

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, September 2017 – Issue 26

Chemical exposure is slowly but surely overwhelming our immune systems. We can only handle so many toxins before our hormones exhaust, lymphatic system gets sluggish, and health deteriorates. How did this chemical exposure and effects all start and what can we do about it?

It is difficult to find all of the facts on big companies due to their political intervention, but weird things began happening after the rise of Monsanto and glyphosate in the mid 1970's. By the 1990's there were over 10 billion kilograms of glyphosate being utilized in this country. No wonder other countries stopped importing our foods.

So what is glyphosate? Glyphosate is an herbicide in “Round Up” that is sprayed on GMO crops. Here is a short piece from “Nick and Gen’s Healthy Life Daily” newsletter regarding glyphosate:

- It was classified a Class 2A “probable” carcinogen. (2) This classification means it is more likely to cause cancer than the lower Class 2B “possible” carcinogens like EMF radiation, arsenic, asbestos, lead and DDT.
- It might be carcinogenic even when you’re exposed to a few parts per TRILLION (PPT). (3) Just to give you an idea of how minuscule of a

dose this is...tests on the proudly-American & delicious Cheerios breakfast cereals found up to 1,125.3 parts per billion (PPB) of glyphosate -- which equals to 1,125,300,000 PPT (yes, more than one billion PPT).

- Diseases that are hypothesized to be linked with glyphosate contamination include “obesity, non-alcoholic fatty liver disease associated with diabetes, female and male reproduction abnormalities (abnormal sperm and reduced fertility), hormone-sensitive cancers in females, prostate cancer, thyroid diseases, and neurodevelopmental diseases (IQ loss and hyperactive behavior).” (4)

With those levels discussed, here is a pic from 2016 local water report:

Endrin	NO	ND	ppb	2	2	Residual
Epichlorohydrin	NO	ND	n/a	0	TT	Discharg
Ethylbenzene	NO	ND	ppb	700	700	Discharg
Ethylene dibromide	NO	ND	ppt	0	5	Discharg
Glyphosate	NO	ND	ppb	700	700	Runoff fr
Haloacetic Acids (HAAS)	NO	4.5	ppb	n/a	60	By-prod
Heptachlor	NO	ND	ppt	0	400	Residu
Heptachlor epoxide	NO	ND	ppt	0	200	Breakd
Hexachlorobenzene	NO	ND	ppb	0	1	Dischi

Hmmm, that looks like a lot to me.

The idea is that we are so full of chemicals like glyphosate our lymphatic system cannot function properly. The lymphatic system helps fight infection in every part of the body. Lymph fluid circulates through the nodes constantly filtering like a river. If we get an overload of toxins in these so-called filters, the lymph isn’t as efficient at fighting infection and gets stagnant, enabling inflammation to take

hold. Once we have chronic inflammation, it is very difficult to reverse. Our health begins deteriorating with chronic inflammation and symptoms begin appearing. One symptom being food sensitivities.

Most experts don't believe gluten is bad for you. Gluten is a protein found in wheat, which we have been consuming for a long time. There was never a documented case of gluten sensitivity until the 1990's when glyphosate was well saturated within this country. Could it be our immune system was so corrupt at this point that we could no longer handle the normal process of digesting gluten?

Why are more and more food allergies popping up everywhere? Dairy, nuts, seafood, I could go on and on. Kids aren't allowed to bring certain foods to school anymore. Is there a pattern here? If so, what can we do about it?

First is location, location, location. Sorry if you live in the south with rivers draining into your backyard transporting glyphosate from the county to a town near you. These locations are where the chemicals can accumulate. We get this runoff down here. Is it coincidence that some weird health trends have been identified in our area? Maybe. Most experts I know have recognized these health trends and have moved to lateral coastal areas.

Next is exercise. Lymph does not have a pump like the heart and is circulated through muscle contractions. We get more and more sedentary by the year. I have watched my daughter when between sports, wake up at 6am, sit at breakfast and all day in school (without an adequate PE), come home to study for hours, and eventually fall asleep. There might 5% exercise mixed in her day. THIS AMOUNT IS NOT ENOUGH EXERCISE TO PRODUCE PROPER CIRCULATION OR MUSCLE STIMULATION! An hour a day is bare minimum.

Food is obvious here. Eat and drink clean. I am not going to dwell on this point. Eat good sourced foods that help cleanse the body. Good sourced foods come from chemical free places. Think other countries. Most other countries do not allow the chemicals our country does. For this reason, I typically buy

butter and honey for example from other countries. I eat these foods daily and don't always want a constant trickle of chemicals. There are reasons why people prefer Manuka honey from New Zealand rather than local honey and Kerrigold butter from Ireland rather than an organic domestic option. You also have the ability to cleanse the body with every feeding. Green veggies containing high amounts of chlorophyll in particular, which help to cleanse. I typically take this benefit a step further and try to have sea veggies high in chlorella daily for its detoxing effects. You too can utilize nutrition to optimize your body's ability to detox.

Unfortunately, there is not much we can do about the current environmental situation, but we can live right, which can minimize the harmful effects of toxins. The best tool I currently know of is a vibration platform. Power Plate makes a good commercial option, and the Bulletproof Vibe is a good home option. They can stimulate lymph flow extremely well. A good session on a trampoline can work wonders too, or you can go old school and play outside. Running and jumping can create enough muscle contractions to help the lymphatic system perform its duties.

Food of the Month: Brussel Sprouts

Brussel Sprouts as well as kale, garlic, and egg yolks have something in common, sulfur. Sulfur is one of the key building blocks in our master antioxidant Glutathione. Glutathione is one of the key detoxifiers in eliminating free radicals in your brain and liver. I would make an effort to eat sulfur rich cruciferous veggies often as part of an optimized detoxification lifestyle.

Exercise of the Month: Jumping Rope

Assuming you are not buying a vibration platform, jumping rope and rebounding are the next best thing. To stimulate lymphatic drainage, you must stimulate muscle contractions mainly through impact, and

jumping rope is one of the safest and best ways to achieve drainage. When perfected, you only need to jump the width of the rope, which isn't too rough on your joints like running. Ask a professional to teach you some rope work. You can use it as your daily training warm-up for the next month and see how your body responds. I am willing to bet you feel better. On a side note, not to knock biking/spinning because I like to ride outside as often as possible, but there is no impact here, which means no lymphatic draining. Rowing and elliptical trainers are guilty too. Make sure these types of exercises aren't your primary training focus. If your knees prevent you from impact, then mix in a battle rope for some good lymphatic drainage. Here is a link to a video I made on proper jumping rope: <https://www.youtube.com/watch?v=m9pwOAKQfps>

Monthly Challenge: Daily Impact

I believe a quality workout must have these parts covered always, always, always: 1. A type of squat, 2. A type of lunge, 3. A type of step-up, 4. A type of push, 5. A type of pull, all with an extended range of motion, and 6. A type of impact. Try to get creative with impact every workout this month: jump rope, jumping exercises, trampolines, running, pogo sticks, battle ropes, etc. Just be safe with all of that impact.

Supplement Spotlight: Nature Bite

I have finally found a bar that works for me and tastes good. In the past, there have been healthy bars, but they tasted like butt. NatureBite is mainly plant based, sourced well, tastes good, keeps me satiated for hours, and provides hours of energy...the goal with every meal. Here is a list of the ingredients: organic honey, almonds, cocoa nibs, hydrolyzed gelatin, baby quinoa (kaniwa), white chia

seeds, coconut flakes, chocolate liquor (roasted and ground cocoa beans), water, organic rice protein, pea protein isolate, sesame seeds, cocoa powder, cocoa butter, sea salt, tocopherols. I still like shakes on the road, but this bar beats them in terms of convenience.

What's Trending: Herbs

Herbs are some of the most potent phytonutrients we have access to, and I am referring to the real thing found in whole plant form or tea bags. A recent study showed that only 20% of the herb capsules bought at leading supplement stores were actual herbs, and the rest was fillers. Not good. Be creative and use herbs to enhance flavors and health. Try herbs with every meal: basil, parsley, ginger, cayenne, and oregano on foods or try mint in water and Echinacea teas. I could go on and on. Why not make your antioxidant value of every meal increase dramatically?

Monthly Goal: Gratitude

Just be thankful for what we have. So many people are lost in "FOMO," fear of missing out, that they miss what is right in front of them. Try a morning ritual that includes a few minutes of mindfulness and gratitude. Don't plug in and see what everybody else is doing. Breathe deep, check in with your body to see what's going on and think about how good life is. Slow down and appreciate it. An added bonus this month would be to work on being present too with the person in front of you. You might actually hear them for a change. Just a thought.

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

Q. What are the three worst toxins?

A. Let's go with the three that I predict to cause the most harm in our kids. Cell phones (EMF),

glyphosates, and BPA. Try to live as ancestral as possible and most of these toxins become minimized. Sleep well, play outside often, move a lot, love a lot, eat real food, drink clean water, breathe clean air, and have fun. Don't overthink this one.

Q. How can I start to help my poor adrenals?

A. Think of yourself as a bank account. You are best when full and strong. Every time you give energy, time, and worry, you are ultimately taking out withdrawals. Withdrawals are like a hit to the adrenals. Eventually, you run out of money and energy, and you must start making deposits that relax your body, mind, and spirit. Deposits get you back whole again and give you energy, such as a massage, nap, run, vacation, whatever this is to you. Balance out the withdrawals with deposits, and your adrenals will begin to bounce back.

A Final Note:

I took a series of firearm classes which were meant to prepare you for whatever may come your way. The example they gave at my first class was "The Walking Dead." The instructor asked us if we knew what the zombies represented. We all thought they were representative of the apocalypse. He corrected us and said the zombies were an example of us, always walking around glued to our cellphones, clueless of our surroundings. Think of that next time you watch that show because now when I walk around anywhere, that is all I see...people shuffling around buried in their cellphones muttering strange noises. Be aware. There are some weird things happening that you can do some things about. Don't live in the dark. Pull away from the day to day and make a conscious effort to be mindful and aware. You might see some things unfolding right in front of you that

you can help with. Chemical exposure is just one of many.

Monthly Recipe: Curry Rice

I know some of y'all aren't into that many carbs and "rice is the devil," especially white, but brown rice has been shown time and time again to contain much more arsenic than white. White rice has become my go-to energy source along with tubers. I find a serving of carbohydrates with dinner helps me recover, sleep, and be more social. I use to restrict carbs at night to optimize nighttime fat burn, but have found that better sleep (brought on by a few carbs at night) is even more efficient at fat oxidation. I now restrict carbs throughout the day and "carb-refeed" or "carb backload" at night. This technique also keeps me cyclically ketotic which is for another conversation. Anyway, this recipe is how I make my rice badass, and it lasts all week!

Ingredients: 1½ cups long grain organic white rice (it should take a minimum of 20 minutes to cook), 1 container of Kettle and Fire chicken or beef bone broth, 1 can of Native Forest full fat coconut milk, 1 tbsp. of ground turmeric, 1 tbsp. of pink Himalayan sea salt, 1 tsp. of pepper, 2 tbsp. of Kerrigold butter. Directions: Depending on your rice, put 1½ cups of rice and all other ingredients into a pot. Bring to a boil, stir a few times, cover, and simmer for 15 minutes. Remove from heat, take lid off, and let sit for another 15 minutes. Remember I don't believe in multiple carb sources at once. So unless it is a "splurge night," this meal would not be a good plan if drinking wine or consuming other starchy carbs. Also, I am a believer you must earn your carbs. If you didn't exercise effectively that day, leave off the carbs. Enjoy!

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.

