

# 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, March 2017 – Issue 20

It is funny how my physiological assessments have changed over the years. I use to sit down with new clients and discuss fitness, nutrition, VO2 max, body composition, whole foods, etc. Now I focus on two key lifestyle factors: sleep and poop. Both give us clues into our overall health. Poor sleep normally is a result of hormonal dysfunction. You should wake up with energy, clarity, excitement, and no coffee required. Without this hormonal harmony, health and fitness results are hard to acquire. So get a move on to a freaking functional medicine practitioner for a hormone panel in order for you to be your best! A nice poop is also a good sign of sound digestive health, which is controlled by millions of bacteria called your microbiome. Your microbiome is referred to as your second brain because of the way it governs our lives. How we live and eat controls this environment of the microbiome. Sleep and poop are more important and interrelated to your overall health and fitness results than you could ever imagine. I have written articles on sleep, which you can link to here: <http://xrlifestyles.com/blogs/news/42014401-the-lean-and-mean-times>. In this issue, I am not going to talk about poop directly, but I am going to focus on

the digestive tract and how it can control cravings, the number one fitness derailer.

In the last 10 years or so, research and development have been based around the gut-brain axis and how it controls our lives. More than 50% of your body’s dopamine and 90% of your body’s serotonin are produced in your gut along with about 30 other neurotransmitters. The gut is now called our second brain due to the neural output that stems from our gut. The circulatory system, as well as the enteric nervous system, which runs the length of our digestive tract and connects to the vagus nerve, is how our stomach and what we eat can control our feelings. We are also now discovering the lymphatic system can communicate with and enter our brain as lymph too. The lymphatic system will probably be the next big frontier, so start jumping on that trampoline!

We are essentially a host for the living organisms that make up our microbiome. The microbes feed off what we eat and diversify accordingly. I will spare you the names of the bacteria, but the key thing to remember is that they are supposed to be living in balance and harmony. You can achieve this balance and

harmony by eating a variety of whole foods. When you often consume processed carbohydrates and sweets, certain bacteria can thrive and create an imbalance. This imbalance can cause virulence in many microbes as a survival mechanism. Virulence is the ability of a particular microbe to cause damage to the host, us, and can be detected by the overabundance of simple sugars. The microbes can release neurons that coordinate with your brain to signal an appetite with hormones like ghrelin. This signal results in cravings of sugars so you will eat crap, and the microbes can grow more and thrive. These cravings and poor eating habits are a slippery slope that unfortunately controls many people's lives.

If you are still hungry all of the time after eating dense meals, there is a good chance you have an imbalanced gut flora. The bad guys have overpopulated your gut and are sending signals to your brain to feed them more carbs so they can keep winning. There are labs that test your bacteria to discover the bacterial ratio. Here is one that lets you poop in a hotdog tray in the privacy of your home and send it for testing: <https://greenfieldfitnesssystems.com/product/complete-gut-testing/>. Good times! There are others on the horizon that claim you can test through blood by prick tests: <http://viome.com/>. This one fascinates me, and I encourage y'all to get on the wait list.

There have been many studies conducted since 2004 using both mice and humans. The animal trials took microbes from thin mice and injected them into fat mice and visa versa. Guess what happened! The fat mice became thin when injected with bacteria from thin mice, and the thin mice became fat when injected with bacteria from the fat mice. Getting the right population of bacteria stopped

the fat mice from eating so much. The wrong bacterial populations made the thin mice eat nonstop resulting in obesity. The human tests measured cravings based on microbial diversity. Overweight people with the strongest cravings for sweets (chocolate) had less microbial diversity, and lean people with fewer cravings had better microbial diversity. When you perform the tests mentioned earlier, you can identify your diversity, which will allow you to take the necessary steps to repopulate your microbiome correctly.

There are a few things we can do to prevent this imbalance, also known as dysbiosis. First, eat an assortment of probiotic rich foods. I try to have sauerkraut, kimchee, kefir, and kombucha multiple times a day or a quality probiotic. This link is to the probiotic I am currently using: <http://biooptimizers.com/shop/p3-om-probiotics/>. Next, eat foods with prebiotic fibers. I like seaweed, asparagus, garlic, onions, kale, cauliflower, and bananas, but there are other sources. Lastly, eat a variety of whole foods and let your body do its job. Your body is very smart and wants to be in balance, or homeostasis. Just stop eating so much shit, give your body what it needs, try to live right, and let nature do its thing.

#### **Food of the Month: Cauliflower**

Cauliflower is a great prebiotic fiber and a nutritional powerhouse. It is a sulfur containing food that aids in detoxification and is a strong antioxidant. Additionally, this veggie is chock-full of vitamins C, B, K, phosphorus, magnesium, and more. I try to eat cauliflower at least once a week for optimum health. Check out the monthly recipe for some good cauliflower mash.

#### **Exercise of the Month: Pull-ups**

Pull-ups are the ultimate upperbody exercise

everybody should be doing for posture, functional strength, and symmetry. Perform a variation of pull-ups twice a week for good results. I don't think a strength program is complete without pull-ups multiple times a week. Here are links of pull-up modifications for beginners and advanced athletes:

<https://www.youtube.com/watch?v=mS2cgZlLd1o> ,  
<https://www.youtube.com/watch?v=G8lkMMFvL8Y&t=36s> .

### **Monthly Challenge: Eat only processed, fermented carbs**

We all know that eating processed foods aren't great, but if a food is fermented, there could be some benefits. Examples of processed and fermented foods I often eat are: chocolate, wine, sourdough bread, and kefir. Do you really need anything else processed?

### **Supplement Spotlight: Moringa**

Moringa is a Himalayan plant that has all of the essential amino acids. It is a strong antioxidant and has anti-inflammatory effects. I currently use a greens formula containing Moringa as well as other anti-inflammatory agents that has made me feel better and less sore, achy, and bloated. Try this plant out and see what it can do for you: <https://www.organifishop.com/>.

### **What's Trending: Negative Ions**

Yep, I am a believer in the benefits. Ions are invisible particles that bear an electric charge. Generally speaking, positive ions are harmful to the human body, and negative ions are beneficial. Negative ions work by neutralizing free radicals in our cells, thus increasing immunity and circulation. Negative ions are created in nature with sunlight, moving water, etc. Positive ions are created through radiation, gas, atmospheric pressure drops, etc. A storm is a good example of this change. Ever feel rough when a front is coming through, maybe a bit achy? It could be the positive ions that raise

when the pressure drops. You feel better as the storm clears out due to the high number of negative ions. This is why I feel it is so important to live near water and stay grounded as much as possible. I feel better this way.

There is no way anyone feels better sitting all day in front of a computer with no exposure to sunlight. A few things I use to increase my negative ion count outside of nature are grounding sandals and compression sleeves, which you can find here:

<http://www.earthrunners.com/>, <https://www.incrediwear.com/>.

### **Monthly Goal: Get a good water filter**

If you are serious about your health, at some point you have to drink good water. Local water supplies contain not only chemicals like fluoride and chlorine that are linked to thyroid and gut dysfunction, but also antibiotics and hormones. Gross! Get a freaking filter already. Here is one I recommend:

<https://www.aquatruwater.com/>. There are plenty of good ones out there and different ways to skin this cat, but at the very least have a large San Pellegrino daily. It is clean and known to have good negative ions as well due to the glass bottle reacting to the earth's vibration.

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

#### **Q. What is orthorexia?**

**A.** Ok, pet peeve alert! Orthorexia is a term for being obsessed with a healthy lifestyle, but I think this term gets overused in the south. Just because most people aren't happy with themselves, they shouldn't take it out on healthy people. I am often told that I am too lean here, but when I travel out west, the rock climbers and fitness enthusiasts make fun of me for being too big. It's all relative. I recently heard that a girl had an eating disorder because she didn't eat fast food with her friends. Whoa! Kids will be coming out of college with diabetes

and heart conditions, but a healthy child is made fun of for taking control of her health and future? A pregnant woman is unhealthy and orthorexic because she doesn't eat candy for the baby's health? Hmmm. Ignore the haters and enjoy yourself. As long as you're not living in constant anxiety, I would say you are A-OK!

**Q. What is the worst thing I can do nutritionally?**

**A.** Simple, Abel James put it best in his book "The Wild Diet" from the section The Secret To Fat Loss In One Sentence, "stay away from sugar and processed grains, especially in the morning" PERIOD! I couldn't agree more. Having sugars and processed grains first thing in the morning sets the stage physiologically for failure with cravings and poor food choices the rest of the day. Stick with whole foods in the morning.

**A Final Note:**

Snacking derails people's nutrition more than any other thing, and yet we continue in an endless pursuit to eliminate this habit. Is it because we are bored, emotional, or nutrient deficient? Sometimes we will workout more than necessary which induces a HUGE appetite. Maybe these things are all factors, but science has discovered hunger is also a direct result of our microbiome. If you think our body tells us what we need and how to eat accordingly, maybe not. Maybe it is our microbial diversity. We now have the knowledge and tools to control this diversity and once and for all get our cravings under control. Further your research and understanding and take back control of your cravings and health:  
<https://chriskresser.com/do-gut-microbes-control-your-food-cravings/>.

**Monthly Recipe: Baked Apple Cauliflower Mash**

Ingredients: 1 apple, 1 tbsp. coconut oil, 1 tsp. cinnamon, 1 pinch of cayenne pepper, 3 cups of

chopped cauliflower. Directions: 1. Preheat oven to 415. 2. Steam the cauliflower and apple together for about 15 min. 3. Mash the apple and cauliflower together and add the oil and spices. 4. Place the mixture in an oven safe bowl. 5. Sprinkle the cinnamon and bake for 10 min. Enjoy!



Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at: [www.xrlifestyles.com](http://www.xrlifestyles.com). Online training customized for your unique needs and goals.

**Special Announcement: Rootz**



A restaurant specializing in local, seasonal, and fresh food is coming your way! Think bone broths, Bulletproof coffee, macha, juices, curries, stir-fries, and other healing foods. Rootz is opening in downtown Fairhope this spring. This restaurant is the first restaurant I fully endorse, and I am excited to see these healthy types of options finally offered.