

Preface

I HAVE DEDICATED MOST OF MY LIFE to finding ways to increase muscle mass and improve physical performance. It started with my own personal quest to excel in high school football and then as a national-level competitive bodybuilder. I was fortunate enough to have fairly good genetics for building muscle. However, I knew that in order to compete at the top-level ranks against people with equal or better genetics, I had to compensate through a superior training and nutrition program. I know the extra knowledge of nutrition I gathered and applied toward my program helped me excel further than either I or anyone else had expected. During the time I was competing, I was able to maintain an off-season body weight of 285 to 295 pounds at only 10 percent body fat and a competition weight of 250 pounds at 4 to 5 percent body fat. This was back in 1995, an era when competing at 250 pounds was way above the norm.

For most bodybuilders, the goal is usually to win in competition, but the real motivation is to achieve the kind of personal progress that involves continually taking your body to the next level. That is what is so great about weightlifting and bodybuilding. If your focus is on your body and your external goals—the complete concept of what you want to achieve—bodybuilding can be very fulfilling and rewarding.

My personal quest to build my physique to its maximum potential through proper training and nutrition led me to an exploration of the research and development of sports-enhancing supplementation. Because I relied on nutrition to gain a competitive advantage over my competition and to help me reach my full genetic potential, I dedicated a lot of time to researching nutrition and supplementation and their effects on muscle building and performance. As I learned more, I realized that there was a lot of room for improvement and advancement in the sports supplements being offered to athletes, and this

ultimately led to the creation of Maximum Human Performance, Inc., in 1997. MHP's company mission is to provide athletes with the latest advancements in sports supplementation.

In addition to deriving inspiration from making progress and improvements in my own physique, I am inspired by public speaking and by helping others to achieve their fitness goals. I have given many lectures and seminars on training and nutrition over the years. Also, when you are a bodybuilder, your body serves as your uniform and it's obvious that you work out. You become a target for questions; so, no matter where you are, someone is almost sure to ask you a question about training, diet, or supplementation. I must have fielded tens of thousands of questions over the years.

It became obvious to me, by the number and kinds of questions that most people ask, that they are completely uninformed about nutrition, and it is disheartening to see how frustrated, confused, and misled they consequently become. I've seen too many people working hard at the gym and not getting results. I've answered questions like "How do I get big?" "What should I eat?" and "What supplements should I take?" too many times. It is for this reason that I felt compelled to write *Macrobiolic Nutrition*.

If you've ever asked or wondered about any of these questions . . . if you train hard and are unhappy with the results you've gotten, this book is for you! The answers and results lie within *Macrobiolic Nutrition's* 45/35/20 lean-mass equation.

I don't proclaim to be a "diet guru," nor am I going to try to take credit for any great diet revolution. In *Macrobiolic Nutrition*, I present scientific truths about nutrition in a simple, logical fashion. This book will help you understand the enormous impact food has on your body. Macrobiolic Nutrition can be applied to anyone who is working out and who wants to build muscle and burn body fat. Those of you who are hardcore will see that Macrobiolic Nutrition is the only way to make serious gains in "lean mass" and reach your full genetic potential. Macrobiolic Nutrition is not a quick fix: it is a long-term permanent solution! There are other diets and nutrition programs that may help you lose body fat, but these diets typically compromise your ability to pack on muscle. Macrobiolic Nutrition will turn your body into an efficient muscle-building, fat-burning machine! I am confident that Macrobiolic Nutrition will work for you as it has for me and for many others.

—Gerard Dente



WHEN GERARD DENTE APPROACHED ME to help write this book, I was skeptical. I understood that there was something missing within this industry, and basic nutrition was it. Gerard and I are on the same page when talking nutrition, but I was just a little concerned that we would be trying to appeal to the masses and not deliver the facts we know actually work. I soon found out that Gerard had in mind exactly what I felt was needed to guarantee bodybuilding success.

My background is in pharmacy and biochemistry, so naturally, the hormonal environment created in the body by foods and supplements was a vital interest of mine. For a few years, I worked with one of the largest compounding pharmacies in the country. I was exposed to hormonal replacement therapy practiced by some of the top physicians in the world during that time. The missing link for most patients was addressing their nutritional protocol. This slight oversight actually decreased the effectiveness of their therapy. As time went on, my love for bodybuilding and interest in nutrition drove me to open a health food store in 1995. The business grew and satisfied my desire to help educate people on the correct usage of vitamins, sports supplements, and herbs. Finally, I became a partner in a large fitness center and moved the entire health food store into the facility in 2003. I now had the ultimate approach for serving the bodybuilding community: a large state-of-the-art fitness center complete with all the cutting-edge supplements to enhance performance. I also began competing on the state level in the NPC as an open middleweight-class bodybuilder. My conditioning at contest time and my ability to stay ripped year-round drew a lot of attention from fellow competitors and patrons of our gym. Constantly barraged with questions, I felt it necessary to put it all in writing so the explanation would be easily followed.

I met Gerard quite some time ago, through my work with different physicians. One of his close friends was a client of the pharmacy where I worked, and I was very familiar with Gerard's lengthy list of bodybuilding accomplishments. Aware of each other, we finally met by chance at a New Jersey NPC bodybuilding competition. Gerard was there to launch a new supplement. We immediately struck up a conversation, and much to my surprise, he was very knowledgeable. My background in pharmacy and biochemistry intrigued him, and a friendship was formed instantly. I was very impressed with the fact that Gerard had a level of nutritional knowledge few bodybuilders could hope to possess. Coupled with his freaky genetics and 250-pound competition weight, this insightful look into nutrition turned him into an all-out superfreak!

Not long after our chance meeting, Gerard asked me to assist with the production of some new supplements to propel his company to the top of the industry. I agreed, and over the next few years TRAC, T-BOMB, TakeOFF, and their latest creation “The Up Your MASS” line were born. My background in pharmacy and drug-delivery systems proved to be invaluable for the invention of the enteric-coated delivery system of T-BOMB, which quickly became the number-one-selling prohormone in the country.

Now our chance meeting has evolved into my coauthoring *Macrobiolic Nutrition*. I strongly encourage any and all athletes who are serious about lean muscle growth to try the Macrobiolic Nutrition food plan. We address everything from protein, carbohydrates, and fats to the effects these macronutrients have on the hormones in the body. This book will be the most valuable tool in your muscle-building arsenal—just as important as the weights you lift and the recovery time you require. Macrobiolic Nutrition will put you at the top of the food chain for the maximal results from your training efforts.

—Kevin J. Hopkins