we can put it.

Lawrence: You always, again, in previous conversations you would talk about everything you do with regards to training and nutrition in the context of what does it look like in nature. You know, with eating you talked about that in terms of like in a hunter-gatherer context we'd be fasting for long periods. We would eat once some days. Sometimes we'd eat twice. And that being perhaps marrying up with the whole this catabolic anabolic balance that you want to go through in order to have a healthy body. Now, do you not think that increasing your meal frequency to four is a little bit, could actually affects you negatively and that isn't in accordance with nature necessarily and actually might decrease your area under the curve because there's perhaps that catabolic anabolic relationship is off balance. It's just a hypothesis, you know.

Ad: I thought about that of course. Let me put it this way, that would have been if we live in nature indeed. But I said to myself, okay, I don't live anymore in that kind of nature. If I want something else I have to make sure to have the enough nutrients for recovery and eventually the growth I hope for. And it's still within a 12-hour timeframe maximum. Eat healthy

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product, I live a healthy lifestyle for the rest, so maybe that helps. And then of course there's always a positive and negative for something you want. I feel better with it. Let me tell you this, I feel better with it. I tried that for a long time of course and I believe in it. But then as I said to you before, I asked myself some questions to doubt my convictions.

Lawrence: So you felt better with a higher meal frequency?

Ad: Yeah. I have in the morning a protein meal, mostly a yoghurt or curd. I will even in the near future upgrade it with some whey protein and see how that works just for convenience. I'm not that much of a big fan of powders but if it will help, it helps. It's just experimenting. At the moment, I'm a walking lab for myself.

Lawrence: What does the diet look like?

Ad: Actually, the same as it was before. I know something has changed after our last podcast and that's an increase in carb intake. But it's about two meals with about 100 grams of cooked rice, so it's not that much. One portion of my curd I eat two times a day curd for the proteins, and that I have three or four pieces of dried fruit or strawberries in the summer. That's about it. I had to do this because the hams of meat I was eating it was getting a little bit expensive.

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Lawrence: Sure.

Ad: I have to eat a lot of it to feel satisfied for my meals. So I decided, okay, let's check my blood glucose, how that reacts. If it's okay I can afford myself to eat a little bit rice over the day and have a more fulfilling stomach and enjoyable of the meals. Certainly, if you go eating out so in the social context it can help. Still nothing dramatic. No potatoes or something like that. Just a little bit of rice. That's it. That's what I've changed. And for the rest, I guess I come about 230 grams of protein around a day for a bodyweight of 78 kgs. Way too much, too many, but I like to eat the protein animal products.

Lawrence: Yeah, so just for listeners. Just for completeness the rest of the plate is made up by animal products. Isn't it? Eggs, meat, fish, cheese, that kind of thing.

Ad: Yes, cheese. Exactly that kind of stuff.

Lawrence: No vegies?

Ad: If I got lost from one plate to the other and ended on my plate I will eat it them. But it's mostly if my wife cooks the meal, like minced meat or something like that, she's frozen some Italian vegetables. That's not worth

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trying. I eat them. I'm a bit more relaxed in that context as before but also part of the experiment. I don't want to live to constricted. Still not drinking alcohol but...

Lawrence: Good man.

Ad: That's how I think about it right now. It's not that dramatically different from the past. But to come back to your question health wise it's still this anabolic catabolic phases. I think there will be enough and I'm doing well on it. That's a sign, okay.

Lawrence: Yeah. Nice, interesting. I did not expect that at all from you actually, so it would be interesting to see how that plays out and whether you change that again in the future. I had a question for you about training actually. And it's my context right now is, as you now, I just had a son who is now 15 weeks I think.

Ad: Okay.

Lawrence: And that's obviously amazing. I really don't have the excuse that I don't get enough sleep because I sleep in a room and I'm getting a good 7-8 hours. I'd say there is a certain amount of stress particularly right now with everything that's going on and with the baby, and the business, and

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everything like that. So in terms of my training, I've been obviously training from home. I'm doing a lot of bodyweight stuffs for a long time now. We were going to open the studio end of March early April but unfortunately due to what's going on that's now obviously postponed. We literally have the MedX Kit on route. In fact, it might already be in Galway, so it's all very exciting. But, you know, who knows when we are actually go up and running. Anyway, with all that said, I've been struggling with training lately especially on the lower body with bodyweight in terms of trying to really achieve a deep level of fatigue. It's mainly mindset because or mental because as I'm doing it I'm like, "Oh god, I don't feel as motivated. I feel drained." Maybe it's because of all these factors I just mentioned. I'm just wondering have you got any advice when it comes to a lower body routine that is... I don't know if easy is the right word. But it's easier to get to a deep level of fatigue or any advice around mindset or anything like that.

Ad: Firstly, stress adds up so you have to take that into account. Despite sleeping your 7 hours I know that is still stress. You have your newborn. You know it does later stress above your head to take care of in the future but will always be there subconsciously also. This is what I experienced since the birth of my son and it will never leave you so that's something that's there. Then your nutrition intake. I don't know how that is at the moment.

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Lawrence: Fairly good.

Ad: Okay.

Lawrence: Same as you, similar, carnivorous.

Ad: You have then your full body workout?

Lawrence: At the moment I'm doing 2-splits – upper and lower. I'm trying to train twice a week but it's more like once a week at the moment.

Ad: Okay. Why once a week?

Lawrence: Just energy, time, motivation. Those three things really.

Ad: That's a mental aspect too.

Lawrence: Yeah. It's like there will be a day where I'm like... You know how it is when you have kids. It's like there is no longer... It's like everything is scheduled. Everything has to be planned and trying to find time. Because the thing is I'm at the moment obviously working very hard in the business during this challenging time to help my clients as much as possible, and help them diversify, and create content like this that's helpful, and interesting, and entertaining to people. And then when I finish this, I either

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work with Ash to help look after the baby or I take over. Because in my mind raising a child is harder than almost any job. I see her do it because however I have a lot of them I'm like, well, I have it easy compared to you. Anyway, with all that said, I find that's really impacted my training. Might be the energy I have for training. Sometimes I think, "Oh, yeah, I'm scheduled to train today." And then I'll just look at what's going on and be like, "You know what, it's just not going to happen today so at least push that to tomorrow." That is why things turned up once a week but really I could do twice a week. I just need to be better about doing it.

Ad: Anyway, good that you also take care of your child because these are the moments you are building the real connection for later. That's very important so don't skip on that is my advice. In this case father-son relationship you will build up. It's not just to relieve your wife but...

Lawrence: Of course, yeah.

Ad: And you don't get it back, so take care of that. That's primary.

Lawrence: Absolutely.

Ad: But you are doing well I guess.

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Lawrence: I appreciate it.

Ad: In this case you just have to plan it in your shadow because if you wait for the good moment they will never come. You have to make it a good moment to work out, so plan it and lift toward it. Maybe raising something like 20 minutes earlier in the day will be an option for you. I don't know at what time you will arise from sleeping in the morning.

Lawrence: I actually was inspired by you in a way because I know that you told me that you don't do late nights once. I was like, how interesting because pre Arthur coming along, I would stay up until 10 or 11. I normally try and get some reading in and be hard for me to get up early like as early as I'd like to like 5am. But I've got a great routine now which is working so well where Ash... You know, the baby obviously needs to go to bed at like 7-8pm. And so Ash is often going to bed to obviously feed the baby, and put him down, and all that stuff by around that time. She is often staying in there so I'm kind of sync my bedtime with them. So I'll go in at say 9 and going to do a little bit of reading, but then I get up and I'm ready to go like 4-5am. And then I get up and I just crack on. The amount of stuff I've got done by like 10-11am is amazing. That's what's really well for me. I'm actually a lot happier with a routine like that and I always before... You know, when you first said that to me, "I don't go to bed early." This sounds like such a trivial thing but to me it was like, "Wouldn't that be

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boring?” That’s how I have thought about that at that time but now I get it in this context.

Ad: That also has changed for me because I work in shifts so I have also to work out in the afternoons sometimes. And if I have an early shift sometimes I’m raising at 3:30 or so in the morning. I go to work. Of course, at noon I’m home and then I take a nap, 20-40 minutes depending. And then wait an hour and then I go to my workout or do my workout. Amazingly, I function better in the afternoon on the intensity side so I can endure more. I’m more motivated probably as compared to the morning. Probably it won’t make much of a difference but that’s what I feel. You have to plan for yourself, to come back to your question, what works best for you. What is possible and then see can you upgrade it regarding the time of moment of working out. And then of course, you see, I wanted at the moment like you did with your I want to bulking up and questions you have. That’s actually what I want now more or less.

Lawrence: I’ve not interest in that now.

Ad: Then I also made a decision, okay, if I work out sometimes 3x-4x a week now. If I want to do that I also have to support my system, my body. So I have to make sure to get enough sleep, enough rest, and then proper

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nutrition, and then the right mindset. Otherwise, I'm digging a deep hole by just doing one side of the coin. You know what I mean?

Lawrence: Absolutely. I do.

Ad: So motivational aspect you have to pull yourself through it. Often, as my experience, you can feel a little bit harsh and think, ah okay. But just do it. The moment you start your workout decide for yourself, "Okay, now I'm going to kick it much harder than before. I'm not a lazy pussy. I'm going to do it." Like that. That's what surrounding my mind and then there's nothing else on my mind anymore. And you're always going to have speculations and very good workout but it should never be a bad one because then you have to ask yourself why did you do it, why have you not enough recovered, or something else on your mind. It can happen. That will pass and move on. Then regarding your exercises. What do you do for your lower body?

Lawrence: Yeah, I've been a bit of free style too lately. What did I do last time? I started with a prone trunk extension, went into a wall sit, then single-legged squats using the door for balance, and then straight into unilateral hip raises, and then timed static contraction, abduction/adduction, and then I finished with... Sorry, that was the finish. I usually do neck lateral timed static contraction or extension and flexion

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beforehand. So that's the routine but it's tough. I couldn't honestly say that I get to failure with the hip raises. The abduction/adduction is hard core. That's really effective actually. Single-legged squats are definitely hit failure. The wall sit, no. I don't know anyone apart from James Steele who goes to failure with wall sits.

Ad: I don't do them very well. Single-legged squats, do you think it's really hitting your quads or more a technique thing that you fail.

Lawrence: I think that's probably right. I think I could probably do splits squats or something else that's more effective.

Ad: Tell you what, do you have something like a barbell or something else for weight?

Lawrence: All I have at home I have dumbbells. Yeah, I have dumbbells.

Ad: So that's resistance. You hold your dumbbell for instance or weight plate in front of your chest against your body to stabilize, and then you can do just your lunges in some way or form. And then not extending all the way up just keep in the lower range. Say, 90° in your knee and then upward. You do it in the beginning fairly slowly so you can feel where you lose tension. You have to keep it high tension. That's the range of motion

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where you stay in. Maybe can you get a little bit higher you go. That probably is best when you do that after the abduction and adduction, so you are already fatigued in those muscles. That's the way to do it.

Lawrence: Awesome.

Ad: I experience with that a deep, deep burn in my legs that enabled me to walk for 5 minutes my last vacation in Spain last year. At some point after few days I felt the urge to do something, workout and then find a gym where they have those equipment around walking area around the beach.

Lawrence: Yeah, saw that.

Ad: I found one place. I just hold a sort of a device, looked like a big kettle bell but was around a pole, But I couldn't move it up reps and down reps. It was resistance and I dip these lunges. It was something that shows you, fuck I could leg press about this and this kilos at home, and here I'm wimpy wimpy with some resistance and just lunges, and I'm almost crying. It was really, really deep in the muscles. I couldn't walk. It was irritating. You know that feeling when you sit the muscles are irritating, when you walk the muscles are irritating.

Lawrence: Yes, that's so annoying when you've got that and a swell.

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Ad: Yeah. That's what I would experiment with. What it comes down to is exercises that enable you to feel tension all the way and keep the tension, and then exhaust yourself as quickly as possible.

Lawrence: Yeah, I really appreciate that. I'm going to give that a go. Ad, this has been really enjoyable as always. I love to go on but I've got another appointment in 15 minutes. Otherwise, we definitely have so much more to talk about. What's the best way for the listeners to find out more about you these days?

Ad: Instagram is mostly that. I don't post anymore there.

Lawrence: Why is that?

Ad: Because, you know, I'm not that high tech and social media person. At one point I asked myself what the fuck I am doing here. Always posting the same pictures, same comments. I mean, everything I had to say one can find there. There's nothing new anymore and I got bored of it. Now it gives me sort of peace of mind. At some point I was just outside whether at work or with my wife working or whatever enjoying a coffee somewhere. And always was on my mind, oh post this, should make a picture of that and post it. I already had the comments in my mind from what to tell. That is sick, man, I think. You have to detox from that, so I

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did. But it is still valuable but not really, but I closed it also for public views because you'll never know what the Dutch rail company will look for. And I don't want to get trouble with that anymore. It's not that it is the case, that could be. But you'll never know what will be posted there as comments. That's it.

Lawrence: Yeah, absolutely. And you're great with comments on the blog so would it be okay if people would have follow up questions for you to reply on the blog? Would that be okay?

Ad: Yeah, sure. I just wonder because you yourself have a great podcast but as not as much that comment. That's the reason why I sometimes post something.

Lawrence: Well, no, I appreciate that. Do you know what, if you look back when I did more episodes that are more general like this I get tons of comments. You know, there are posts back, episodes I've done with Doug, episodes I've done with Borge Fagerli that I've got over 100 comments. It's the business topics that have a smaller audience and so they don't tend to get as many comments, or maybe that is a selection bias. Maybe those individuals are less interested in commenting, and that's totally fine. I'm not concerned about that because at the end of the day my business serves the HIT studio owner and that's why I create that content. I don't create it for

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comments. I like getting comments and when you leave a comment, Ad, I'm always excited to read it. But it is not my primary metric that I'm going for so that's why. If I wanted to I could go and create loads of general HIT content and I'm sure there will be lots of comments. But I still like doing episodes occasionally like this with people like you and I know that they do generally create conversation at the comments which is great. Yeah, I would encourage those listening if you've got questions for Ad related to training or HIT, or anything, then please do post that in the comments. To find the blogpost for this episode and download the PDF transcript as well, please go to highintensitybusiness.com and search for episode 258. Until next time, thank you very much for listening.

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