

# CUTTING WEIGHT

FOR COMBAT & STRENGTH SPORTS

TACTICS TO QUALIFY  
FOR A LOWER  
WEIGHT CLASS



BRIAN CARROLL - ERIC TALMANT - CHAD HOWSE

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## Foreward

Cutting weight plain and simple is the science of rapidly losing weight prior to a sporting competition. Usually an athlete will want to cut weight in order to qualify for a lighter weight class.

In sports like powerlifting, strongman, MMA, boxing and other combat sports the larger athlete usually has either a leverage or power advantage over competitors that have a lower body weight.

If the athlete “Makes Weight” they now have to reconstitute or rehydrate prior to the sporting event. If they succeed and put the weight back on properly they can have a big weight advantage over others in their same weight class that did not cut weight or failed to rehydrate properly.

There are two main ways of cutting weight. One is to lose body fat for weeks or months leading up to a competition and the other is to cut water weight in the final days or hours before competition. The scope of this report will cover cutting in the form of water.

What makes this report so unique is the fact that you’re not going to find many nutritional experts willing to give advice on how to cut weight safely and simply recommend against it.

As many of you might already know Elliott and I have both had to cut weight ourselves. Elliott did so prior to a strongman show and I choose to cut for powerlifting.



# CUTTING WEIGHT



We were fortunate to have access to the minds of some elite level athletes that were sponsored by CriticalBench.com. You'll meet these guys in a moment. They helped Elliott and I both cut close to 15 lbs in order to make weight. Elliott went on to win his pro card in strongman and I hit a personal record bench press and total.

We want to thank Eric Talmant, Brian Carroll and Chad Howse for sharing their knowledge with the world. If you think about it, by sharing these secrets they are actually helping their competition! That's just the kind of guys they are. They're unselfish warriors that believe the comradery in sports is as important as the titles and records won.

The first man you'll meet is Eric Talmant who is a Functional Diagnostic Nutritionist, an all-time top lightweight powerlifter and in recent months has made the transition from powerlifter to MMA fighter with his first pro fight in the works as we speak. Eric shares the step by step plan that he has used on numerous occasions to drop more than 10% of his total body weight prior to competition. You can refer to his handy "Weight Cutting Manifesto" or hour by hour cheat sheet to summarize what is shared in the interview.

Next you'll get close and personal with a titan of a man that needs no introduction named Brian Carroll. He's one of the strongest men in the world and has successfully cut from 250 down to 220 lbs while setting a world record squat and cut from 265 to 242 only to achieve the 2nd largest total in 242 lbs history. We're honored he's sharing this information with us.

Lastly you'll meet amateur boxer Chad Howse who is a personal friend of Elliott and I. Chad shares how he cut 9 lbs in 3 days and an easy way to cut 3 pounds in 3 days if you don't have to drop much weight.

Now cutting weight is only half the battle. Once you lose the water weight and weigh in, you're only half way done. This report really should have been entitled, Cutting Weight and Rehydrating for Optimum Athletic Performance.

# CUTTING WEIGHT



It goes without saying but if you cut weight and don't rehydrate correctly or sufficiently you are not going to be able perform at your best.

In fact that's where a lot of guys mess up bad. But that's not going to happen to you because you now have access to this powerful information.

Please remember with power comes responsibility. Cutting weight is never completely safe but pretending like it doesn't exist won't do any good. The fact remains in competitive sports people are going to go to extreme measures to gain a competitive advantage.

It is also important to note that there is not one correct way to cut weight and what works for one person may not work exactly the same for another. That's why we included the view points of three different athletes so that you can decide what the best approach might be for you and or your athletes. Some of the techniques outlined in this report will require you to consult a physician and we recommend you do so.

We hope you enjoy this material as much as we did producing it for you.

What do you want? What are you willing to do to win?

Mike Westerdal & Elliott Hulse  
Lean Hybrid Muscle Publishing

# CUTTING WEIGHT

ERIC TALMANT INTERVIEW



## Making Weight for Combat & Strength Sports!

Mike Westerdal Interviews Powerlifter,  
MMA Fighter & Functional Diagnostic  
Nutritionist Eric Talmant



MW: What's up everybody, this is Mike Westerdal from [LeanHybridMuscle.com](http://LeanHybridMuscle.com) and we've got Eric Talmant on the phone. We're doing an interview today. We're talking about cutting weight for combat and strength sports. Thanks a lot for taking time for us today, Eric.

ET: Yeah, Mike, you're welcome. I appreciate the opportunity.

MW: So, let's just give everybody a little bit of background information about yourself. Most people are aware you're a pro-level power lifter and

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



now you're moving into the MMA world. You've also got the nutrition background. Why don't you just get everybody up to speed on what you're doing now?

**ET:** I've competitively powerlifted for about 15 years and made the switch to mixed martial arts back at the end of January of 2011. The way that I approach cutting weight is kind of an amalgamation. I'm coming at it from an athlete's angle where you definitely have to do some radical stuff. The bottom line is that you've got to make weight and then you've got to put it back on.

But at the same time, I do have a nutritional background. I'm a metabolic typing advisor, a functional diagnostic nutritionist. So, what I try to do as best I can is preserve the health aspect of it, because it isn't a very healthy process to drop 10, 15% of one's bodyweight in like 24 hours and put it all back on.

Through trial and error, through experience and the educational background that I have, I've kind of come up with something that seems to work pretty well for me and has worked for others as well. So, it's a little bit different from an aerobic to an anaerobic sport. The cutting weight is basically the same. It's the reconstitution that's different.

**MW:** Now, most people that are reading or listening to this already know they want to cut weight, but let's just clarify why someone who's in a strength or combat sport, why would they want to weigh-in lighter when they're going to compete. What advantage does that give them?

**ET:** Well, I guess what we need to first make clear is that these are all kind of like "sleight-of-hand" tricks. There's not much actual adipose (fat tissue) that's lost during this process. Some might be, but what we're really doing is dehydration, we're emptying the gut. We're kind of doing some tricks of the trade, so to speak.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



And why an athlete would want to cut weight is simply to be able to get into in a lower weight class, which gives them a huge advantage. If, for example, I walk around at about 170-pounds and I've cut weight to powerlift as low as 148-pounds. Well, if I can cut and make weight at 148, and then reconstitute, put all that weight back on, the advantage that I'm going to have is going to be tremendous as opposed to if I cut 5-pounds and make the 165-pound class.

And the same thing goes for fighting or a combat sport. You take me at 170. If I can cut down and make weight at 155, then following day when I'm fighting, if the other guy doesn't cut that amount of weight, well, I'm going to probably have a pretty big advantage. Because, in the end he's going to be fighting a guy that just is physically bigger and weighs more than he does.

So, anytime an athlete can go down a weight class to compete, it's always to their advantage. But, again, there are always risks involved.



MW: I was going to point that out because, I mean, that's another huge advantage you can have, is if you reconstitute properly and you actually



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



get to compete with your normal energy levels. Some guys just do completely the wrong tactics. They try to sweat the weight out and they get physically exhausted and then by the time they enter competition, they don't have the energy, even if they have put the weight back on. So, it's not quite as easy as you might think it is, and a lot of people do mess this up.

I've seen in powerlifting where guys drop the weight, they made weigh-in, but then they didn't do a good job putting the weight back on. Then their equipment didn't fit right and they didn't have the energy they needed. So, there's definitely a science behind this. And if you can master what Eric's going to share with us, you're definitely going to have a huge advantage over the competition.

I just wanted to point out one other thing. Eric, you did help me, I think. I was 255-pounds and I cut down to 242 for a meet down in the Fort Lauderdale area a couple of years ago. And I followed a lot of the techniques you're going to share today, and they worked for me. I weighed-in and put the weight back on and had a pretty good meet. So, I can vouch that these techniques do work.

**ET:** It's very individual. The formula is only a starting point. This information, we put it out there and then everybody has to try it out. You have to feel it out and try to customize it to yourself.

**MW:** I knew you were going to say that. That's your disclaimer. This is not cookie cutter and everybody's different. Right?

**ET:** Yeah. It's so true, you know? I wouldn't want anybody to come back and say, well, I followed everything you said to the T and it didn't work like you explained it. So, I want people to, as we're talking about this, take notes, write down what we're saying. But, understand that everybody is chemically an individual. So, you try it on yourself. You'll

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



learn to make little tweaks, because what exactly worked for me may not work for the same for someone else.

**MW:** And you don't have to wait to try this until it's game time. I mean, you can practice before like a sparring match or before a practice, just to see how you do, right? You don't have to try it for the first time right before a meet or a fight, do you?

**ET:** No, no. In fact, I would suggest people do that. It's a very involved process. It's not easy. It involves a lot of mental fortitude, a lot of planning. And yeah, you wouldn't want to leave something this volatile up to chance at your biggest power lifting meet or your biggest fight. So, yes, I suggest to people that they take some of this stuff for a test drive well before they do the full-blown, real thing in a real fight or a real power lifting meet.

**MW:** All right, cool. Is there a specific percentage of body weight that's a reasonable amount of weight that someone can try to cut? What would you recommend as far as how much weight somebody should attempt to try to cut? How far down in a weight class should you try to go?

**ET:** You know, that's a good question. If I had to be pinned down and to put a number on it to make it more tangible, I would say 10%. I would say any more than 10% of your body weight and you're really starting to push the envelope. Guys have done more than 10%. I'm not saying it isn't possible, it certainly is. But then you start creeping up into serious weight loss, for me at 170 pounds that would be me losing 17-pounds. Anything beyond that is going to start to be difficult.

I've made a cut from about 168 to 148. That was more than 10% and I can tell you, I did it twice, and it took just about everything I had. So, I would just generally say 10%. Anything more than that you're really starting to stack the deck against yourself.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



**MW:** Okay, now for the kind of cut that we're going to go over. This would be for a 24-hour weigh-in or more, meaning that you weigh-in, but you don't have the event until the following day. That would be different than one where you have to weigh-in and then compete a few hours later.

**ET:** Absolutely, there are completely different tactics for a 2-hour weigh-in or something the same morning. Yeah, this is for a 24-hour weigh-in.

**MW:** All right, cool. So, why don't we get started? What's the first thing? How would somebody get started?

**ET:** What you want to do is backtrack. Start with when your weigh-in is and when your event is. So, what I'm going to do is I'm going to set this up for someone who would be competing on let's say a Sunday. You can tweak this. Often events are on a Saturday or even a Friday. But, you want to backtrack about four or five days.



So, if I know my event is going to be on a Sunday, I start on Monday, and we're going to do this Monday, Tuesday, Wednesday and Thursday. So, that means the first four days of the week, basing it on a Sunday event.

**MW:** Now, is the weigh-in Sunday? Or, is the event Sunday?

**ET:** The event is on Sunday, which puts the weigh-in Saturday morning.

**MW:** Okay.

**ET:** I guess we're working back, Friday, Thursday, Wednesday, Tuesday...

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



we're working back five days from the weigh-in. So, Monday through Thursday, the very first thing...I think the most important aspect of this is to, what I call super-hydrate the body. You want to consume a large amount of fluid, about a gallon more, give or take, than you're used to. And most athletes, when it comes down to the end of the day, they're usually drinking about a gallon of fluid a day.

So, when I say two gallons of fluid a day, I'm not pulling that out of thin air. I'm taking about the gallon that most athletes drink in a day and we're just adding another gallon to it.

Now, the way you know you're doing this right is you want to track your weight. So, if you're somebody who normally weighs 200 pounds, when you super-hydrate on Monday, you should weigh a little bit more than 200 pounds that evening, even if it's 201, 202, whatever the case may be. I want you heavier Monday evening than you were Sunday evening. That's how we know you're getting enough fluid.

Now for me, what I tend to do is I try to look for the easiest way to do anything. Two gallons of fluid, for me, on top of eating, that's asking a lot. And to do it for four days in a row, is a big deal. So, what I tend to do is on those first four days, with all that fluid, I just drink liquid meals all day long. I'll have five, six, seven shakes a day. Going into the macronutrients is beyond the scope of what we're doing here, I'm just going to simply say that it's much easier to get in your two, two-and-a-half gallons of fluid, whatever you need, if you're taking in liquid meals.

**MW:** Are you talking meal replacement shakes, not protein shakes?

**ET:** Yeah. It could be either/or. Let's just give some generalizations real quick. If a guy is a protein type, and he can get by just fine with a protein shake with some fat in it, then that's fine. If another guy likes meal replacements better, those that have some carbohydrates

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



in them or have some additional fat or whatever the case may be, that's fine, too. I'm simply saying that for me, what I'll do is I'll get my macronutrient ratio, whatever that is, with my protein and a little bit of carbs and some fat and I'll have this formula that I use for my shake. I just basically replicate that five, six, seven times a day in order to help me get in the amount of fluid I need.

I've tried to do it to where I'm just eating like on a regular day and I try to get the two gallons of fluid on top of that. And at the end of the night, you know, I feel like the food is up to my throat. And I'm thinking, I got three more days of this?

**MW:** Now, those shakes do they count towards your two gallons, or are the two gallons plus these shakes?

**ET:** No, no, no. I will say if it's fluid going in your mouth, it counts.

**MW:** So, these seven shakes count towards your two gallons.

**ET:** Absolutely. And that's, to me, like the saving-grace. That's how you get all that fluid in. So, that's what I'll do.

Monday through Thursday it's kind of boring. Definitely by the second or third day you're probably going to want solid food. I did. Now, again, if you're someone who doesn't have a problem putting away that amount of fluid and eating regular solid food throughout the day, then more power to you. At the end of the day, the key is to be getting in enough fluid every day to where you're putting on weight due to the fact that you're holding more fluid.

Because, what we're trying to do is put the hormones of the body that expel water into overdrive. That's the whole key. This is beyond the scope of this, too, but when you super-hydrate like this, it starts to rev

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



up specific hormones that start to rid the body of water, and that's going to...we're going to use that to our advantage when we put the halt on all fluids come Friday. So, what's what I'm working for.

**MW:** Now, does the kind of water you're drinking matter?

**ET:** You know, I don't have any peer reviewed studies that say that it does matter. I always use reverse osmosis water when I drink. That's a personal preference. I think reverse osmosis is the cleanest type of water you can get. But, if a person didn't have access to that or wanted to use spring water or tap water or whatever the case may be, I think at the end of the day it's not going to matter that much. It's just a matter of taking in a high degree of fluid to the point where we're going to trigger the hormonal response to start ridding the body of excess fluid.

**MW:** Okay.

**ET:** The only other thing I would recommend on Monday through Thursday, every night, is to take an over-the-counter laxative. It starts to regulate the bowels. A natural one, that I think is not too aggressive for this purpose, is called Senokot. It's just a very mild, all-vegetable, laxative and I will just take it according to the label specification. So, if it says for adults 15 and over take 2 tablets every 12-hours, then that's what I do.

The whole idea is to start moving food through the digestive tract a little bit quicker. Because, come Friday and Saturday, we're going to start to do some more radical things that will really clean out the gut and the bowels. But, this is like a primer.

**MW:** If you're taking any supplements, can you continue taking those?

**ET:** Yeah. I don't see any reason why a person would want to discontinue

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



a supplement other than if it's something you absolutely knew had you holding water. You might want to think twice about that one, but the variables to that are...I mean, there are so many things we could go into there. There isn't inherently any reason why someone would want to go off their regular protocol.

**MW:** Okay. So, anything else for Monday through Thursday?

**ET:** Those are the main key points, two gallons of fluid, probably at minimum. The way you can tell that you're getting enough fluid is that you're heavier each night, even if it's just by a half-a-pound. That's going to work. I like to use liquid meals. They just makes the process easier for me. And then, I use an over-the-counter laxative every night. Those are the main bullet points I'm looking for on Monday, Tuesday, Wednesday and Thursday.

**MW:** Okay. Got it.

**ET:** Then, we move into Friday, which now you're looking at...you're a little bit more than 24-hours out from the weigh-in. I've got a little bit more detail here. So, we'll go through these. It's a little bit more involved.

After I've been ingesting all that fluid on Monday, Tuesday, Wednesday, Thursday, when Friday morning comes, I put the brakes on the fluid. I drink only enough fluid to get down certain pills that I take for specific reasons. So, in this particular example, when I cut weight in November, I got up at 5:30 in the morning on Friday and I took, the very first thing upon awaking, a prescription diuretic.

Now, this is where it gets dicey, because if you're looking to cut, let's say 5% of your body weight, or even like say 7-8%, you probably don't need to touch a diuretic. They are sketchy at best. They open you up to other variables. There's a lot of stuff that can happen with a diuretic.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



So, I'm definitely not telling anyone to go out and just haphazardly use one.

But, if you know you're looking at a weigh cut of 10% or more, which I was, and if you've been doing this process in some form for some time, which I have been, and then if you know what you're doing with diuretics, you can incorporate those. The main ones that athletes like to choose are Bumex and Lasix. And there are pros and cons to both. I, in this particular instance, chose Bumex because Bumex hits very hard, very quick and isn't a loop diuretic. Loop diuretics, like Lasix, can be tricky.

But anyhow, so what I did in this example is I took a prescription diuretic at 5:30 in the morning. I took one milligram of Bumex, which is a fairly low dose. Now what that's going to do, along with me stopping fluid altogether is it's really going to start to dehydrate me quick. And I like to do that with the prescription diuretic early. Some folks will say to take it much later in the game. That's just not my philosophy. I like to take it early and make tweaks later.

Seven o'clock, I took a small shake and I had an over-the-counter laxative, and that's the last fluid...the last major fluid I'll have for 24-hours. And I believe the shake had about 8-ounces of fluid. So, it wasn't even like a full-blown shake. It was just for me to get a little bit of stuff into my gut to kind of prep me for what was going to come.

Nine o'clock...

**MW:** This is AM?

**ET:** Yes. Nine o'clock in the morning, nine AM, I took a few things and I'll explain each. I took hoodia, which helps to lower hunger pains, because you're going to have those throughout the day. We're looking



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



at a stint of about 24-hours where we're not going to be eating a whole heck of a lot. Is hoodia required? Probably not, but for me, again, through trial and error, it makes the process easier. I know that if I use it and if I take it, it's one less thing I have to deal with because I don't feel that overwhelming urge of hunger throughout the 24-hour process.

So, I take hoodia just as it's prescribed on the label. And I take some amino acids for the brain, to keep my mood up. The one that I like, especially that early in the morning, is 5HTP, which is going to help boost serotonin levels. And when you boost serotonin levels, it just basically puts you in a better mood. I mean, we're going to be nothing but grumpy for this 24-hours. So, anytime you can boost serotonin, that's a good thing.

So, I like 5HTP and then I like something that will help wake me up, some kind of form of Tyrosine. L-Tyrosine will work. The N-acetyl version is the turbo-charged version. If you can find that, it's a great one to have. It's called N-acetyl L-Tyrosine. That hits the same neurotransmitter in the brain that caffeine does and it helps you wake-up, it helps you be alert, more aware and not groggy. And I think when you're like that you're less apt to dwell on your circumstances, which are going to be miserable.

So, an hour later, we're looking at 10 o'clock now on Friday, I'm going to have a chocolate bar. Now, the particular chocolate I get is Dagoba, it's organic...I think it's a six or eight ounce chocolate bar. Now, the reason I have the chocolate bar is twofold. Number one, it's very calorie dense. There's a lot of fat in that bar and there's carbohydrates in that bar. It's going to help give me some blood sugar. At the same time, the bar physically does not weigh a whole lot. And that's key here, because if you're going to eat anything, you don't want it to weigh heavy in your gut. Because whatever it weighs before you eat it is exactly what it's going to weigh when it hits your gut.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



So, any kind of food that is very calorie-dense, that provides some blood sugar, gets some sugar to your brain, gets you feeling okay and not so lethargic, would fit the bill here. Some athletes choose to do an absolute, total fast. I've done that. I think if you add the chocolate bar it makes the process so much easier and at the same time, you're really not weighing yourself down but a couple of ounces. So, that's the reason why I use the chocolate bar.

Now, there's another over-the-counter supplement...a couple, actually, that work as natural diuretics. The first one I want to talk about is called Watershed. I think Absolute Nutrition or someone like that makes this pill. It's got several compounds in it that help to draw fluids out of the body. I'll take one of those with the chocolate bar.

I'll also take some dandelion root, which is probably the most effective over-the-counter diuretic that you can get. And then, I'll also take 200 milligrams of caffeine. Caffeine is also a pretty potent diuretic and it's also going to work with the L-tyrosine to kind of keep me awake and alert and not really dwelling on, again, being hungry, starting to dehydrate, and feeling uncomfortable.

At this point we're looking at a little bit of food in the form of a chocolate bar, and we're trying to pull more water out of the body with the Watershed, the dandelion root and the 200 milligrams of caffeine.

**MW:** Okay. Got it.

**ET:** Now, the next thing that I do is hit the sauna. Again, a lot of folks have different opinions on when to hit the sauna. Some like to do it as late in the game as possible. If you've got a weight cut of, again, less than 10%, if we're looking like in the neighborhood of say, 5% weight cut, you may want to save the sauna until towards the end. But, this was a weight cut that was about...a little over 10%. So, I decided to go to the

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



sauna just for an hour, from 11 AM to 12.

How I do the sauna is very simple. The whole key to the sauna is keeping your body temperature as high as you can for as long as you can. But, it's not realistic, nor is it advisable to walk into the sauna and sit in there for an entire hour. So, what I'll do is I'll go into the sauna and I'll start with a 15 minute block. So, I'm in the sauna for 15 minutes. And then I come out and I take about a 5 minute break. And then, I'm back in. So, that's 20 minutes total. And then I go back into the sauna for 14 minutes. And then I may take 2, 3, 4, or 5 minute break, whatever the case may be. And then back into the sauna.

So, I'm always taking a bit of a break after the big block in the sauna. It gives the mind kind of a chance to recover, kind of change your circumstance, to change your surroundings. Because, as you become more and more dehydrated, and only guys who have been there will get this, and when guys do this, they'll get it, you get a very claustrophobic feeling in that sauna. This is early-on, so we're still fairly hydrated.

But, do the block, take a bit of rest and then get back into the sauna. You don't want to rest too long, because the longer you're out of the sauna, the more you're allowing your body temperature to cool. That's not what we want. We want to sweat. And the way we're going to sweat more is to increase that body temperature. So, do a block, be out for a little bit, then do another block again, out for a little bit, and back in. I did that for an hour.

When I got out of the sauna, it was 12:30 PM. I went back to what I did at 9 o'clock. I took another capsule or hoodia. I took those amino acids again for my brain and my mood. And I'm always taking them with minimal water. I have this little-bitty...I don't know. It's like a tablespoon cup, something like that, that you could probably get with

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



cough syrup or something like that, and I would fill up this little-bitty, tiny cup and I only would use a minimal amount of water to get the pills down.

I then take a bit of a break. Around 1 o'clock I repeat what I did at 10. I have a chocolate bar or something that fits the bill, that's very calorie-dense, but physically does not weigh a lot, another dose of dandelion root and another dose of caffeine.

**MW:** What about the Watershed pill?

**ET:** No, no, don't do that just yet. At one o'clock I just had the chocolate bar, dandelion root, and caffeine. At three-thirty, a couple of hours later, I'd go with the hoodia and the amino acids again. At four o'clock I'll have another bite of something to eat, a chocolate bar or something similar, the dandelion root again, 200 milligrams of caffeine and the Watershed pill. Because the Watershed is pretty potent, you don't want to get too carried away with it. It's got several natural diuretics in it. If you take it no more than twice a day, and that's what I've done, I took it at 10 o'clock and then at 4 o'clock. When you get more than that on top of everything else you're taking to pull water out of the body, you might be starting to get too much of a good thing.

**MW:** What was after the 1 o'clock, before the 4 o'clock?

**ET:** Three-thirty, and that time I took another dose of hoodia to keep my food cravings down and the amino acids again. That's the 5HTP and some more L-tyrosine. So, at four o'clock get another bite to eat, some Watershed, dandelion root, 200 milligrams of caffeine and for me, that's the latest I'm going to be able to take the caffeine. If I take it any later than that, I'm not going to get any sleep that night. So, that's why I'm cutting it off a 4 o'clock with caffeine.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



You're probably starting to see a pattern develop here. About 2 to 2 ½ hours later, we're now up to 6:30 PM, another dose of hoodia and I'll take the amino acids again for the brain. Now, at 6:30, I'm only taking 5HTP and one thing I failed to mention earlier, the dose I usually take is 25 to 50 milligrams per time. Anything more than that, you're probably getting to much 5HTP.

At 6:30 I'm not really taking the L-tyrosine anymore, because again, that acts very much like caffeine. It's a stimulant. It wakes you up, it keeps you alert and at 6:30, I want to start, as best I can, to wind-down. So, 6:30 is hoodia and some 5HTP for my mood.



MW: At this point, is there any like... somehow to check where you're at?  
Or, some kind of benchmark to see how much you've lost?

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



**ET:** That's a good question. I think that's an individual thing. And I think more than anything, curiosity probably does kill the cat. So, if you're one of those guys who needs to be watching the scale all the time, by all means, do that. By the time I'm into this process, I'm so used to how my body reacts to it, I know that it really doesn't matter where I'm at until much later in the evening.

But, yeah, I mean, if someone wants to get that warm, fuzzy feeling and know that, "Hey, I've been at this for 12-hours." And they want to monitor their progress, go ahead. But here's what I don't want to happen, and it's very easy to let it. If you're doing this for the first time, and you're weighing yourself every hour, and now that we're up to 6:30, you're looking at your schedule and you're saying, "Okay, I've been at this for 12-hours. I got up at 5:30 in the morning, and I've only lost X amount of pounds in 12-hours. I'm not half way there. So, I've only got 12 more hours to lose more than half of what I've lost so far!" and then the person says, "Oh, my gosh. I'm never going to make it. I need to do something more radical."

That's the one thing I would tell people. Just have faith in the system. A lot of this weight won't come off until much, much later. The things we're doing, it sounds really involved, because we're taking all these diuretics. We're taking this Watershed and this dandelion root and this caffeine and we're taking amino acids for the brain and we're having just a little bit of food. But to be truthful with you, the process is really just now starting to get started. The major stuff is still yet to come.

So, if a person does need to track their weight loss, I'm all for keeping good records, absolutely. But, the point I would want to drive home is, if you've got ten pounds to lose, and if you're half way through the process and you've only lost three of those ten pounds, don't panic, because the major stuff is still yet to come.

**MW:** Okay.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



**ET:** So, 7 o'clock, I will again have something to eat. And the pattern, if you take a look at it, the pattern that's developing is I'm trying to have a little bit of something to eat about every three hours. I woke up, I had a small shake at 7 o'clock, I had a chocolate bar at 10, a chocolate bar around 1, a chocolate bar around 4 o'clock and another one around 7. The reason I'm doing that is this, and this gets into the physiology of the whole process. This whole process, just on its own, is quite stressful. I mean, the adrenal glands are in overdrive and the body is in sympathetic mode, which means it's really into flight. This is a stressful process for the body.

If you can have a little bit of something to eat about every three to four hours, it somewhat minimalizes the stress that the adrenal glands are under. Because, if you go any longer than four hour without eating, the adrenal glands start to really, really get worked over. And again, this whole process that we're doing is already being tough on the adrenal glands and every other aspect of the body.

So, that's the methodology behind why I'm having something to eat about every three or four hours. I'm trying to, as best I can, minimalize the amount of stress that my adrenal glands have to undergo.

So, at 7 o'clock I have another little something to eat. For me it was... I think at this point it's like half of a chocolate bar. And the reason why it's half is, at this point my saliva is starting to get really thick. I'm starting to really drop the water weight and my speech is starting to maybe get a little bit slower, my brain is functioning a little bit slower. It's harder to swallow. So, you're probably not going to get in the amount of food at 7 PM that you got in at 7 AM. But, be that as it may, I have as much as I can tolerate of this chocolate bar, without getting carried away and I take another dandelion root capsule.

Now, for me, at this point I start checking my weight. I want to see

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



where I'm at. So, around 8 o'clock I'm like, "Okay, where am I at?" At 8 o'clock I go into the sauna. Now, this is interesting because it's an individual thing. But, depending upon how dehydrated you might be at this point, you might have to really, really be in the sauna a while. And for me, this is my second bout in the sauna. I did one earlier from 11 AM to 12 PM.

Some people choose to do all their sauna work all at once and they do it as late in the game as they can. And that's fine. That works, too. But for me, I like that early sauna session to kind of get some water off, and then I'll come back at night and I'll say, "Okay, I'm sitting at 152 and I'm going to be in the sauna." My goal was to drop 2 pounds. I wanted to be there until I hit 150.

My first two rounds in the sauna, I was in there for 15 minutes, and that first 15 minute was extremely hard. That's that claustrophobic feeling I'm telling you about. I come out, I'm out for three or four minutes. I go back into the sauna for another 15 minutes. I come out and I have not even sweated at this point. I weighed myself. I hadn't lost any weight at all. It took that 3rd and 4th and 5th round in the sauna for me to start losing the weight.

Again, depending upon how radical your weight cut is, depending upon how much water all those over-the-counter supplements have pulled out of your body...there might not be a whole lot left to sweat out. But for me, it took me a while and I ended up being in and out of the sauna about an hour and a half, from 8 to 9:30 and by the time I left the sauna I had met my goal. I was 150 pounds and I knew I only had two more pounds to lose sometime throughout the night.

So, at this point, we're going to bring in something that usually packs a pretty heavy punch. So, after I did my sauna from 8 to 9:30, I moved to magnesium citrate. Now, magnesium citrate is given to folks that are



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



going to have a colonoscopy or they're going to have surgery. Because what it does is it completely and totally...you're laughing because you know how this works.

**MW:** Yeah, you had me do this.

**ET:** Oh, man, it completely and totally pulls any food that you've got anywhere in your gut out. And it affects folks differently. What I will say to everyone out there, is that if they choose to do the magnesium citrate, once you do it, make sure that a toilet is somewhere close nearby, and I mean that, seriously. Because, when this...Honestly, you know. When this comes on, you got to get to the toilet and you've got to be there fast, because it's going to come out.

Now, what the magnesium does is it pulls just a lot of water into the bowel and then it flushes all the way through. This high dose of magnesium pulls all this water in and then it flushes through. And it's literally explosive, out the other end.

**MW:** Now, you drank a whole bottle?

**ET:** Yeah. There are a couple of options here. Some folks will recommend an entire bottle, and magnesium citrate can be bought in any grocery store or any drug store, a CVS, a Walgreens, what have you. If you don't know where it is, just ask whoever is at the counter. Tell them that you're looking for magnesium citrate. They'll take you right to it. It's usually, I think, a nine or ten ounce glass bottle and it comes in various God-awful flavors. Yeah, a person could start with one bottle of magnesium citrate. If you really want to make sure you get all of it, you could do two bottles.

I've tried two different ways of doing it. I've tried the liquid magnesium citrate that you can buy in the store. And because, for me, that stuff

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



tastes just so God-awful, what I finally gravitated to and what I use now is magnesium citrate powder. And what I'll do is I'll mix it up in water, just a minimal amount of water, and I'll drink just the powder with the water. Because I just...I can't stand the way the commercial stuff tastes.

**MW:** Yeah, it's pretty gross.

**ET:** It's nasty. But, I would recommend for anybody who doesn't want to put any thought into this, because you've got to weigh out how much magnesium citrate in grams and all this stuff, the easiest way to do it is to go to the store and buy a bottle or two of magnesium citrate. Go home, pinch your nose, down the stuff, I mean in one gulp, just get it down. And I know a lot of people right now might be saying, "Oh, but what about that eight or nine ounces of fluid that the magnesium citrate weighs?" Don't worry about that, because all of that fluid and even more is going to be pushed out in the next three to six hours.

**MW:** And it's not going to quench your thirst, either.

**ET:** No, no, no, no, no. That's a good point. No, this stuff is just...it's horrid. To me, it's just...horrible. I don't want to make somebody afraid of taking the magnesium citrate. It's a very important part of the process, but I'm not going to sugar-coat it either. The stuff is nasty.

So, about 9:30 I'll take the magnesium citrate and I will try to relax as best I can. Right before bed, or before I attempt to go to bed, or lay down or whatever the case may be, I'll take another dose of hoodia to help me with any kind of hunger pangs I may have. And then, I will take a sublingual, 1 milligram drop of melatonin to help me sleep. And at this point, if a person wanted to, they could also add in anywhere from 500 to 1,000 milligrams of L-tryptophan, which helps the body and the mind relax and it might allow you to get some sleep, because it's

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



going to be a rough night. You're going to be, at some point, waking up at probably three, four, or five in the morning and you're going to be on the toilet. And it's going to be probably not once, but two or three or four times. So, you're not going to rest very well that night.

One other thing I want to add, before we attack the morning of the weigh-in, is...and this is an interesting trick that I picked up in the MMA world. There's a moisturizer and it's called Albolene, and you can get this usually at a drug store. I think Wal-Mart carries it. To look at it, it appears very much like Vaseline. It's got a little bit different properties than Vaseline. If you apply this stuff all over your skin and go into the sauna, it is going to super-charge the sauna, much more than a sauna suit would.

A lot of people I see, they go into the sauna and they're wearing these sauna suits. And okay, some of those are going to help the body increase its temperature quicker, but in the real world I've used those sauna suits before, and for whatever reason, they don't seem to usually work anymore above and beyond what a natural sauna would do. Probably because you're not letting the skin be completely and totally exposed to all the heat elements when you're covered up in a sauna suit.

But, this Albolene, when you cake the body in Albolene, your body really starts to sweat, overtime. What it does is it closes off the pores, which allows your body to heat up even quicker. But, you definitely want to be careful with this stuff, because it's like anything else. If you start sweating too much, too quick, and overheating too quick, that could cause problems.

So, this is one of those kind of tricks of the trade that if you really need to pull out in the last minute. You might want to use it but if you don't have a huge weight cut to do, I wouldn't worry about it. But this time, I

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



needed to. I needed to because I wasn't losing the weight that I needed to naturally, that second bout in the sauna.

So, you'll go to bed, you try to get as much sleep as you can. You're going to be on the toilet a couple of times. When you wake up in the morning, what you want to do it absolutely, positively check your weight. See where you're at.

Now, at this point, it's too late to take any kind of prescription diuretic. What I like to do is the very first thing in the morning, again, I'm up about 5:30, I will take another dose of the Watershed, another pill of dandelion root and another 200 milligrams of caffeine. And that's based on the fact that the weigh-in is at 9 o'clock. Because, if you take any kind of over-the-counter diuretic any closer to the weigh-in time, you're going to work against your body. You're going to be pulling water out even as you're trying to reconstitute or rehydrate.

So, about 3 ½ hours before the weigh-in, which is what I did here, I backtracked about 3 ½ hours. Five-thirty in the morning, I took the Watershed the dandelion root, the 200 milligrams of caffeine and then I checked my weight, and I checked where I was. And for me, I was okay, and all there was to do at that point was wait for the weigh-in to open.

Now, if you're over at that point, you definitely want to go to the sauna. That's your go-to card when you haven't made weight. And the albolene definitely becomes a real option at this point, because at this stage in the game, you're absolutely miserable. You just want to make weight. You want to get that last pound or two or three off any way that you can, the quickest way that you can. So, there's really not much more you can do other than sauna work before the weigh-in, which is in our example Saturday morning.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



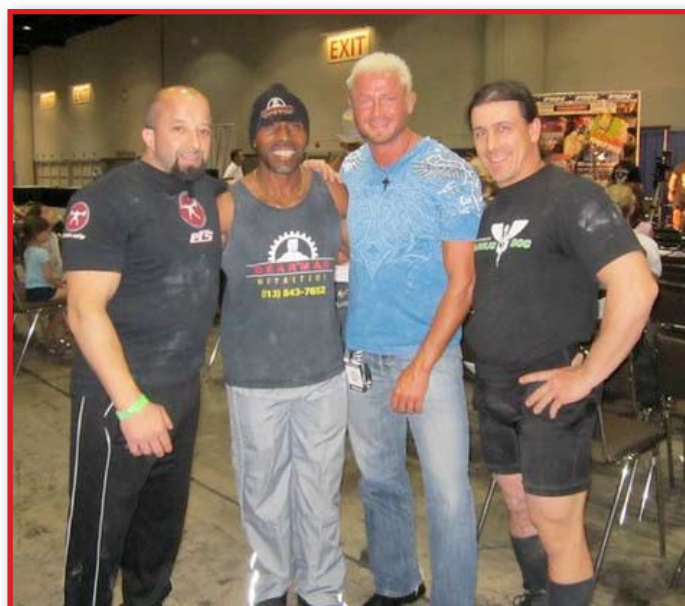
Now, the moment you make weight, let's say the weigh-in opens up, you weigh-in at 9 and you make weight. You're good to go. All right, what I want to do is I want someone to make up about a gallon, right away, of a mix of 4:1 carbohydrates to protein. I'm going to tell everyone out there that the type of protein and the type of carbohydrates source you use is important, but it's constantly changing.

At one point in time, folks used dextrose and maltodextrin for the carbohydrate sources. And then, we had waxy maize, which fills up glycogen stores quicker. And it's like there's always something later and greater and better. So, I don't want to say, hey, you want to take this waxy maize carbohydrate source and this type of protein, because there's constantly new research coming out that has some kind of other carbohydrate source that might fill-up glycogen stores even quicker.

The key point is that you want to get back in a small amount of protein, but a much larger amount of carbohydrates and you want to get that first gallon in as soon as you possibly can. You don't want to make yourself sick, but you just got to constantly be looking at that first gallon of fluid, trying to get it down as fast as you can.

**MW:** Get the first gallon in before you have any solid food?

**ET:** That's my advice. Again, everyone else has their own way of doing it. The reason why I say get that gallon of fluid in is because that's the most important thing we want to get back into the body. We want to rehydrate the body



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



and we want to push carbohydrates. We want to fill-up those glycogen stores. The liver and the muscle are absolutely depleted. There's no glycogen going on anywhere. It's basically an empty gas tank.

Now, for a power lifter, it's actually not quite as vital. I mean, they want to get back in the carbohydrates but the reason why the power lifter wants to do it is because they want to get their leverages back. They want their body to swell back up to where it was before they started the weight cut, or maybe if they're lucky, to super compensate and become a little bit bigger than they normally are to increase their leverages.

But, a fighter, he's more concerned about actually filling up the glycogen stores. So, that's why the carbohydrates are so important to the fighter. Because, he's going to be using that fuel about 24 to 28 hours later. And if he doesn't fill that liver back up and fill the muscles back up, he's not going to fight very well.

Whereas the power lifter, their advantage is, every molecule of carbohydrate will hold about three to four more molecules of water around it. So, if you get 100 grams of carbohydrate into your body, you've got times-four that as far as water is concerned. And that's what gives the power lifter his bloat. You know how guys will say, hey, I'm going after the bloat. That's what they're really talking about.

So, that's why an MMA guy wants to get that fluid and the carbohydrates back in, or a combat athlete. And that's why a power lifter would also want to get it back in, just slightly different reasons.

Now, from this point on, there are a couple of key points, but we're basically done with the entire process here. One thing that I've found that kind of super charges the rehydration process is a compound called glycerin or glycerol. And numerous companies make it. The one that I use is simply made by Now, and it's just called vegetable glycerin,

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



100% pure...they even call it skin care. You'll see glycerin in all kinds of lotions and the reason you see it in skin care products is because glycerin pulls water out of the air into the skin.

Well, it does the same thing when it's in your body. Yeah, when this glycerin is in your body, it will pull moisture from the environment and super hydrate you. Back when I was doing special operations and endurance races, I discovered that guys that are in the endurance field are very familiar with glycerol and glycerin, because they use that on their ultra...you know, like their endurance races and that type deal.

Unfortunately, there is so much conflicting opinion on what kind of dose to use that I'm not very comfortable just making a blanket recommendation on this one. I would simply say, look up glycerol or glycerin and do some research and whichever kind of philosophy seems to work for you, then use that dose. But, it's kind of all over the map. And it's one of those things that's really kind of hit or miss. So, I hate to kind of tantalize you and say, "Hey, we've got this great compound, glycerin, which super hydrates you, but I really don't know exactly how much you should take." You've really got to play around with it, and sometimes you get it right, and sometimes you don't.

I've had weight cuts where I went to re-compensate and I used a certain dose of glycerol and it worked very well. And then I tried a little bit different dose and it didn't work as well. I don't know if it's body weight dependent or not. I don't know. It's really a tricky thing. But, I can tell you that some form of it is going to definitely help super compensate the rehydration process.

About the only other thing I would say is after you get that first gallon of fluid in, what you want to be doing is you want to be watching the scale. You definitely want to get back at least to where you started from. And whether that's in the form of you eating a bunch more food, drinking a

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



bunch more fluid, whatever the case may be, you've got to religiously be watching that scale.

I mean, it's one of those things where I was constantly eating, constantly drinking, to the point where you're uncomfortable.

**MW:** Yeah, because your appetite diminishes, I mean, the day before when you're cutting, you think you're so hungry and you're so thirsty, but once you make it through that night and into the next day, you have no appetite and you're almost force-feeding yourself. I've seen guys, like I mentioned at the beginning of this interview, they made their weight but then they didn't eat or drink as much as they needed to just because they didn't really feel the urge. So, they took like a three-hour nap without having any fluids. And they just didn't put the weight back on or get their energy levels back. So, forcing yourself to eat is vital and even more importantly is drinking, right, more so than eating?

**ET:** Yeah. I definitely think so. I mean, it's an individual thing, because some folks...and every weight cut is different. Like you're saying, I've had ones where I've got my gallon down, of that protein/carbohydrate mix with the glycerin in it, and I get done with it and I either feel like I need more fluid or I feel like I need to start eating. It's different. But, yeah, you're absolutely right, a lot of times the reconstitution process is as hard or even harder than the weight cut. You've got to be disciplined. You've got to constantly be feeding yourself and drinking. You're right, three hours of napping, that's three hours you could have been drinking fluid, eating, filling back up your glycogen stores, topping-off whatever stores your depleted.

The only way you're going to get back to where you were is to just eat a bunch of food and drink a bunch of fluid. And there's no magic formula, other than watching the scale. If you get back to at least where you were when you started the cut, that's a good place to start. You're



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



looking to get above that even. So, I mean if you start at a weight cut of 200, yeah, shoot for 205. And it's very realistic when you're super compensating with glycerol like that.

But, yeah, it's...you're exactly right. If you don't pay meticulous attention to the scale and think, well, I'm not that hungry or, I don't feel thirsty. No! You've got to be pumping food and fluid as much as you can. And then, you've got to keep doing it.

MW: Yeah, what about the types of food? Some people think this is a time to just start eating crap. I specifically remember you telling me to eat things that I usually eat or that make me feel good. Not like reverting to junk food and stuff like that.

Can we talk a little bit, too, about salt? Because I think you had me add some Celtic sea salt to the water. I was making a lot of mixes with water versus buying a lot of the Gatorade and things that have a lot of sodium in them.



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



**ET:** Yeah. That's a good point. So, a couple of things to touch on here real quickly. The food, yeah, you're exactly right. The food that a person should take in, it really should be the same as they normally eat. For you and me, especially when you were doing that process, you had a specific diet you followed. You knew what your metabolic type was. You knew what type of foods worked best for you. So, all it was, was a matter of eating those same foods, but in larger quantities.

If a person knows their metabolic type, this entire process is so much easier. If a person doesn't know that, I would say to them, look, how do you normally eat? What do you eat on a regular day? Whatever it is, stick to those foods, because if you... Yeah, let's say you drink your gallon of fluid. All of us get these weird cravings, because our body is completely out of homeostasis. Right? So, I'm sitting here...

**MW:** You think you want pancakes or McDonald's or something, but you don't usually eat that way.

**ET:** Right, right. Yeah! And you'll crave that stuff and you go and eat it and you get half way through it and you're like, "Oh, my gosh! I feel sick." And I've done it before. You know, I've like dove headfirst into a bag of Doritos or whatever and I'll get half way through it and... And I'm not saying Doritos are bad, some people live on them and if that's all a guy can tolerate, that's fine. But, for me, that was not what I usually ate. And when I dove into that I got half way through it and I was feeling absolutely horrible. And then you sit there and you don't feel like eating for an hour or two or three, and that's just all that time that you're wasting that you could have been eating and drinking quality food and quality fluids. So, yeah, the plan is to eat the foods you normally eat, just more of them or constantly, all throughout the process.

I would also recommend taking a couple of supplements every time they eat. One of these is called Need 2 Slin, and the manufacturer

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



of it...shoot, I don't even know if I still have the bottle. It's kind of hard to find. There's only one company that makes it. What Need 2 Slin does is...okay, I've got it right here. Need 2 Slin has six different components in it, six different nutrients that mimic insulin response.

So, what we want to do, as we're eating and drinking all this food and all these fluids, we want to try to push as much carbohydrate into the muscle and into the liver as we possibly can. We want to fill-up those stores. And when you take a product that mimics how insulin works in the body, your ability to shuttle those carbohydrate into the muscle increases dramatically. And Need 2 Slin is a really good supplement that does that.

So, that's one thing that I would recommend that people take every time they eat. If you snack 15 times a day, I would take a capsule every time, because that's going to help shuttle all those nutrients where they need to go, quicker.

Another thing that a power lifter can take, I'm not quite sure about an MMA or a combat guy, but a power lifter could take creatine every time he eats as well. That's going to help with that bloat. It's going to help increase the leverages for the power lifter, especially the equipped power lifter. So, that's another thing that they can do.

The mixtures you're talking about, that's a good point. If someone is not a big fan of Gatorade...because I'm actually not a big fan. I think there's too much sodium in Gatorade and the sugars aren't the greatest. If they want to make their own type of Gatorade, so to speak, or their own kind of electrolyte beverage, what you want to do is you get 20 ounces of water. And you would use 1/8 of a teaspoon of Celtic sea salt, now this is hard to measure-out, but if you've got a 1/8 measuring scoop, just kind of figure you barely fill up one corner of it. You'd want to add 1/32 of a scoop of potassium. So, that's just a little... it's almost like a pinch.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



**MW:** Yeah, that was hard for me to find, the powder, but I did find potassium pills.

**ET:** That would work, too. The dipotassium phosphate is hard to find in powder form, especially if you're just running to like a local vitamin shop or that type deal. So, yeah, in a pinch, regular potassium will work. You'd probably want to open the capsule maybe in like a Ziploc bag and just take a little pinch and put that in the water, along with your 1/8 teaspoon of your Celtic sea salt. And then, you can get about a tablespoon of any kind of carbohydrate beverage, dextrose, maltodextrin, waxy maize, some of these, rice, oligodextrins are some of the latest rave right now.

Whatever carbohydrate source works best for you and put that in there. And if you need some sweetener in there, you could put a couple of drops of Stevia. Basically, what you've got in that mixture is a correct electrolyte beverage that's going to definitely help rehydrate you better than regular water would.

So, as you're pumping these fluids, especially above and beyond that first gallon, you want to make the best use of everything you're using. So, rather than drinking regular water, if water is your beverage of choice, if you make up this kind of homemade Gatorade that I just described, that's going to... Twofold, number one it's going to definitely help rehydrate you better because of the electrolytes that are in there with the potassium and the Celtic sea salt. But in addition to that, the scoop of carbohydrate is definitely going to fill up your glycogen stores quicker. And as I said earlier, for every one molecule of carbohydrate you take in between three and four molecules of water latch onto it. And that's where you get that volumization effect, that swole.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



MW: Great. I mean, if they're not making this electrolyte drink, they definitely need something besides just water. Like, get some Gatorade or some Pedialyte, otherwise they're not getting that potassium and some of the sodium that they're going to need.



ET: Yeah. I would say...my beverages of choice...after a guy gets in that mix of 4:1 carbohydrate to protein, that first gallon, I would say my very first beverage of choice for rehydration would be coconut water. Coconut water...everything that I just described about mixing all that stuff up, coconut water does all of that and even more. The disadvantage is coconut water is not cheap. I mean, you can get some very basic coconut waters at the supermarkets now. It's about a 12 ounce can for about \$1. But, you figure you're probably going to be drinking another gallon or two of fluid on top of that first gallon. So, do the math. I don't know what a particular guy's budget it.

But, if the sky were the limit, I would say coconut water would be

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



your first option. I would say the mixture that I just described, the homemade Gatorade with the 1/8 teaspoon of Celtic sea salt, the 1/32 or the pinch of potassium and the tablespoon of a carbohydrate, whichever one works better for you. That one would be my second option. I would say Pedialyte would be after that, and watered-down Gatorade would be after that.

You want to consume as much of that fluid as you can, because if you're just drinking water, well, that's great. But, you're missing out on the carbohydrate and the electrolyte components and we've discussed just how important both of those are to a guy who's been severely dehydrated for 24-hours.

**MW:** Yeah, it's extremely important.

**ET:** Yeah.

**MW:** I did something similar to this when I was reconstituting. I made this homemade electrolyte drink with the ingredients you gave me. I had that right away in the morning. Then, I went out to eat. After that it was drinks, drinks, drinks. I would even throw in some protein shakes and just regular water with nothing in between, then have just like peanut butter sandwich for lunch. I didn't really feel like eating much that whole day, but wound up having like a good, nice dinner at night and then drinking more after that. It's all about just forcing it down and making sure you're getting your fluids. You've got a bunch of choices here.

**ET:** Yeah, like I said, this is when the individual stuff really takes over. But at the end of the day, what you want is to be watching that scale meticulously. Am I putting the weight back on or not? And if you're not, that means you've got to keep eating more, you've got to keep drinking more. And the food you should choose, we've discussed. It's just

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



basically more of what you normally eat and the fluid, just like we talked about, coconut water first, homemade Gatorade second and any of those other beverages third.

If you do that religiously, meticulously, over the next 24-hours, you're probably going to top-off anything that was depleted and you're going to radically increase your chances of being back to as good as new or even better when you compete the next day.

**MW:** And if you don't do this and you get lazy about the reconstituting, then you're going to wind up having organs that don't have enough fluids in them and be dehydrated. You're not going to have the energy for the fight or for the meet. So, this is equally as important.



•  
**ET:** Oh, absolutely. I mean, a lot of guys that I've worked with, myself included, you make weight and you're like, "Oh, my gosh! I'm so glad that's over. That was 24-hours of hell." You're only half way through it. You've got another 24-hours of a different type of Hell and that's force-feeding and force-drinking. So, yeah, you're half way through the process.

It's a very disciplined, very hard 48-hours. But, we're talking about athletes here and athletes...

**MW:** You know what's cool about it though? It makes the actual meet or the competition not even the hard part. When you've made it through this, then by the time that actually comes, you're just ready to go. And,

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



you've got the advantage over the guys that A, didn't cut weight, or B, don't even know what they're doing and mess it up somehow.

**ET:** That's the irony of this, Mike. It's exactly what you said. I mean, it's like the competition is almost a reward. You're like, thank God, I've made the weight and I put it all back on. Now, I can have some fun.

**MW:** Right, exactly. It's like actually doing the sport is the reward for all this you just went through.

I mean, this is just some amazing information. I don't know how many people even know this stuff or... I just feel fortunate enough that we're friends and I can get access to this kind of information and that you're willing to share it. There are not very many people that know this, know how to do it healthily, and that are willing to help other people and share it. So, I just want to thank you for the interview and for helping out the Lean Hybrid guys that have some weight-cutting to do.

**ET:** No, I'm happy to do it. Like I said, it's something I've done over many, many years, much trial and error. I have used it on a lot of different clients. The process is constantly evolving. If you and I talk a year from now, I'm sure there'll be some new information that I'll have that will come out.

But, yeah, it really allows a guy to really stack the deck in his favor if he's willing to do the planning and willing to see the process through, and trust in the process. Educate yourself about the process. I hope guys at least take it for a test drive before they decide to do the real deal, in a real competition. And yeah, I think that once you do it a couple of times you realize, yeah, it does kind of suck, and it is a difficult thing, but it's totally worth it in the end.

**MW:** Yeah. Is there anywhere people can get a hold of you or someplace



# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



you're hanging out online now? You've got your own site.

**ET:** Yeah. If people want just very excellent, basic nutritional information, that's my website, [www.EricTalmant.com](http://www.EricTalmant.com). If anybody has any kind of questions, there's like a 'contact us' link on that website.

**MW:** Cool. Also, you wrote a... we did an ebook together, [Building Vibrant Health](#). So, I'll include a link to that in this transcript for people so they can check out that ebook as well.

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**ET:** Yeah. [Building Vibrant Health](#) goes into the metabolic typing process, what exactly it is, why it's important. And like I mentioned earlier, if a guy or a gal, if they know their metabolic type, the process of reconstitution becomes so much easier because they already know exactly what the best foods are for them to eat. They just need to eat more of them than they normally do. It takes one less... it's one less thing to guess about. And the whole process is dicey at best.



**MW:** Cool. We'll end this interview, thanks again and I think I'll end it with a quote from Elliott. He always says, "What do you want? What are you willing to do?" So, use this information at your own risk. All right, thanks a lot Eric.

**ET:** You're welcome, Mike. Thank you.

# CUTTING WEIGHT

## ERIC TALMANT INTERVIEW



### Eric Talmant



Eric Talmant is an all-time top lightweight powerlifter and has a “passion for all things nutrition.” In recent months Talmant has made the transition from powerlifting to MMA and is set to compete in his first pro fight in the next couple months.

A 1996 graduate of the University of Evansville, Eric is a certified Metabolic Typing® advisor <http://www.mt-advisors.info/EditIndex.php> and Functional Diagnostic nutritionist. Talmant is certified to offer the Advanced Metabolic Typing® Test as well as order blood work (the Signet MRT Test, U.S. BioTek ELISA IgG allergy test, the High Sensitivity C-Reactive Protein heart health test, and the BioHealth Diagnostics Adrenal and Hormone Profiles to name a few) and dispense hormones.

During Eric’s powerlifting career he has competed in the ADFPA, NASA, AAPF, APF, APA, the WPO, and the Raw Unity Meet. He holds the APF Florida state men’s open equipped squat record of 678 pounds. **He has been ranked in the top in the 75K class among all raw lifters in the United States for the past two years and he was a top equipped lifter in the two years before that.**

His best equipped lifts are a 683 pound squat, 391 pound bench press, and a 650 pound deadlift in the 75K weight class. His best raw lifts to date are 485 pound squat without knee wraps, 290 pound bench press, and 635 pound deadlift.

Talmant brings a unique skill set and 16 years of nutritional experience to his sponsors BMF Sports, Ultra Life, Inc., [Critical Bench](#), and Titan Support Systems. He lives in rural Spring Hill, Florida, and can be reached through his web site at <http://www.ericthalmant.com>



## Ways to Cut Weight Efficiently

by Pro Level Powerlifter Brian Carroll



There are many ways to effectively cut weight. The first and most important thing to keep in mind is to have a plan and be prepared. There are many pieces of the puzzle that come into play. Depending on how much you have to cut, and how much time you have between weigh-in and competition, some of these suggestions will be needed in full. If you have a smaller cut to make (2-5% of your total body weight), then you can get away with only 1-2 of the suggested measures.

Going with a low carb diet the last week before a big cut is vital. Limit your carb intake to those found in green veggies and possibly cottage cheese and protein shakes. This not only primes the body for the cut, but can, in and of

# CUTTING WEIGHT

**BRIAN CARROLL**



itself, shed extra pounds of water. Sometimes losing these few pounds of water weight is enough to make the cut. Protein is vital. Good sources are low carb shakes, red meat, turkey, chicken, fish, bacon, sausage, eggs, etc. It is very important to eat enough, and not try to starve yourself too early in the week. Eat normal portions, but skip the carbs.

Water loading plays a big part in cutting when used in conjunction with a low carb week. Starting the week of weigh-ins, you need to drink 2 gallons of water, every day, until the day before weigh-ins. I prefer distilled water, because it seems to take more weight off of me. That probably has to do with the lack of minerals that are typically found in tap and spring water. Typically during water load and low carb week, I will lose 1.5lb to 2.0lb per day, everyday.

For extra benefit you can try a magnesium citrate product, to clean out your colon. Make sure you do this before you cut off your water. For example; If weigh in is Saturday then you will drink the magnesium citrate on Thursday evening. You can sometimes lose up to 3-4lb from this. *(Editor's Note: Magnesium citrate is commercially available in most drugstores as an over the counter laxative. Citromag and Citroma are the two most common brands. Do not use magnesium citrate for more than five consecutive days. Do not use magnesium citrate if you are pregnant or nursing. Do not use magnesium citrate if you are experiencing nausea, vomiting or abdominal pain. And while it goes without saying, if you experience trouble taking a dump or there's blood in your feces, go see a friggin' doctor!)*

Salt loading also goes well with the low carb/high water week. Add extra salt on all of your food. Don't use stupid amounts, but salt all of your meals. This will help you become hyper-hydrated, which is very important when you cut off your water, the day before weigh-in.

Water pills are the staple of my weight cut. After all the above steps have been taken, I will responsibly take water pills throughout the day before

# CUTTING WEIGHT

**BRIAN CARROLL**



weigh-in. This is usually good for dropping another 10 pounds or more.

Having access to a sauna is also extremely important. Sometimes the last few lbs are very stubborn and the only way to get them off is to sweat them off. I use a protocol of 10 minutes in, 3 minutes out.

It is very important to NOT make weight too early. Being dehydrated too long is very bad for your body and your performance. If your only 2 pounds over and you have 24 hours until weigh in, then take your time and wait until the evening or later that night to shed that last bit.

## TO RECAP HERE'S A TYPICAL WEEK FOR A WEIGH-IN ON SATURDAY

Sunday	Start low carb diet and maintain for the whole week
Monday	
Tuesday	Start water loading by drinking 2 gallons per day until Friday
Wednesday	
Thursday	Take one dose of magnesium citrate after dinner
Friday	Take small sips of water and water pills throughout the day, and sweat if necessary. I also keep sour gum on hand to spit weight if necessary.

# CUTTING WEIGHT

BRIAN CARROLL



## PUTTING WEIGHT BACK ON



It's very important to put the weight back on as fast as possible. The longer you are dehydrated, the greater your chance of poor performance.

Have a medical professional provide you with an IV treatment right after your first meal. Many times, after a big cut, you won't be able to start an IV until your veins re-inflate. Carbs will help and so will partial hydration. I typically use 2-3 bags. What kind they are isn't important, the fluid is.

Pedialyte and Gatorade should be your staple drinks for the whole day, and during the meet. This is your money maker, along with the IV bags. If you don't drink enough it will really hurt your performance the next day and you will not fill out properly.

# CUTTING WEIGHT

**BRIAN CARROLL**



Having some magnesium and potassium to supplement all day after weigh-in and meet day is also very important. If your cut was larger than 5-6% of your starting bodyweight, then there is a good chance for muscle cramps. I take a tablet of each, about 3x per day or sometimes more. Having bananas on hand is a good idea as well.

Carbs are your friend now. This is not an invitation to eat nothing but junk, but it's ok to have some. Typically I eat: Pasta, rice, potatoes, granola bars, peanut-butter, any salty carbs and I have dessert at every meal. Fruits and fruit juices are also very good sources. You obviously want to have proteins too, but carbs are priority.



It is very important to keep tabs on your weight. Sometimes, the weight is very hard to put back on after a cut, and sometimes it flies back on and you have to pull the reins back. Have a scale handy to monitor your bodyweight, just as you should during both your training cycle and weight cut.

Meet day you will continue to eat good sources of carbs, drink plenty of water, pedalyte and Gatorade. Eat a good, solid meal every 3-4 hours or so. Also keep plenty of bananas and magnesium and potassium around, just in case.

# CUTTING WEIGHT

## BRIAN CARROLL



A typical day of eating on meet day for me includes:

A breakfast at the International House of Pancakes, I get a burger and potato for lunch, and if the meet is long, then another burger and potato for dinner, snacks are fruit, trail mix, granola bars and peanut butter crackers.

I don't suggest cutting more than 5-6% of your bodyweight more than 2x per year, because it's just so taxing mentally and physically. But when done right, you can still perform at 100% of your best and in a lower weight class.

A point about bout re-hydration, if you only cut about 2-4% of your total bodyweight, you won't have to go crazy with the process. Just like with the cutting steps, you may only want to use 2-3 of the listed suggestions. Using these methods, I have successfully cut from 250 down to 220 and set a world record squat, and cut down from 265 to 242, and achieved the 2nd largest total in 242 history.



# CUTTING WEIGHT

**BRIAN CARROLL**



## ABOUT BRIAN CARROLL

Brian has been a competitive powerlifter since 1999, when he broke into the sport with bench-only competitions. In 2004, within a year of his first full power meet, he finished second at the WPC Worlds in the open class as a junior – totaling 2000 pounds. Since then, Brian has recorded numerous top-two finishes, including the WPC Worlds, WPO Finals, APF Seniors and the IPA Pro-Am. For the past six years, Brian has consistently added 90+ pounds to his total each year, going from 1752 to 2700 over this span. Brian is self-employed as a licensed massage therapist and

trainer in Jacksonville, FL - where he owns his own massage and personal training business. Brian enjoys coaching lifters, guiding their training and watching them succeed.



### BEST OFFICIAL LIFTS

220 - 1030 Squat, 633 Bench, 755 Dead - 2375 TOT  
242 - 1052 Squat, 785 Bench, 771 Dead - 2570 TOT  
275 - 1145 Squat, 785 Bench, 800 Dead - 2700 TOT



## The Less You Have To Cut the Better You Will Feel

by Chad Howse

Hi, my name's Chad Howse, I'm a normal, naturally skinny guy who gained 32 pounds of ripped, athletic muscle in 32 weeks. Now I help guys achieve similar results through my business and web site over at [chadhowsefitness.com](http://chadhowsefitness.com).



My initial transformation actually came when I was boxing as an amateur in my hometown of Vancouver, BC. I got into boxing because I had always loved the sport. I fought for a couple years, and then moved on because of my weight gains, and my growing business.

In boxing you need to weigh in at or under your weight class. If you're a welterweight, you're fighting at 147 pounds. So you need to come into the fight weighing no more than 147 pounds. Sometimes you'll get a pound wiggle room.

A weigh-in is where the fighters will be weighed to ensure that they are within the right weight. If they're too heavy, they'll be given a time period to then go lose that weight – usually a few hours.

In amateur boxing, a weigh-in takes place on the same day as the fight – usually early in the morning with the fights taking place at night. In professional boxing the weigh-in is the day before the fight. Again, usually

# CUTTING WEIGHT

## CHAD HOWSE



in the morning with the fights happening the next night.

Many fighters will gain weight between fights, and then have to lose a lot of weight in a short period of time in order to be eligible for their fight.

Other's maintain a weight that is much closer to their fighting weight and have to drop fewer pounds before their weigh in.

I've done both and will go over both. Cutting a lot of weight in a short period of time can be dangerous. I maintained a good weight when I wasn't fighting, and had to drop less which allowed me to go into the fight with a lot more power, strength and energy.

### 9 Pounds in 3 Days

I've cut weight for a fight a few times. Once for 9 pounds in 3 days, the other times for much less, a few pounds over a 3 day period.



### Training

All of my training – roadwork, sparring, and jump rope included – was done wearing a plastic suit. The plastic suit dramatically raises your body heat and increases how much you sweat. After a run, you take that thing off and it's just packed full of water (sweat). You can get the plastic sweat suits on [everlast.com](http://everlast.com).

When jumping rope I'd chew gum as well. This would help me form saliva, which I would then spit into a cup. I had to take advantage of every opportunity to dry myself out and get rid of any excess water.

# CUTTING WEIGHT

## CHAD HOWSE



### Diet

It's easier to get rid of water weight than any other kind of weight. So my water consumption went way down before a fight. Egg whites dominated my meals, pretty much eating nothing else besides a few veggies.

Carbs were cut out. Anything that would be stored, help me gain or maintain weight was off the menu. It sucked. By the time I was going to weigh in I was absolutely drained. I actually got sick before my fight and felt like crap walking into the ring.

### Rehydration

Having depleted my body of water, and needing energy in a bad way, I had Gatorade waiting for me after my weigh-in. I needed to get electrolytes in my body as soon as possible. I also had a boost, and went for a nice meal: pasta and chicken with Cesar salad.

If I didn't have my trainer around I wouldn't gorged myself, but I took it semi-easy. If I ate all that I wanted to eat I probably would've got a lot sicker.

I ended up gaining all of my weight back before the fight through water, Gatorade, and food. Some guys will drop 10 or 15 pounds before a fight then gain it all back, coming into the ring weighing 10 pounds heavier than the guy they're fighting.

### 3 Pounds in 3 Days

I enjoyed this, a hell of a lot more. Instead of



# CUTTING WEIGHT

CHAD HOWSE



focusing purely on water weight, I tried to focus a bit more on fat. I didn't cut out fat from my diet, instead I went 'carbless' (except for veggies) for 3 days.

I wore the sweat suit a couple times sparring, just to ensure that I'd make weight. But cutting carbs seemed to do the job with the amount of sparring, running, and skipping I was doing.

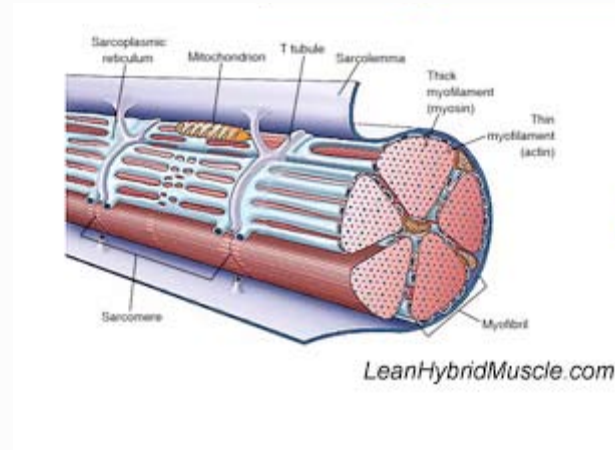
9 pounds in 3 days is dangerous. It messes up your nervous system, and completely breaks down your immune system. You look at guys like Mickey Ward, Manny Pacquiao, and Floyd Mayweather jr. – each of them stays at or close to their fighting weight. They go into their fights feeling 100%.

3 pounds in 3 days can be done with relative ease if you're working out the right way and eating the right way.

# CUTTING WEIGHT



**CLICK THE IMAGE BELOW  
FOR 2 TIPS ON BUILDING LEAN MUSCLE**



OR





## ABOUT THE LEAN HYBRID MUSCLE CREATORS

### About Mike Westerdal, CPT

Mike Westerdal is a personal trainer and amateur powerlifter residing in sunny Clearwater, FL. Mike is a contributor to REPS! Magazine and Powerlifting USA. He is also the founder of CriticalBench.com one of the Internet's largest muscle building sites.

### About Elliott Hulse, CSCS

Elliott Hulse is a certified strength and conditioning specialist. He is a professional strongman and owner of Strength Camp Sports Training facility in St. Petersburg, FL. Coach Hulse is also a featured columnist for Men's Fitness Magazine.



Elliott Hulse



Mike Westerdal

