

THE LEAN AND MEAN TIMES

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



An Exclusive, Members-Only “XR TO GO” Publication

By Eddie Henry, XR Lifestyles, July 2017 – Issue 24

The main health goal as you age is simply to optimize your hormones since you are only as old as you feel. Hormones, and the health of your joints, depict most of how you feel. This optimization of how you feel is what longevity and anti-aging are all about. You age poorly because your hormones become exhausted and don't work effectively. Most experts agree that genetics are about 25% of this efficiency, but everything else is on you and how you live. Everything I have ever written has been on improving your hormones in some roundabout way. From activity to rest, lifestyle factors, mindset, things to eat and avoid, environment, relationships, etc., they all affect your hormones.

Historically, if you could survive birth, the plague, or outrun a saber tooth tiger, you could live well and active into old age. Now, technology has erased many deadly factors, but all of the new stimulations and toxins are taking their toll on our hormones. Life expectancy is actually dropping even with all of the new science. It's crazy! We must minimize factors that disrupt our hormones to be happy and healthy for the long haul.

A more serious way to look at this disruption is the fact our hormones control our

immune systems which fend off bad stuff. When our immune systems are compromised, we can contract illnesses, which can be terminal. Scientists often say we get cancer 7 times a day, and in most cases, our immune systems beat it 7 times a day. However, when our immunity is compromised, cancer can take hold. This example is relevant for all progressive diseases. Anything that chronically takes you out of homeostasis or equilibrium compromises your hormones. The main causes I see with friends, family, and clients are stress, worrying, and insufficient sleep. If you can minimize these hormonal disrupters, as well as others we will discuss later, then you might just dodge the disease bullet and fall over while gardening at 120 years old. That would be nice! Or maybe we get in an accident or the apocalypse actually happens, but if not, we can stay fit and energized and continually do stimulating things like travelling the globe as we move into old age.

On a lighter note, I often hear, “Eddie, what should I do? I have hit a plateau.” This statement is often followed by something like, “I am doing everything right, but my body just quite responding when I turned 40.” Well, your body probably did stop responding. My response is always, “HAVE YOU CHECKED YOUR

HORMONES/BIOMARKERS LATELY?” Do you really know what you are dealing with, or do you want another magic pill that could further derail you and your pocket book?

If I reviewed 100 panels in the last year, 90 of them have shown stress induced compromised adrenals and thyroid. These issues will create an exhausting and depressing plateau that is unbreakable. You cannot out train compromised hormones. They will drag you down into a dark place. You need to figure out what is going on here. There is typically a missing piece that could ultimately complete your puzzle and get you rolling again. The first thing to do is to discover the issue and minimize its cause. Then, you can add healing elements. For example, maybe you have underactive adrenals, and this condition is caused by poor sleep patterns, mild depression, and stress. You could try some sleep hacks before taking a pill or some meditation and gratitude for the depression. Turn off the blue light before bed to get some natural melatonin working. Remember that nothing is as important for hormonal regeneration as quality sleep. You can't put a price on that!

No matter what pill or exercise regiment you try, if the above example is the case, you will only downward spiral. Honestly, extensive labwork can possibly be a bit of a rabbit hole for you to go down, but eventually when you figure you out, it is much easier to get a handle on things rather than always shooting in the dark. High fat, low fat, heavy weights, cardio, should I do this or that...AHHHHHHHHH! I don't know because we are different and respond to things differently. Find out what makes you unique and how to improve on it, and I guarantee the best results of your life. So,

find a functional medicine practitioner and let's go!

Food of the Month: Garlic

Garlic is definitely one of my favorite plants. It contains allicin, which has potent medicinal properties and is a strong antioxidant known to boost the immune system. In addition, garlic has been shown to help with detoxification of heavy metals. Detoxification will be key moving forward with your health. Mix in a few cloves a day to flavor your food and enhance your health.

Exercise of the Month: Rip Training

I believe the best way to train the body is together as one functional unit. Moves utilizing every muscle in the body at once give you the biggest ROI (return on investment), and the Rip Trainer is designed to do exactly that. It adds uneven tension to moves that will force even the smallest stabilizers to fire. Think good balance and badass abs (your main stabilizer) with every Rip Trainer move. Try a few sets of the lunge/press this month and see how your body responds. I bet you get a bit tighter!





Monthly Challenge: Eliminate Endocrine Disrupters

An endocrine disrupter is anything that can interfere with the body's optimal hormonal function. These disrupters can be found in everything: glyphosate, bpa, phytoestrogens in food and cosmetics, etc. Here are a few ideas of how to reduce your exposure. BPA is dense on store receipts, and when you grab the receipts, the chemicals can absorb into your skin, which begins your gender changing. Instead, have the cashier place your receipt directly into the bag. Boiling hot water run through a plastic K Cup may be shotgunning BPA and chemicals into your body along with the coffee, so try a metal filter. Are you applying aluminum right onto your lymph nodes with deodorant every morning? Hmm...not good! Could the fluoride in your toothpaste be messing with your thyroid production? How about trying toothpaste without chemicals, one that uses charcoal, coconut oil, and bentonite clay. I like "Dirt": www.givemethedirt.com. Eliminate a few toxins this month so your hormones can start firing again and see how you feel.

Supplement Spotlight: Quercetin

Quercetin is a flavonoid found in plants that fights inflammation and has anti-histamine properties that can lower the effects of seasonal and food allergies. Most studies show it being as effective as most prescription allergy medications, which again may not be doing

your hormones any favors. Since inflammation is at the root cause of any disease, try mixing in quercetin the next time allergies get you down.

What's Trending: Teloyears

Founded by the co-winner of the 2009 noble prize in medicine, Teloyears uses a method for testing your DNA to determine how well you are aging. I love this kind of stuff because if you can't measure something, you can't manage it. Check it out at: www.teloyears.com.

Monthly Goal: Read *Head Strong*

Most people focus mainly on nutrition to feel better, but the environment is a major player in how you feel as well. Junk light, dirty electricity, mold, and much more can cripple your results. Dave Asprey, the author of *The Bulletproof Diet*, has released a book called *Head Strong* that focuses on maximizing mental and physical performance through controlling your environment. I found it fascinating. If you are interested in becoming better in any way, I highly recommend this book.

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

Q. What do you eat for breakfast and why?

A. Let's assume breakfast is the first meal of the day because sometimes for me it is not until after noon. Regardless, this first meal is ALWAYS my healthiest meal of the day, and it has evolved over the years based on my labwork. Breakfast is fuel to enhance my health, energy, and performance. Later meals are more social and based around pleasure. So, here you go: 1. (1) Can of sardines in olive oil, my "superfood!"-EPA, dha, vitamin D, calcium, I could go on and on, 2. (1) Can of oysters in olive oil-zinc and B12, 3. (2) Brazil nuts- selenium, 4. 1 tbsp. of pumpkin seeds-zinc, 5. (3) Cherry tomatoes-lycopene, 6. A small handful of dark

colored berries-polyphenols, 7. (1) Lemon in water-vitamin C, 8. Bulletproof coffee with 1 tbsp. grassfed butter-vitamin K2, CLA, cholesterol and 1 tbsp. Brain Octane (coconut oil)-ketones, using mold free coffee beans-caffeine, polyphenols, 9. Supplements: Thorne Research AM multi, Thorne research vitamin D 5000 IU, and Biooptimizers probiotic P3-OM. I have these items on weekdays for optimal performance. I stay full and energized for up to 8hrs with this meal. On weekends I tend to make the “monthly recipe” to change it up a bit.

Q. What are your thoughts on vitamin D supplementation?

A. I have yet to see a panel where someone’s vitamin D levels were optimal without supplementation. Not only has vitamin D shown to decrease incidents of disease, but also an increase in production of hormones. Supplementation of 5000 IU daily of vitamin D raised my values from 30ng/ml to 60ng/ml. My energy has drastically increased. I also make an effort to get sun exposure to as much of my body as possible around mid-day for vitamin D. Most people find an increase of 5ng/ml per 1000 IU they supplement. Here is the brand I use: https://www.amazon.com/Thorne-Research-Vitamin-Dispenser-Supplement/dp/B0038NF8MG/ref=sr_1_3_a_it?ie=UTF8&qid=1494008648&sr=8-3&keywords=thorne+research+vitamin+d. Also, without any scientific reasoning, I totally quit yawning when I started supplementing with vitamin D. You might be deficient if you are a chronic yawner!

A Final Note:

Don’t just follow your friend’s advice or what you read in a magazine because hormone ranges that are optimal for some don’t work so well for others. I have known people with “out

of range” levels performing unbelievably, change things up, and then feel terrible. Find out what makes you your best. Experiment safely and venture a bit down the rabbit hole. With some time and patience, you could be starring in the movie “Limitless.” Or, you can keep doing the same old thing and bitching about your state of health. As long as you are happy, both are good with me.

Monthly Recipe: Yogurt/Cottage Cheese Sunday

Nutritional information varies depending on toppings. Yep, this recipe is my routine splurge. I typically take one to two cups of organic and full fat plain Greek yogurt or cottage cheese and top with an assortment of fun ingredients that range from cacao nibs to cracked shell chlorella. Whatever you are craving, a healthy concoction can be created. My cabinet drawer looks like the toppings bar at TCBY. I have several types of nuts and seeds, including hemp and chia, assorted honeys, naturally flavored protein powders to stir in to change the flavor, coconut flakes, golden berries, goji berries, emulsified flavored coconut oil and more. Switch it up and you can have different flavored “superfood” concoctions. I also use these foods to make my weekend pancakes. My base is eggs and a banana, and again, I just add a bunch of these additional things depending on my cravings to create the batter. A few of the companies I use for these foods are Sunfoods and Nutiva from Amazon. Try it out!

Want to learn more tips and tricks to optimize your health and fitness? Check out XR’s virtual training at www.xrlifestyles.com. Online training customized for your unique needs and goals.

