
The Baking Soda Protocol

**How to use baking soda to boost your strength
and increase muscle mass.**

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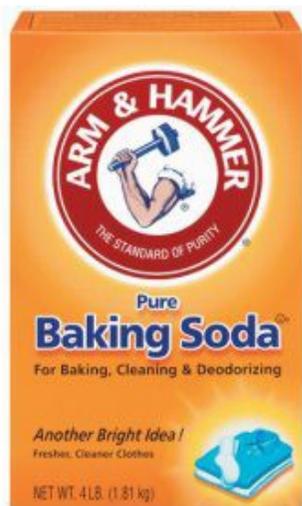
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How To Use Baking Soda To Gain Muscle



It's true.

Regular old baking soda can actually help you gain muscle.

In this report, I'll show you the research behind this discovery, how YOU can use baking soda to increase muscle, and some common mistakes to avoid.

In a minute, I'll tell you about the research. But first...

"Holy Crap!"

That was my exact reaction once I start using Baking Soda. See, I'd been sick for a week. And I was dreading my first workout back in the gym. If you've been lifting for a while, then you probably know what I'm talking about.

That first workout back in the gym after being sick for a week is usually a train-wreck. Everything feels heavy. Even your warm-ups are moving slow. It's always a crappy workout but just have to get it done. You know you'll be back to normal after a few sessions but that first workout back is always depressing.

Sound about right?

So like I said, I was dreading this first workout. But I'd been studying all the research on using baking soda for strength and muscle gains and I thought, *"well, this is the perfect chance to see if it really works."*

I followed the protocol as described later in the report. Then I hit the gym later that day for my bench press workout. Prior to getting sick, I'd been stuck at 6 reps on my workset. No matter how hard I strained, I couldn't get 7 reps. This happened to me 3 times in a row before I got sick.

So to be honest I was really hoping just to get 5 reps in this workout. If you would have told me I'd get 6 reps, I would have been over the moon. Getting six reps meant I got sick for a week but didn't lose any strength – this rarely happens.

So you can imagine my surprise when I actually got not 5, not 6, not 7 but 8 clean reps! **This represents a strength gain of almost 20 pounds!**

At that point, I was a believer. I've been lifting for close to 20 years now, and I've never had a great workout after being sick for a week. I've had "ok" workouts, but I've never walked into the gym after being sick and smashed a PR. That kind of thing just doesn't happen.

The rest of the workout was awesome too. I just kept going down the line, smashing PR after PR on every exercise.

It was a great feeling.

And that's why I'm excited to share this discovery with you. Now, let's dive into the research...

Study #1: 22grams of Baking Soda taken 60 minutes before a high volume bodybuilding leg workout resulted in 22 rep volume increase.

In this study, participants performed 4 sets of 12 reps of squats, leg presses and leg extensions. Those that took baking soda before the training session completed more reps than those who did not.

Carr BM, Webster MJ, Boyd JC, Hudson GM, Scheett TP. Sodium bicarbonate supplementation improves hypertrophy-type resistance exercise performance. Eur J Appl Physiol. 2012 Sep 4.

Study #2: 25 grams of Baking Soda improves squat by 27%, bench press by 6%.

In this study, participants who downed 25 grams of baking soda and then tested their max efforts on squats and bench press were able to improve their performance by 27% and 6% respectively.

Duncan MJ, Weldon A, Price MJ. The effect of sodium bicarbonate ingestion on back squat and bench press exercise to failure. J Strength Cond Res. 2013 Oct 11. [Epub ahead of print]

There are quite a few more studies out there showing improvement in sprinting times and endurance times. But since we are primarily dealing with muscle, I only included the two most relevant.

Now, 25grams of baking soda is a lot. Go up to your kitchen right now, grab a glass of water and mix in 5 teaspoons (25 grams) of baking soda. If you're like most people, the taste will turn you off.

Even if you do manage to slug it back, your might end up experiencing some stomach issues. (ie: You'll be running to the toilet.)

But don't worry:

Other research shows that serial loading is just as effective as acute loading, but without the side effects. In other words, taking smaller doses of baking soda over a longer timer period gives you the same effect in the gym, without making you sprint to the toilet.

Driller MW, Gregory JR, Williams AD, Fell JW. The Effects of Serial and Acute NaHCO₃ Loading in Well-Trained Cyclists. J Strength Cond Res. 2012 Oct;26(10):2791-7.

Stacking Baking Soda?

Here's even more good news:

A couple studies show that mixing creatine monohydrate with baking soda offers better results than just taking baking soda or creatine monohydrate.

So if you're taking creatine, you can get even better results. If you're not taking creatine, you might want to give it a try. It's one of the most heavily researched supplements. And because it's been proven effective, the cost is now very cheap. (In the supplement world, “exotic and unproven” will always be expensive while “proven effective” supplements are usually boring (but cheap!))

So for literally a few cents a day you can have what might just be the ultimate muscle-building stack: baking soda and creatine monohydrate.

The Protocol

I've tested this a few different ways and here's what I've found is the easiest and most taste effective way to implement this protocol.

Get yourself one of those full-sized gatorade or powerade bottles.



Since I have no need for all those sugar and carbs I just dump it out. I want the bottle, not the stuff that comes in it. (You could also just buy the zero-calorie type of powerade or Gatorade. Whatever – we just want the bottle.)

Fill it up with water. Add 1 teaspoon of creatine (5 grams) and 2 teaspoons of baking soda (10 grams). I also like to add a squirt of crystal light or other zero-calorie beverage for flavoring.

Drink one of these in the morning. Then I'll refill the bottle the exact same way (1 teaspoon of creatine, 2 teaspoons of baking soda, squirt of crystal light for flavor) and I'll drink one of these in the evening.

If it's a training day, I can choose to drink this during my workout or after, it doesn't matter.

If you find that this bothers your stomach, try splitting this into 4 equal doses over the course of the day (rather than two). As long as you are getting roughly 20 grams of baking soda (4 teaspoons) and 10 grams of creatine (2 teaspoons) I don't think it matters when you take them.

Try this for one week and I think you'll see the difference in the gym. You'll find yourself getting a few more reps almost overnight. And that translates into new muscle gained.

The #1 mistake most people make is trying to take too much at one time. Start slow and build up over the course of a week.

Can Baking Soda Help You Lose Fat Too?

Not only can baking soda increase your strength and help you build muscle, it can also help you get ripped.

Here's how: To lose fat, you need to create a caloric deficit. This means you need to consume fewer calories than you need to maintain your bodyweight. Your body will then make up the difference by burning body fat.

Typically this means you need to eat less food. And let's face it, that's hard!

But what if you could eat less food/less calories... and still feel full? The following recipe will help you do exactly that:

2 cups of Greek Vanilla (or Plain) Yogurt
1 scoop of protein powder (I like chocolate)
1-2 teapoons of baking soda
A pinch of Stevia
Water (as needed)

Mix all the ingredients together. Add water and stevia as needed to make the blend the right consistency and sweetness. Eat with a spoon. You will notice this concoction makes you feel incredibly full. Which means you will end up eating fewer calories over the course of the day which then means you will lose weight. Voila!

Try eating this mixture in place of your breakfast or if you struggle with late night snacking then try eating this mixture at night and watch your snack cravings disappear. Enjoy!

Conclusion

I hope you enjoyed this report and this strategy. Good luck and please don't hesitate to reach out if you have any questions.

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.