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Adonis Index Transformation Contest Essay
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Last year at this time, I weighed 212 pounds. Today, I weigh 148.5.

I thought the best years of my life were behind me. In retrospect, it was one decision, one month prior to my birthday that truly changed my life. I decided that I didn't want to turn 37 feeling like a "chump." That decision would begin a research process that would land me square in the middle of what I would come to know the Adonis Lifestyle. The following is a sample of what I learned.

1) If I can do it, anyone can.

In the past 5 years, life has been a combination of the greatest joy coupled with the greatest of suffering. My wife and I have 5-year old quadruplet children (3 boys / 1 girl). Two years ago, my third son was diagnosed with Leukemia. As a result of our unique family situation, medical bills, and a down economy; I juggle 4 careers at the same time. I am full-time Real Estate Agent. I work full time at a church in Southern California. I am an actor (some of the AI community may know me as the voice of Altair in the video game Assassin's Creed), and I am university consultant. I consistently work 80+ hours a week, I find time for my family, yet was able to loose over 60 pounds and maintain it through the AI Transformation Contest for a total of 8 months.

2) I found out "light is right" on my own. AI showed me how to do it.

Using the "Zone Diet," I had lost weight many times. In 2010, I stalled at 174. Last year, I stalled at 180. Frustrated, I decided to research. Someone posted a picture on Facebook of the "Statue of David." I realized that the statue's physique was what I wanted. I learned that Sylvester Stallone was 165 in Rocky III. I learned that Brad Pitt was 155 in Fight Club. Then I learned Joe Pangianelo (from HBO's True Blood) had a shoot-weight of 185, yet he was 6,4". I realized I had to get light. Then finally I found the AI podcast. I heard the words "peer-reviewed research" and that was it. I found what I was looking for. All I needed to do was eat less, lift weights, and make the golden ratio my goal.

3) People don't like it when you loose weight.

The social pressures of pursuing the golden ratio are astonishing. My transformation last year was done in front of over 1200 people. As part of my church job, I do announcements every weekend. An entire congregation watched me go from 212 to 150 in less than 3 months. Once I got close to my AI, I was hammered by folks who were worried about me and thought I was sick; despite my increase in energy, stamina, and mood (Joe Pangianelo got the same reaction from his family and friends as well). Just yesterday, someone that I barely know said I looked "emaciated." People can simply be mean-spirited. But weight-loss in someone else can often make people insecure about

their own weight. They would ask me how I did it and I would tell them, “as a general rule, I eat what God made, and try and stay away from what man made. As a result, I eat less calories than I burn.” They wouldn’t have it. It had to be a pill I was taking or an illness. No one wants to believe how simple the weight-loss process actually is. They want it to be complicated and unattainable so they can have an excuse. At the end of the day, I learned to stay humble, don’t say anything, and be kind and encouraging when people ask.

4) Eat-Stop-Eat works.

For 8 months, I have been able to maintain my weight through the ESE system. Since my initial transformation I have not gone over 166 which was just prior to the contest. I allowed myself to gain some weight to prove to myself that I could do it again. The contest transformation however, was much more difficult than I anticipated; but I learned why. I was able to learn and distinguish the difference between when my body is actually hungry, and when my “Reward System” is turned on. I learned that my “Reward System” which goes crazy for the sugar/salt/fat combo is the greatest challenge in the pursuit of the golden ratio.

5) Everyone in the gym does the same thing everyday. So did I... until now.

In the gym, everyone does what they learned when they “Came of Age.” What I mean is that prior to the AI system, I lifted in the gym the same way I did back in 1992 when I first learned to lift. In the gym, you can tell *when* people started lifting simply by the clothes they wear. Everyone comes to the gym and does the exact same thing every day. You can’t blame them, because that is how they learned to lift years ago. Consequently, they all look exactly the same as last year; but not me. The AI work-out system had me doing things I had never done before and had never seen before. Literally no one in the gym is working out like me.

The AI system is not simply body transforming, it is life transforming. I thought that my age and the unique stresses of my life had condemned me to stomach problems, neck problems, painful knees, and size 38 jeans for the rest of my life. Last week, someone said I look 18. I don’t think I look 18, but I certainly feel 18. Thank you John and Brad.

P.S. – If I do place, please publish my name as Phil from L.A. I prefer that folks googling me for acting or church purposes not find these pics. Thanks.