

Introduction

You are here because you are an Indian and you want to build muscles. That's great. Getting this ebook is one of the best decisions of your life and I'll prove it as you complete the book. I'll show you problems that Indians face when trying to gain the muscles and will also tell you easy ways to tackle them all. Everything will be backed up by science so you can try it without being doubtful.

Recall when you first hit the gym and imagined yourself a toned and muscular body. There were many myths you heard in the gym. Some said boiled eggs, other recommended soya chunks while some also said best is to go with protein powder. We, Indians, especially have formed some unique misconceptions about muscles and bodybuilding. The saddest thing is most of us never tried to understand the science behind and believed what our gym-friends told us. Don't get me wrong, experience matters, but you should better have cold hard facts of science to justify your belief.

Bodybuilding is 80% nutrition, said Vince Gironda who was a famous American professional bodybuilder. It is indeed critical to understand how you can get the right amounts of protein, carbs, fats, minerals, and vitamins from Indian diets to build the type of body you want.

India is a diverse country, really, really diverse. Due to this fact, foods, living styles, languages, cultures, and traditions differ. How does this affect you as a person who is seeking to build a great body? You may have noticed different body shapes and structures in different parts of India, right? That my friend is the effect we were talking about.

This e-book will teach you about the scientific aspects (in very easy language) of bodybuilding if you are an Indian. We'll also discuss proteins, fats, and carbs in a very easy to follow language. I'll also touch on one very important question - How vegetarians can cope with protein deficiency and build great muscles? You don't have to be a non-vegetarian to build great muscles or rely completely on protein powders for that matter. There are a lot of Indian foods that can fill the gaps unlike what many people think.

As you proceed you'll also learn the type of your body you've. It'll also discuss the right amount of protein you'll need to consume per day to achieve your goal. If you are male & have a sedentary lifestyle it'll be different and the same is the case with females having sedentary lifestyles. Don't worry, this e-book will talk about everything that you as an Indian need to consider for great bodybuilding.

As we move to the next half of the e-book, I'll tell you food options available in India. Indian eating habits differ greatly from foreign countries so it's crucial to work on your food habits as well. I'll also tell you a hack on how you can avoid eating junk foods and form good eating habits.

Micronutrients like Iron, Vitamin D, Iodine are important. According to the CDC, micronutrients are required in small amounts and are vital to your metabolism and body functioning. They are not produced by the body itself and hence it's important to take them from the diet to build great muscles. I'll touch and explain the importance of micronutrients and will tell you how you can do that. There's a gift for you in the diet plan chapter, so don't forget to check that out.

For the people who have a weak stomach, this e-book will give you some best tips on improving your digestion and will teach you the magical effects of Indian herbs and spices. These spices are truly effective and have been practiced by common people and Ayurveda.

As we move towards the end, you'll feel the confidence and believe what I said earlier - you can.

What is Protein?

Everybody seems to go crazy about protein. You might have even seen your gym-freak friend eating egg whites out of the selling cart outside the gym, maybe? Even the gym instructor or personal trainer never fails to advise you about protein powders. Okay, enough is enough. What exactly is protein? Let's know.

Scientifically speaking protein is nothing but amino acids. Our body doesn't store amino acids and they are either made by the body or should be taken from the food. The ones that the body can make are termed as non-essential amino acids while the ones which the body can not make and must be taken from food are called essential amino acids. Histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine are the 9 essential amino acids. Alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine, and tyrosine are 11 non-essential amino acids.

In more general terms, proteins are those macronutrients of the body that can be found in everything we are made of - bones, muscles, hair, skin, tissues, etc. Macronutrients are those nutrients that the body needs in larger quantities while micronutrients are required only in small quantities. How much protein does your body need is also a very interesting question to ask. I'll tell you the amount of the standard of protein we need and will show you how you can calculate it for your body and weight. Keep reading on.

Types of Protein

Based on the source they are coming from proteins can be categorized into two categories - **plant-based proteins and animal-based proteins**. Vegetarians only consume plant-based proteins including some animal-based proteins such as from dairy products. On the other hand, vegans are vegetarians but with even more strict rules - they completely avoid animal-based proteins including dairy products. However, non-vegetarians tend to consume both types of proteins.

Due to the type of lifestyle we are living in, there can be many complications with proteins. Later in this book, you will learn how India is a protein-deficient country and food options to help you fight this issue. But my point being here is, to build great muscles and bulk up as you want, you need to monitor your protein intake. At the mind level, awareness about the food and mindfulness is crucial to bodybuilding.

Some examples of plant-based proteins include soy, legumes, sprouts, etc. Animal-based proteins include eggs, chicken, goat meat (mutton), fish, dairy products, etc.

Branched Chain Amino Acids (BCAA)

Remember the nine essential amino acids (scroll up if you don't)? The group of three of them viz; leucine, isoleucine, and valine are known as branched-chain amino acids and in short, BCAA. So why are we talking about BCAA? Because this group of essential amino acids is

more prominent and helpful in muscle growth (hence they are anabolic). They even boost your performance while exercising and reduce the damage done to muscles (hence they are anti-catabolic) after any exercise. As we know our body can produce all but 9 essential amino acids and therefore making them necessary to be taken via foods. Out of all essential amino acids present in our body, approximately 40% of them are BCAA and approximately 18% of them are present in your muscles.

Science calls BCAA as the building blocks of muscles. Proteins are important for muscle growth, and proteins are nothing but amino acids in different chemical structures. BCAAs help your body by improving protein synthesis, regulating leptin (the hunger hormone), production of energy, and formation of other amino acids. By protein synthesis, it means amino acids combining to make muscle tissues.

There are BCAA supplements available too in the market and if you can afford and are serious about bodybuilding you can buy it. When you train hard or go on intense sessions, your body's BCAAs get depleted and you may start feeling fatigued (tiresome) as well. At conditions like these, most people give up and stop the session. Taking BCAA supplement pre-workout can help you sustain the workout session for a longer duration and taking BCAAs as post-workout can help recover your damaged muscle tissues.

So, at last, you might be wondering how much BCAA should you be consuming if the goal is bodybuilding or gaining muscles? An approximately ideal recommendation is that you consume 0.2 grams per kilogram of your body weight. So if you weigh 70 kilograms:

$BCAA = 0.2 \times 70 = 14$ grams per day.

Your BCAA consumption, as a person aiming to build a great body, should be 14 grams per day. But hey, hey, stop! There's more to know about protein consumption as a whole and you should know it before you drool over your BCAA calculations. It's recommended.

Complete Protein Profile

A whole protein or complete protein are those sources of protein foods that contain all the 9 essential amino acids we talked about, in sufficient proportions. It is always recommended that you take complete proteins when trying to gain muscles. Remember keeping muscles requires fewer proteins but gaining is another ball game.

Let's now see how much protein we need.

Please acknowledge that many research and studies have been done to find out the right amount of protein and have reached different conclusions. The clever thing to do is test it out yourself. However, here are our recommendations.

For an ideal Indian living a sedentary life, approximately 0.8 grams per kilogram of bodyweight protein is required.