

# THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



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By Eddie Henry, XR Lifestyles, June 2017 – Issue 23

## How to recover like Wolverine

Creating a healing environment in the body can speed up recovery from any type of stress, ranging from mental to physical trauma. Headaches to outpatient surgery to everything in between can be hacked for minimum downtime. If you can create an environment conducive to healing, your immune system becomes heightened and consequently the duration of any issue can be shortened.

For the purpose of this issue, we will use physical stress and injury as the examples, but remember anything could apply. I recently performed a 12-mile OCR (obstacle course race), and 24 hours after the event, I was the sorest I have ever been in my life. I was bloody and bruised and suffered a partially torn LCL (knee ligament) and sprained lower back...good times! At this point, my immune system was so overwhelmed trying to heal my multifaceted stressors that I knew any pathogen I encountered from a virus or bacteria would knock me out. I had no defenses left. How could I prevent this condition and get back in fighting shape ASAP?

First off, relax. Breathe deep and exhale away any bullshit stress and drama. This type of chronic worrying can create chronic

inflammation that prevents the body from healing. This chronic inflammation retains water in the body compromising optimal circulation. Without optimal circulation, the body can't flush out inflammation and metabolic wastes.



Second is sleep. The body can only heal in a relaxed state, and we are only fully in a relaxed state when we sleep. Therefore, it's important to do everything possible to optimize your circadian rhythms. More sleep is often better when trying to recover. Take a few days to really sleep in. Your business is probably

going to be okay if you come in late a few mornings. Naps and meditation can be beneficial as well. I list some good nuggets that could help with sleep in the Q and A section.

Third, optimize your rehab. My 1-2-3-4 combo is: applying magnesium lotion to the affected area, attaching a home stem device (such as the Markpro) to the area, placing a compression ice band over the stem pads, and elevating the area for 20 minutes multiple times a day. Performing this protocol without the stem device is very effective too. Stay off the affected area for a few days if possible. Good luck healing a lower body injury if you have to stand all day.

Fourth, don't eat like a shmuck. Splurging post-exercise is adding insult to injury. As if your body doesn't have enough to deal with already, you munch on a bunch of chemical bullshit defeating your work. For me, post-race is the same as pre-race...Ambronite. Ambronite is the most nutrient dense shake I can recommend. This shake satisfies most of my body's needs in the short-term. Now think anti-inflammatory foods. My favorite three are cold water fatty fish and oysters, turmeric, and bone broth. I typically make a curry with those three plus coconut milk and as many greens as possible. If nothing else, avoid processed foods, gluten, dairy, alcohol, etc. for a few days.

Fifth, hyperhydrate with clean water. Glass water bottles are your best bet here unless you have a proper water filter available. I took two coolers, the equivalent of 2 gallons, of San Pellegrino water with me to the race for the ride home. I consumed this amount throughout the remainder of the day and the equivalent the next day to help flush out the inflammation. Add a pinch of sea salt per bottle to help remineralize your body.

Sixth, be a chemist for a few days. I totally believe in living better through science, and there's no better time to take advantage of scientific advancements than when you are down. Bring on the supplements! I load up on anti-oxidants and anti-inflammatories to rid of the metabolic wastes. These supplements are similar to the food choices listed, just more condensed. Also, most nutrients have a synergetic effect when taken together so pairing foods with supplements can be a powerful way to shoot nutrients into the body. I like the following joint support supplement stacks, Thorne Research AR Cap and Nature Flex. I also prefer to alternate supplements so my body doesn't get too used to anything. Colostrum is a post-race favorite of mine, which I discuss later in the supplement spotlight. Plus, I typically add an extra tbsps. of turmeric and collagen to my shakes when injured. Depending on the issue, I will add an additional 2000 mg of vitamin C multiple times a day to my regiment as needed. Lastly, knowing my immune system is shot, I drink an immunity boosting tea consisting of Echinacea and elderberry extract and take it with oregano oil, olive leaf extract, and lysine as an antiviral before bed.

Seventh is to correct the issue (with regards to bodily injury not colds/viruses). When soft tissues brake down, certain areas can tighten up and weaken. This unbalance can throw your whole kinetic chain out of whack. Wraps and body tape can help correct and support an affected area. I typically tape and wrap the affected area for a few weeks to aid in recovery. YouTube "KT Tape" or "Rock Tape" for the area you want to tape or go to a therapist to show you the proper form. If possible, put a compression sleeve over the tape. I use Incrediwear wraps:

<https://incrediwear.com/> .

Being injured or sick is a drag, but you can take some measures to help speed the process and get back in the game. Try some of the listed tips next time you're down and see what works. You will find some methods you like and dislike, but after some experimenting, I bet you will perfect the way that will lessen your injury/illness occurrences or at the very least, lower the duration of recovery and make it less severe.

### **Food of the Month: Oysters**

This is my go-to food when I eat out on the gulf coast. I think oysters make me feel better than any other individual food. They are very dense in zinc and rich in selenium and B12. Try to eat a few fresh oysters weekly. A good alternative to fresh oysters is Crown Princess smoked oysters. I order these from Amazon and include them in my "ultimate" breakfast! – to be discussed next month...

### **Exercise of the Month: Swimming**

There is no better non-impact exercise than swimming. Swimming is total body fitness with the unique metabolic advantage of thermoregulation associated with cool water. Find some water, jump in, and tread for 30 minutes a few times a week. Swimming can be beneficial for recovery as well due to the ranges of motion possible in water.

### **Monthly Challenge: Take a break**

Unless you sleep uninterrupted for over 7 hours a night in the wilderness without exposure to dirty electricity, toxins, and stress, your body probably needs a reset. Grinding out workouts continually drains your hormonal function keeping you exhausted and inflamed. Take a week or two off of all strenuous and high impact exercise. Let your body and hormones recover so you can effectively perform. I ran the OCR at 175 lbs. I took off the week prior to

racing to lose some inflammatory weight. I like to race light! The week post-racing, my weight was about 190 lbs. I was totally inflamed. I took 2 weeks off of everything at that point, and the scale slowly pulled back down to 180 lbs. I would have remained inflamed much longer without the downtime. Most people have inflammation and live day to day swollen and unrecovered. You are not going to get fat with time off. Quite the opposite usually happens because as you recover the body can more effectively burn fat and build muscle.

### **Supplement Spotlight: Colostrum**

Colostrum is a nutritional powerhouse that gets newborns through the critical first few days of life. Nutrients including immune cells, antibodies, digestive enzymes, probiotics, growth factors, and more are complete in colostrum. Therefore, it can supercharge your immunity and recovery. I typically cycle on a good source of colostrum a month or so post-race or when I feel myself getting sick. I prefer to use goat colostrum over all other types I have tried.

Here is the brand I use:

<https://greenfieldfitnesssystems.com/product/naturecolostrum-goat-based-colostrum-supplement/>.

### **What's Trending: Heart rate monitors**

Heart rate monitors are nothing new, but Orange Theory is bringing them back, and I am glad. Heart rate monitors track your heart rate so you can know if you're effectively training towards your goal. I used to call them your crystal ball because they can tell you so much. Invest in one so you can really learn how to take control of your fitness. They could also let you know if a cold is coming on. If you wake up and your resting heart rate is elevated, your body is under some type of stress such as a cold. Then you can take some precautions and beat it

before it settles in. There are many good monitors out there like Polar, Garmin, or Tom Tom. My only recommendation is to get one with a chest strap. The technology isn't quite there yet to give you a constant, accurate reading from a wristwatch only.

### **Monthly Goal: Create a food journal**

In my current nutrition course, I am required to write a daily food journal this month. Along with the food entry, I am writing how the food made me feel, why I chose the food, body awareness while consuming, etc. This journaling has been an invaluable experience that everyone could learn from. I thought I was doing things pretty well, but I picked up a bunch of things I am working on improving. There is always room for improvement!

### **Q and A with the XR Professionals (sent in from members via email):**

**Q.** How do I beat a cold?

**A.** Take a high dose of zinc. I learned this trick from Chris Masterjohn, PhD. The second you feel a cold coming on take 20mg of zinc in a lozenge form every few hours for several days. He recommends, Life Extension Enhanced Zinc Lozenges. I also use the stack I mentioned earlier in the supplement section.

**Q.** Can you recommend any sleep supplements?

**A.** Unless it is a last resort, try not to take pharmaceuticals. Prescription sleep aids are linked to all sorts of neurological disorders. Many people have good luck with Doc Parsley's Sleep Remedy, <http://www.docparsley.com/>. There are others you can experiment with, but you can improve your sleep quality with some diligent habits. Good habits include limiting blue light and alcohol 2 hours prior to bed. Then, drink a sleepy time tea with sublingual

and/or apply some topical magnesium and read a boring book. Boom! Gone...

### **A Final Note:**

With the exception of trauma, an injury or a cold is a good sign your immune system is not firing correctly. Listen to the clues your body is giving you. If you need to take some time off, so be it. I was once told, "you will either take a break from the grind, or nature will force you to break." Nature would be an injury or a cold in this case, and then you will be forced to stay in bed. I hope this forced break isn't the case for you, but if so, at least know there are things you can do to speed the recovery process.

### **Monthly Recipe: Moroccan Meatballs**



Nutrition: 60 calories per meatball, protein 6g, carbs 0g, fat 4g. Yields 20 meatballs. Ingredients: 1 lb. of ground bison, 1 egg beaten, 2 tbsps. finely chopped fresh mint, 2 cloves minced garlic, 1/2 tsp. ground cumin, 1/2 tsp. dried oregano, 1/2 tsp. sea salt, 1/4 tsp. ground allspice, 1/4 tsp. smoked paprika, 1/4 tsp. black pepper, pinch of ground cinnamon

Directions: 1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper. 2. In a large bowl, combine all ingredients and mix well. 3. Form about 20 meatballs and bake for 20 minutes. Serve with whatever you have on hand or as an easy snack.

\*We put onions and peppers in these shown.

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