

# Examine.com

## Research Digest

### Exclusive Sneak Peek

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## Putting the “C” in Cancer

Decades ago, seminal research looked at vitamin C cancer benefits ... then research stopped. Researchers are back at it, with this trial looking at vitamin C for specific types of lung and brain cancer.

## INTERVIEW: James Krieger, MS

For a good dose of realism, on topics ranging from insulin and fat loss myths to the most important factors in weight training, there aren't many better sources than James Krieger.

## Can a shot of vinegar reduce blood glucose levels?

Medications and supplements aren't the only ways to address blood sugar regulation. This meta-analysis looked at all the vinegar and blood sugar trials conducted to date.

## Does vitamin D supplementation fight off the common cold?

Anecdotally, vitamin D is known for "immune supporting properties". But many people just want to know if it helps prevent the common cold. This meta-analysis looked at the evidence.

# INTERVIEW:

James Krieger, M.S.



*You've somewhat recently revived your website, [Weightology.net](https://www.weightology.net), and started posting new content.*

*What prompted you to make a comeback?*

Over the past few years, I was becoming more and more active in the fitness industry. I was publishing papers with Brad Schoenfeld and others, I was starting to get invited to speak at conferences, and my social media reach was increasing. Combine that with a downturn in my trading business that I had going, I decided it was a good time to revive the site.

*Early on in your career, you worked face-to-face with clients in a corporate weight management program. You now offer [online coaching](#) through your site. What would you say are the biggest adjustments/considerations to be made when switching from in-person to online coaching?*

I would say the biggest adjustment is that online can be more impersonal since you're not working with the person face-to-face. But you can still develop a solid relationship and rapport with a client; I just think it can take more time. The advantage of online, of course, is that you can work with anyone in the world.

*Having been at the forefront of tackling many of the [biggest misconceptions in nutrition and exercise](#), what do you think may be the next big fad to hit this industry? Or, is there a current area of misinformation that you think evidence-based practitioners needs to be addressed next?*

Right now there's a big anti-sugar crusade that's been pushed by Robert Lustig and Gary Taubes, and there's been a lot of rhetoric that sugar is addictive and such. There already has been a growing pushback against that in the evidence-based community, but I think more needs to be done in that area. It's hard to say what the next one that will hit...we've already been through anti-fat, anti-carb, anti-gluten, anti-artificial sweetener, and now anti-sugar. We're running out of things to be "anti-".

*If you were given a \$1,000,000 grant to do any research you wanted, which question or questions would you want to tackle and why?*

Well, with that type of money I would put it towards some type of cancer or disease research or something that would benefit huge amounts of people. But let's put altruism aside for a moment and focus on what I would look at in terms of exercise and nutrition research. I think there's a lot more that can be done in terms of resistance training research. There's still a lot we don't know about training vol-

ume, training frequency, and other variables and how they can impact hypertrophy. What is the upper limit for set volume and maximal hypertrophy? What about training frequency? Most studies haven't looked at frequencies beyond 3 days per week. How can we identify non-responders to weight training, and are there ways to get them to respond? Do they need more volume or less volume? Training research is a rabbit hole because there are so many ways that training programs can be designed, and to do a good study, you need to isolate just one variable.

*To date, you've been involved in publishing over 15+ peer-reviewed papers. Are there any upcoming studies in the works you can tell us about?*

Some time ago I did a meta-analysis with Brad on training load and hypertrophy. A lot more research has emerged comparing light to heavy loads for hypertrophy, so we did an updated version of the meta-analysis and it's in review now. We've also got some work comparing BIA to DEXA for body comp that I'm analyzing data for now. ♦

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James Krieger, M.S., is the founder of [Weightology](#), where he provides online coaching services and a weekly Research Review covering the science of fat loss and muscle gain. He has a Master's degree in Nutrition from the University of Florida and a second Master's degree in Exercise Science from Washington State University. He is the former research director for a corporate weight management program that treated over 400 people per year, with an average weight loss of 40 pounds in 3 months. He is an author or co-author of [nearly 20 peer-reviewed publications](#) on exercise and nutrition, and has given over 75 lectures on fitness-related topics to physicians, dietitians, and other professionals. He continues to speak all over the world on the science of body recomposition, and has been involved in the field for over 20 years.