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Subject: The Nothingburger and my favorite interview
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Greetings -

Interesting three weeks with the “Nothingburger” experiment: one week of fasting sandwiched between two weeks of nutritional ketosis. As previously mentioned, I’ll share the results in the form of a podcast episode, where Bob will interview me in an AMA format. If you have questions about the experience or findings, please start shooting them to us (cc [@bobkaplan](#)) on Twitter. I’ve got most of the labs back and found some very interesting things, including a staggering deterioration of peripheral (but not central) thyroid function during the fast...albeit it’s an n of 1...

Unrelated, I’m quite limited in the number of podcasts I can listen to (at 2x speed, of course), so I pick and choose very carefully. This week, hell this month, the one I appreciated most was [Stephen Dubner’s interview with Lance Armstrong](#). I have never listened to a podcast and wished, so badly, that I could have been there to ask additional questions. Dubner is a fantastic host, but the format of his show doesn’t allow for the depth (and duration) I think one could spend on this. Lance, I hope to one day interview you on my show. (I think I prob own enough Mellow Johnny’s swag to at least warrant consideration... :)) If anyone has been following the TdF, which wraps up today, I’m sure they’ve also been following *The Move*, which has provided—hands down—the best commentary I’ve ever heard. Chapeau, Lance...

- Peter

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