Imagine you offered that advice to BG when he called!

"Hey B, you just need to make more and spend less!"

As stupid as that sounds that's how we treat the most prevalent disease in the United States.

From: jeffrey E. [mailto:jeevacation@gmail.com]
Sent: Monday, June 08, 2015 6:09 AM
To: Peter Attia
Subject: Re: Best line of the night

Agreed

On Monday, June 8, 2015, Peter Attia ███████████ <mailto: ███████████ > wrote:

Here's another reason to abandon this idiotic approach to obesity: it's not explanative at all.

If I said to you last night, "Jeffrey, why are you so rich?" (i.e., how have you accumulated so much stored wealth?) and you use the "First Law" to "explain" by saying, "Peter, I've made more money than I've spent," I would argue that while that is (obviously) true, it's entire unhelpful to me (assuming I'm asking because I, too, want to know how to accumulate wealth).

But if you think about it, this is the approach to obesity: caused by eating more than you expend. Ergo, the treatment is eat less and exercise more.

From: jeffrey E. [mailto:jeevacation@gmail.com <javascript:_e(%7B%7D,'cvml','jeevacation@gmail.com');>]
Sent: Monday, June 08, 2015 3:41 AM
To: Peter Attia
Subject: Re: Best line of the night

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that was fun, I look forward to your next trip.   energy store = in - out. . . not elegant. ex   during growth phase.
energy goes to making bone , stored but not in fat. . time frame needed.   process is not instantaneous. / so in and
out need to be defined within a time constraint.   . one could also argue that drinking water . merely adding weight to
the system woudl increase the total energy store of the body, , with no calories taken in at all. the person on the other
end of the see saw would greatly notice the change in energy store .   longevity with constant cognitive ability , where
the future money lies

On Sun, Jun 7, 2015 at 10:44 PM, Peter Attia ▮▮▮▮▮▮▮▮▮ <javascript:_e(%7B%7D,'cvml','peter@nusi.org');> >
wrote:

"They are all exceptional!"

--"J" (apparently the same guy who bought a Gulfstream a while back...)

Peter Attia | Nutrition Science Initiative (NuSI) <http://www.nusi.org/> | President | ▮▮▮▮▮▮▮▮ <tel:▮▮▮▮▮▮▮
(m) | ▮▮▮▮▮▮▮ <tel:▮▮▮▮▮▮▮   (o) | www.nusi.org <http://www.nusi.org/>

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