

Self-Experimentation

The Best Science?

Richard Nikoley, FreetheAnimal.com

What is Science?

- The intellectual and practical activity encompassing the systematic study of the structure and behavior of the physical and natural world through observation and experiment
- A systematically organized body of knowledge on a particular subject
- Knowledge of any kind

How is Science Done?

- Make observations and study them
- Find associations
- Form a hypothesis; make a prediction
- Test hypothesis

Principles of Science

- Falsifiability
- Try to disprove
- Avoid confounders
- No number of failures to disprove confirms an hypothesis while a single falsification relegates the hypothesis to the shitcan

Bullshit Science

- Confirmation bias
- Grant whores
- Pet theories
- Follow the money
- Political policy

Good vs. Useful Science

- Even the best controlled, randomized intervention study utilizing impeccable methods and presenting clear conclusions is of limited relevance to YOU!
- You still have to test it on yourself

Principles of Self-Experimentation

- Sound foundation (heroin will make you feel good)
- Manage confounders
- Confront your biases
- Be honest with yourself
- Never stop learning

My Self-Experiments

- Walking 3 miles per day for 5-6 years (5,000 - 6,000 miles).



Result: 35-40 lbs Gained

#FAIL

Resistance Training

Paleo Eating

Intermittent Fasting

Fasted Training

Cold Water Exposure



**Result: ~60
lbs lost**

#WINNING

Continuing Experiments

- Low-carb vs. Moderate vs. Cycling
- No Soap; No Shampoo
- Various Intermittent Fasting Methods
- Starch (potatoes, white rice)
- Dairy and nut reduction elimination
- Fermented vegetables
- Extended cold water exposure
- Barefoot

The Whole Animal

- News & Current Events Obsession
- I in 300 millionth say in your own affairs
- Care about whose going to rule you next
- Going one God further



FreeTheAnimal.com