

## PREVIEW\_ Sam Feltham - Presentation (Breckenridge 2017) 2

**Sam Feltham:** I wanted to give you guys a bit more of a background on me. Some of you might know my self-experiments, my overeating tough experiments where I ate 5000 cal a day. And I did that with three different diets.

And basically the idea was, was that I'd eat double the amount I usually would, and see what happens with those three different diets over 21 days, with a three-month washout period in between. The first one was Low-carb Real Food and I ended up in a 47,000 cal surplus, which according to the calorie formula should've equaled 6.1 kg.

But in reality, I actually only put on just over a kilogram, which is 2.2 pounds, and actually lost 3 cm from my waist, which is just over an inch. And then, experiment two, after that three-month washout period, low-fat fake food... you can see that.

Again, I ended up in a 47,000 cal surplus, this is after exercise, protein, fiber, everything like that. Again should've been 6.1 kg of weight gain. I ended up being 7.1 kg, which is approximately 16 pounds. And then, I put on 9.25 cm on my waist, which is just shy of 4 inches. And for a guy that's always been naturally lean, yeah, that was interesting.

And then experiment 3 was very low-fat vegan. So, I ended up in just shy of 40,000 cal net surplus. And is quite interesting, following on from that last talk, I was actually eating about 150 g of fiber a day, so, I was regular. So, I should've gained 5.2 kg, ended up putting on 4.7 kg, still a substantial amount, and putting on 7.75 cm on my waist, which is approximately 3 inches.

So, this kind of really set me up in terms of giving me the credentials to get in touch with all of these doctors...