

Q. U have said that we need insulin spike only post wkout. Whats insulin spike & how would be helpful post wkout?

A. When you train hard, blood sugars can drop dramatically and cortisol is released(a protective hormone that devours muscle tissue in preservation of life), and the only thing to shut it off is insulin. Therefore, an insulin spike will serve the multi purpose of raising blood sugars, thereby insulin surge shutting down cortisol, and driving nutrients into the muscle cells where it can be used for optimal growth purposes. This is a real "window of opportunity" here. I can get more into the "science" of it if you like, but will not for brevity purposes here.

Q. Is insulin spike harmful at other times during that day?

A. At other times of the day(maybe with the possible exception of early morning, and then only slightly, as you are very insulin sensitive then), the answer is emphatically NO! This is the last thing you want. Insulin is your "storage" hormone in most ways, and rising and falling blood sugars throughout the day will produce resulting insulin spikes, thus much fat storage. Overabuse can lead directly in insulin resistance, which will take away from the effectiveness of your post workout spike, and at worst case can even lead to onset diabetes.

Q. I am 30yrs & 70kgs weight. I want to gain muscle mass. I am pretty slim over all but hav got a pot belly(hate it) Thx to my IT s/w job, sitting all day on the comp. I do walking/jogging every morning & wkout in the evenings. I have inexpensive shakes (must be more carbs) with milk this way...

A. Again, except for immediately post workout, have lower GI meals, consisting of lean proteins, some complex/fibrous carbs, and some healthy fats. If you want to add a protein shake, this is fine, but it is not needed if you eat a good diet, not to mention the food is more beneficial for you also. 5-6 meals per day.

Now as far as how much to eat, you will have to determine your baseline calories, or maintenance calories. Otherwise you will always be guessing and never progress. Write down everything you eat for a minimum of 3 days, 4-5 would be even better, and then average them out. If you have stayed the same, no weight gain or loss, then you have found your baseline calorie needs basiclally. Now, i am sure you will see some stuff(junk) you can immediately get rid of. Substitute processed carbs with whole grains, and green leafy and other fibrous veggies. It sounds to me like you want to get rid of your belly first, so you would start a reduction in caloric intake either through more work or calorie cuts. Likewise, if you want to gain, you go the other way. You will have to decide which it is you want to do.

In the morning, you are very insulin sensitive, basically due to the fasting state overnight. Your blood sugar rise though should not be near as dramatic as you make it after a workout. Just enough to steady things. Now if you are dieting(cutting), eating a very low glycemic breakfast is best, as it is a proven fact that at rest, your body would rather use fat than muscle, so it stands to reason that you would want to keep this fat burning going.