TRUE, BUT...

What years of keto/carnivore taught me about fat loss, muscle, discipline and the danger of half-truths

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The advice wasn't necessarily wrong.
It just wasn't the whole truth.

The premise

I spent years collecting advice in keto and carnivore circles: eat higher fat, then higher protein; feast and fast; intermittent fast, then extend the fast; dry fast; add electrolytes, then reduce them; add salt, then hear that perhaps carnivores do not need it; sprint to reduce visceral fat; do not count calories; exercise is not necessary.

A recent exchange on a carnivore site crystallised the problem for me. A woman had commented that, if she wanted to lose weight, she still had to count calories to ensure she was in a deficit. The reply from another member was "You do not need to count calories if you do carnivore the right way ... your body uses every bit of the protein".

Two things occurred to me. Firstly, how familiar this advice was - that if you ate carnivore correctly, there was no need to concern yourself with calories or energy intake. Secondly, I'd observed in my own carnivore journey that when a promised outcome did not occur, the answer often became "do the protocol harder" rather than asking whether the rule actually fit the goal in front of me.

The problem was not necessarily that every piece of advice was false. The problem was that conditional truths were often presented as universal rules. Much of what I heard contained a grain of truth. What was missing was context: compared with what, for whom, under what circumstances, and toward what goal?

This is not an argument that carnivore was a mistake. Going keto in 2014 and being carnivore since 2018 greatly improved my mental and physical health and remains the basis of my lifestyle. But when my goal became deliberately changing body composition - getting leaner while preserving and building muscle - some of the rules I had absorbed stopped serving that goal.

WHAT'S TRUE HERE - AND WHAT'S MISSING?

The framework

Four questions form the basis of this framework. In the 'What's missing' column, I deliberately look for the qualification, context or limitation that turns a catchy rule into a more complete statement:

- **THE CLAIM**
- **WHAT'S TRUE**
- **WHAT'S MISSING**
- **WHAT I LEARNED**

PART A - THE HALF-TRUTHS

Energy & Fat Loss

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"Calories are bullshit."	Calories do not tell us everything about nutrition, satiety, protein, food quality, hormones or body composition. Two foods with the same calories can have very different effects on hunger, nutrient intake and the thermic effect of food.	Energy balance still matters over time. Saying that calories are incomplete information is not the same as saying energy intake is irrelevant.	Once I paid attention to energy intake while keeping protein and food quality high, my body composition changed.
"A calorie is a calorie."	A calorie is a unit of energy. Four hundred calories is still four hundred calories in that narrow sense.	Four hundred calories of marshmallows and four hundred calories of meat are not physiologically or nutritionally equivalent. They differ in protein, essential nutrients, satiety, thermic effect and blood-glucose response. But those differences do not make energy disappear.	I stopped treating food quality and energy balance as competing explanations. Both matter.
"Insulin is what makes you fat."	Insulin plays a major role in nutrient storage, and insulin resistance matters enormously for health.	Low insulin does not guarantee continued fat loss regardless of energy intake, and insulin is not the only variable controlling body composition.	Carnivore could improve one part of my metabolic picture without automatically producing the level of leanness I wanted.
"Carbs make you fat."	Carbohydrate restriction can be transformative for some people, particularly when it improves appetite control, food choice, blood-glucose management and metabolic health. Highly processed, high-sugar carbohydrate foods can also be easy to overconsume.	Reducing carbohydrates can make fat loss easier for some people, but carbohydrate avoidance alone does not determine whether body fat will be lost. Carbohydrates are not one uniform category: ultra-processed, high-sugar foods are a different proposition from modest amounts of whole-food carbohydrate in an otherwise nutrient-dense diet, including when some people choose to position it strategically around exercise. Total intake, food quality, protein, activity, training and the pattern over time still matter.	I did not need to abandon low-carb eating to recognise that body-fat loss involved more than carbohydrate avoidance. I no longer need to fear carbohydrates as though one serving can undo my progress. I can distinguish food quality, amount, context and the longer pattern.
"Your body will find its ideal weight."	Improved metabolic health and appetite regulation can make body-weight regulation substantially easier.	A body's comfortably maintained composition is not necessarily the physique an individual personally wants.	My body seemed perfectly capable of maintaining more body fat than I wanted. My goal required deliberate body-composition work.

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"Calories are too inaccurate to be a reliable way to control body composition."	Food labels, calorie databases and expenditure estimates are not exact measurements of the energy an individual absorbs, metabolises, stores or expends. Different foods also have different metabolic costs and effects.	A measurement does not have to describe physiology perfectly to be useful. A consistent, imperfect measurement can still provide feedback: hold the method reasonably constant, observe the trend, adjust intake, and repeat.	I did not need calorie tracking to tell me exactly how much energy my body metabolised. I needed it to be consistent enough to guide decisions. For me, it was.

A closer look at carbs and calories

Two ideas sat at the foundation of my carnivore beliefs for a long time: carbs are the devil, and calories are largely irrelevant. I defended both propositions because they seemed to explain my own improvements when I first moved from a conventional diet to keto and then carnivore.

There is truth in both ideas, but not the whole truth. Reducing carbohydrates can be enormously useful for appetite control, blood-glucose management and metabolic health. But 'carbs' is also an unhelpfully broad category. A diet dominated by highly processed, highly palatable, high-sugar carbohydrate foods is a very different proposition from including limited amounts of whole-food carbohydrate in an otherwise nutrient-dense diet. Context matters here too. Some people choose to place those carbohydrates strategically around exercise, where they may support training or recovery. That does not mean everyone needs carbohydrates, nor that all carbohydrates are equivalent. It means I no longer need the rule 'carbs are the devil' to make sensible choices.

The carbohydrate question has become especially interesting because some high-profile people associated with carnivore have publicly reported good results after adding carbohydrates back into their diets. That has created controversy because it challenges one of the community's most strongly defended propositions. For me, the lesson is not that everyone should now eat carbs. It is that a rule can be extremely useful in one context without being a universal physiological law.

I also believed for a long time that calories were largely irrelevant. This remains a major point of contention within carnivore circles. Bart Kay is a useful reference here. His argument is more sophisticated than the shorthand 'calories are bullshit': he distinguishes heat-energy calorie estimates from the complex energy flux of a living human body, and argues that calorie intake and expenditure cannot be measured accurately enough to make calories-in/calories-out a universally predictive model.

I no longer need to reject that criticism in order to use calorie tracking. An imperfect measurement can still be practically useful. I do not need my food log to tell me exactly how much energy my body absorbed or expended. I need a consistent enough measure to compare my intake with what happens to my body over time.

That has been liberating. I no longer fear carbohydrate as though a single serving can undo my progress, and I no longer treat one high-calorie meal or one high-calorie day as a crisis. Learning to think in weekly averages changed the emotional meaning of individual meals. The body does not remake itself according to the last thing I ate, or even the last day. It responds to repeated patterns across a longer stretch of time.

That does not make individual choices meaningless. It puts them in proportion. One meal is data. One day is data. The pattern is what matters.

Source notes:

Bart Kay, Mark Bell's Power Project, "Calories in Calories out DOES NOT WORK?" (2022) https://podcasts.apple.com/us/podcast/bart-kay-calories-in-calories-out-does-not-work-mbpp-ep-840/id1341346059?i=1000586864588, last accessed 20 Aug 2026

The Sheasby Podcast, episode 53, "Calories, Carbohydrates, Carnivore & God" (2023), which explicitly includes "Calorie vs Energy Deficit." https://creators.spotify.com/pod/profile/thesheasbypodcast/episodes/53-Bart-Kay---Calories--Carbohydrates--Carnivore--God-e28gpao, last accessed 20 Aug 2026.

Fasting & Metabolism

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"Feast and fast."	Periods without eating can reduce eating frequency, allow insulin to fall between meals, simplify eating and help some people control intake.	Fasting is not required for fat loss, and longer is not automatically better. It still has to fit total nutrition, energy intake, training and recovery.	I spent time chasing longer fasting protocols when they were not necessary for the goal I was trying to achieve.
"You need to prime your metabolism."	Someone who has chronically under-eaten or is inadequately nourished may benefit from increasing intake and restoring adequate nutrition before pursuing fat loss.	That does not mean everyone needs months of deliberately eating to extreme fullness regardless of history, current intake and body composition.	After years of carnivore and while carrying substantial body fat, simply eating more was not the missing ingredient for my goal.
"Restriction damages your metabolism."	Chronic aggressive dieting, inadequate protein and poor recovery can cause adaptation, impaired performance and loss of lean mass.	A controlled calorie deficit with adequate protein, resistance training, recovery and periods at maintenance is not the same as starvation.	I learned to see a deficit as a deliberate tool rather than something inherently damaging or frightening.

Protein, Fat & Food

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"Just eat meat until you're full."	Protein-rich whole foods can be extremely satiating, and appetite regulation can work remarkably well.	Satiety does not guarantee that intake will match a specific body-composition goal. High-fat carnivore foods can be very energy dense.	Eating intuitively could maintain me perfectly well without necessarily making me leaner.
"Eat more fat to fix your hormones."	Dietary fat is essential, and cholesterol is involved in steroid-hormone synthesis. Very low-fat diets can create problems.	Some dietary fat being necessary does not mean more dietary fat is always better. The body also stores a substantial amount of energy as body fat.	Adding more fat added energy very easily. It did not magically make stored body fat disappear.
"Protein turns to sugar."	Amino acids can be used for gluconeogenesis when the body needs glucose.	That is not the same as excess protein simply turning into sugar. Gluconeogenesis is regulated, and adequate protein is particularly valuable when preserving or building muscle.	Being concerned about eating too much protein directed my attention away from something enormously useful for my goal.
"The source of the animal food matters"	How animals are raised is significant for animal welfare, environmental values, farming systems and personal preference. It may also impact the macro- and micronutrient content of our food. Given the choice, I prefer free-range eggs and regeneratively-farmed meat.	A meaningful distinction is not automatically the most important lever for every goal. For my nutrition and body-composition goals, eating nutrient-dense animal foods consistently matters more than making perfect sourcing a prerequisite. Regular eggs are still eggs; conventionally farmed meat is still animal food.	I can prefer the better-sourced option without turning it into another purity rule. I learned not to let a smaller lever distract me from the fundamental action.

Exercise & Body Composition

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"Exercise isn't necessary for fat loss."	A person can lose body weight without formal exercise.	Weight loss and building a strong, lean body are different goals. Resistance training supplies a stimulus to retain and build muscle.	I did not merely want to become smaller. I wanted to build something.
"You don't need cardio."	Cardio is not mandatory for fat loss, and endless cardio is unnecessary.	Movement affects energy expenditure, cardiovascular fitness, work capacity and health. Walking and other everyday activity can contribute substantially without compromising recovery.	Increasing ordinary movement through daily steps became more effective than occasionally running or trying to sprint.

Data & Feedback

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"The scale doesn't matter."	Scale weight alone says little about body composition and can fluctuate for many reasons.	That does not make objective data useless. Weight trends, waist measurements, photos, strength, food intake and activity together provide a much richer picture.	I stopped asking one metric to tell me the whole truth and started looking at trends.
"Don't count calories - listen to your body."	Hunger and satiety matter, and not everyone needs to track food indefinitely.	Appetite is not a precision body-fat-control system. Excellent foods can still provide more energy than a particular physique goal requires.	Tracking became information rather than punishment. It reduced uncertainty instead of creating it.
"I don't weigh myself because the scale messes with my head."	Daily scale weight can fluctuate substantially and a single reading says very little about whether body fat has actually changed. For some people, those fluctuations can trigger anxiety, disappointment or reactive behaviour.	Avoiding the scale entirely means losing a potentially useful source of feedback. Like weighing food, the scale does not have to be a judgement or a restriction. It can simply be a measurement. The skill is learning to observe it with curiosity, without changing behaviour in response to normal daily noise.	I learned to use the scale as a tool rather than a verdict. A number going up or down does not require an emotional response or an immediate change of plan. I record it, keep doing the work, and wait until a genuine pattern emerges over time before deciding whether anything needs adjusting.
"Trust the process."	Body composition changes slowly, daily fluctuations are noisy, and good processes need enough time to work.	Trust should not mean ignoring feedback indefinitely. Over a meaningful period, the data should show some trend in the direction the process is supposed to produce. If it does not, the process deserves review.	I learned to give a sound plan time - but not blind faith. Patience and feedback belong together.

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"Weighing food is restrictive."	For some people, weighing and tracking food can become obsessive or unnecessary, and it is not a tool everyone needs.	However, measurement can also remove uncertainty. Knowing what I actually ate means I do not have to guess, catastrophise or compensate for an imagined excess.	For me, weighing food is not restrictive - it is liberating. I measure it, record it, and move on. The numbers give me information, not a moral judgement.
"Higher ketones means I'm doing it right."	Ketones can be a useful metric when someone is deliberately pursuing therapeutic ketosis or using ketones alongside blood glucose to understand metabolic response.	The value of any metric depends on the goal. A ketone reading is not a universal leading indicator for fat loss, body composition, strength or every other outcome someone may want.	I had treated ketones as though getting that number right would make the rest follow. Eventually I stopped measuring the proxy and focused on measures more directly connected to my goal: calories, protein, body weight, measurements, photographs, strength and activity. The lesson was not to stop tracking. It was to match the metric to the mission.

The practical question: Is the measurement sufficiently consistent and informative to help me make a better decision?

A kitchen scale is imperfect. A wearable's estimate of energy expenditure is imperfect. Bathroom scales and body-fat estimates are imperfect. Sleep trackers are imperfect. But we do not need to automatically discard them. We ask whether the measurement, used consistently and interpreted in context, helps us see a trend and make a better decision.

This is where 'data over emotion' became useful to me. Data does not have to be perfect to interrupt an emotional story. Tracking has actually been liberating because it stops me over-compensating and sending my body into extremes. My mind might tell me that I have blown the day by 600 calories and now need to slash food or fast to make up for it. The data might show that I was actually only 300 calories over target. Spread across the week, that is simply 100 calories less on each of the next three days if I want to preserve the same weekly average. No punishment. No panic. No dramatic correction. Instead of deciding that I had failed because of a meal, a scale fluctuation or a day that looked different from plan, I can look at the broader pattern and ask what the evidence actually shows.

For body composition, my question became: at approximately this intake, with approximately this protein, activity and training, over enough time, what happens to my body? Then observe. Adjust. Repeat.

Discipline

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"You're so disciplined. I could never do what you do."	Changing a body does require repeated action and sometimes doing something that is not the easiest immediate choice.	Discipline does not have to mean punishment, deprivation, white-knuckling or constant self-denial. A Stoic conception is closer to self-command: deciding what matters, acting accordingly, and not continually renegotiating the decision.	Ironically, I was working much harder before. I was constantly researching, questioning, changing things and wondering whether I was doing it right. Now I do a small number of predetermined actions repeatedly - and then I get on with my life.

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"You have incredible willpower."	Sometimes I do choose a longer-term goal over an immediate preference.	A system that constantly requires willpower is a poorly designed system. Habits, routines, environment and clear targets reduce the number of decisions that require willpower.	I didn't become better at fighting myself. I built a life where there was much less to fight about.
"Good habits require more willpower."	Some actions do require an initial decision and effort.	However, as James Clear describes in Atomic Habits, environment can add friction to behaviours we want less of and remove friction from behaviours we want more of. Good systems reduce the number of battles that need willpower.	I learned to make useful actions easier and less useful actions less convenient. The less often I have to negotiate with myself, the more consistent I become.
"I could never give up bread / chocolate / [insert food]."	Giving up or limiting a favourite food can genuinely feel difficult. Liking a food does not disappear just because we decide it no longer serves us.	However, the choice is not always between pleasure and deprivation. It can be between two forms of reward - the immediate taste of a food and the longer-lasting experience of feeling healthy, strong and in control of my choices.	I did not stop liking chocolate. I discovered that good health feels better than chocolate tastes.

Discipline: the paradox

From the outside, what I do now can look like more work: tracking, walking, resistance training, protein targets, planning and repetition.

But it feels like dramatically less work.

The exhausting part was not doing things. It was continually deciding what to do: Should I fast today? More fat? Less fat? More protein? Less protein? Electrolytes? Salt? No salt? Sprint? Prime? Eat more? Eat less?

I was disciplined then too. I kept trying, tolerated frustration and stuck with things. The problem was that I was spending my discipline on complexity.

I was spending my discipline on complexity. Now I spend it on execution.

Structure has given me less to think about, not more.

The work is finite: do the training, get the steps, eat the food, record it, and move on. I do not need to spend the rest of the day negotiating with myself or demanding that the mirror reward me immediately.

The other shift was learning that the daily actions themselves are the win. In the past I kept moving the goalposts. Whatever I achieved was immediately replaced by the next target, so I rarely got to experience success. Now success is available every day: I do the actions I said I would do. The eventual outcome matters, but I do not have to wait for it before I am allowed to count the day as a success.

The work was never the hardest part. The bargaining was. The internal war was. The goal was never to become better at fighting myself; it was to stop negotiating with myself over the same useful actions. Once I did that, progress became far more predictable because execution no longer depended on winning a fresh argument every day.

Individual differences - without exceptionalism

Individual biology matters. Genetics, age, metabolic health, medication, training history, sleep, stress and many other factors can change how easy or difficult a particular outcome is. But recognising individual variation is different from assuming the basic principles cannot apply to us.

THE CLAIM	WHAT'S TRUE	WHAT'S MISSING	WHAT I LEARNED
"It's my genetics."	Genetics influence body shape, fat distribution, appetite, muscle-building potential, metabolic risk and how readily different people respond to the same intervention.	Genetics influence the hand we are dealt; they do not automatically tell us what is changeable within that hand. Invoking genetics too early can stop useful experimentation before the evidence is in.	I cannot choose my genetics. I can still measure my response to the variables I can influence and work from what the data shows.
"My metabolism is different, so the usual principles don't apply to me."	Metabolic conditions are real, and people can differ substantially in appetite, glucose handling, energy expenditure, recovery and response to diet or training.	Being metabolically different does not necessarily mean being exempt from physiology. It may mean the same broad principles need different doses, timelines, tools or medical support.	I stopped needing to be a metabolic exception. I could acknowledge my individual circumstances while still testing what actually worked for me.

PART B - THE DEEPER LESSONS

One of the most useful shifts was learning that consistency beats intensity. The transformation did not come from finding the most aggressive protocol. It came from choosing a handful of useful actions and giving them enough time to work.

I had spent years interrupting the process. When progress felt slow, I changed the food, the fasting, the fat, the protein, the salt, the supplements or the exercise. Eventually I learned a much less exciting lesson: this works better when I stop interrupting it.

I also became better at distinguishing fundamentals from smaller levers. Ketone readings, fasting windows, whether eggs are free-range, whether beef is regeneratively or conventionally farmed - these questions can matter, depending on the mission. I have preferences among them. But a preference, a useful metric or a worthwhile optimisation can become a distraction when I give it more importance than the actions most directly connected to the outcome I want. The question is not only, "Does this matter?" It is also, "How much does it matter for this goal?"

That also changed how I respond when results are not immediate. Instead of escalating, I can repeat. Change only one useful variable at a time and only when the data support it, then give that change enough time to reveal something.

I also stopped confusing body shrinking with body building. Losing scale weight was never the complete goal. I wanted a body that was leaner, stronger, more muscular and more capable. That required me to judge the process by more than the number on the scale.

Mindset, patience and doing just enough

The biggest shift, however, was in my mindset. Anthony Phaësse and LeanSeven gave me a different way to think about the work: the daily action is the win, evidence matters more than emotion, and a useful process needs time rather than constant interference.

For an ex-perfectionist, perhaps the most radical idea has been to do just enough. Every day. Not the maximum. Not the perfect day. Not compensating for yesterday or trying to earn tomorrow's result. No heroics. Nothing I can’t do on the worst of days. Just enough of the right things, repeated often enough.

The work was never the hard part. The hard part was the bargaining and the internal war with myself. Once I stopped renegotiating the plan every day, the work became finite: train, walk, eat, track, recover, repeat. Progress stopped depending on how motivated or reassured I felt that morning. That is also how I finally learned to do patience. Patience has the appearance of letting go. But it is not letting go of the work. It is letting go of the demand that results arrive within a particular timeframe.

There is an important qualification to that idea too. Patience is not passive and 'trust the process' is not an instruction to ignore the evidence forever. I can let go of the deadline while still watching the trend. If a sound process is being executed consistently, over a meaningful period there should be some evidence that it is moving in the intended direction. If there is not, I review the process rather than blaming myself or going at it harder.

This is where 'iterate, don't escalate' became so useful to me. I do not need to respond to uncertainty by doing more, eating less, fasting longer or changing multiple variables. I can make the smallest useful adjustment, then give it enough time to teach me something.

Future me - identity follows evidence

Repeated actions matter, and at first they may require conscious effort and choosing a longer-term goal over an immediate preference. But discipline is not the whole story. Repeated actions create evidence about who we are. I began by doing the actions required to become the person I wanted to be; eventually, those actions became evidence that I already was that person.

Another powerful change was beginning to make decisions not only for the person I was today, but for the person I was becoming.

At first, "future me" was a useful idea but not in a clear enough way for me to truly feel the stronger, leaner, more capable version of me I wanted to become. But I learned that the ‘future me’ was actually ‘me tomorrow morning’. I didn’t have to wait for the end of my transformation. I was building her every day through ordinary decisions.

Every walk, training session, meal, protein target and decision to stay with the plan became evidence. At first, the identity followed the actions. Then something interesting happened: the identity began to drive the actions.

I stopped waking up every day needing to decide whether I was someone who trained, walked, looked after her body or followed through on commitments to herself. Those decisions had been made often enough that they increasingly felt normal.

This is another reason the process now feels easier rather than harder. I am not constantly forcing myself to behave like someone I want to become. Increasingly, I am simply behaving like myself.

But there is a "true, but" here too. Declaring a new identity is not enough. Saying "I am an athlete" or "I am disciplined" does not make it so. The identity becomes believable because we accumulate evidence for it through repeated action.

For me, the loop became: chosen identity -> action -> evidence -> stronger identity -> easier action -> more evidence.

The daily actions are the win. Those actions become evidence. The evidence changes how I see myself. And that identity makes tomorrow's actions easier.

Important questions to ask

Compared with what?
For whom?
Under what circumstances?
Toward what goal?
How much does it matter for this goal?

These questions are bigger than carnivore. They are a way of thinking critically about health and fitness advice.

“Calories don’t matter.” “Fasting fixes metabolism.” “Exercise isn’t necessary.” “You need carbs.” “You don’t need carbs.” “Never count calories.” “Everyone should count calories.”

The useful question is not simply whether a statement is true or false. It is: what part is true, what conditions make it true, what has been left out, and does it apply to the person and goal in front of me?

A useful truth becomes bad advice when its conditions and limitations are removed.

Closing

Finally, I found a system that is sustainable and, followed long enough, brings about fat loss and body recomposition. And I found guidance from Anthony Phaësse of LeanSeven, who has a strong track record of coaching women to achieve significant body transformations. I adopted the approach of “he tells me what to do, and I do it” but without the need for absolutes. I did not replace “calories don’t matter” with “calories are everything.” I remained open and curious, adopted some daily non-negotiables and let time do the work.

The opposite of a half-truth isn’t necessarily another half-truth. I needed to get comfortable with two words: true, but…

Acknowledgements

None of the thinking in this document developed in isolation.

Looking back, I can see distinct stages in the evolution of how I think about food, health and body composition - and people and communities who helped move my thinking forward at each stage.

My introduction to low-carbohydrate eating came through Professor Tim Noakes and the Real Meal Revolution community, which fundamentally changed the way I thought about nutrition.

Karen Thomson and the Sugar Free Revolution added another important layer, particularly around sugar, food behaviour and our relationship with highly processed foods.

My move into carnivore brought further influences and communities, including Shawn Baker and MeatRx, now Revero Health, and Bella and the Steak & Butter Gang. I learned enormously from those communities, as well as from numerous coaches, group leaders, friends and fellow travellers whose conversations, challenges and experiences contributed to my thinking.

More recently, Anthony Phaësse and LeanSeven have been instrumental in another major shift - not only toward deliberately managing body composition through protein, energy intake, resistance training, movement, data, consistency and time, but toward a very different mindset about success, patience, identity and the daily actions themselves.

I am grateful for all of those stages. This document is not an attempt to discredit what came before. Quite the opposite. Each stage gave me something valuable. Some ideas I still hold strongly. Some I now understand differently. Others turned out to be useful in one context but not in another.

Growth does not require repudiating the previous version of what we believed. We do not have to decide that our previous teachers were wrong in order to allow our own thinking to evolve.

That is really the point of True, But...

About this document

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Constructive feedback is welcome, particularly where an idea feels unclear, incomplete or too absolute. Please feel free to share this document with others who may find it useful, provided it is shared intact and authorship is acknowledged. The simplest way to acknowledge or connect with me is via Instagram: @lark.able.

This document reflects my experience and evolving thinking. It is not medical advice and is not intended to prescribe a particular diet or training approach for everyone.