

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, November 2017 – Issue 28

Are supplements really necessary? Do we really need to swallow a bunch of pills everyday to be our best? This topic is controversial, and I have discussed it at length many times. My clients and I have tried hundreds of different products in hopes of yielding a certain result. I have also gone total supplement cold turkey, taking in nothing but the best whole foods available to see how I felt. For me to feel my best, a balance of the two is normally the right recipe.

Optimizing our health is an ever-changing science dependent on many lifestyle factors that are constantly changing. What works for me now, didn't five years ago, but might not in the future. Also, what works for me, may or may not help you thrive. I will discuss these factors in this newsletter to help you find what could work best for you. I will also create a buyer's guide of these products and more for next month's newsletter.

In case you haven't noticed, I am very interested in discovering what makes you look and feel your best. It's a bit of an obsession of mine. I also like to measure stuff through all sorts of avenues. Mindfulness is a good start, but lab work has made this process much easier with less guesswork. Simply do a thorough

panel to find your imbalances and deficiencies and try to correct these through lifestyle factors like food, movement, sleep, or relationships...the four pillars of our health. If corrections are possible without supplements, great! If you retest after a valiant effort and your results weren't where needed, maybe supplements are worth a try.

I like to actually work this scenario backwards due to instant gratification. The goal for me, and the majority of my clients, is to get to optimal levels through whatever means necessary ASAP. For example, try saturating these deficiencies with quality supplements, see how great it feels to have better levels and then back off the supplements as much as necessary to maintain the new levels. This process normally leaves everybody with a slightly different arsenal of daily foods and supplements, the things we have to do daily to maintain optimal health and fitness. Outside of this regiment are the random nutrients to get you through a cold, injury, stressful situation, etc. These nutrients are good to have on hand, but are not necessary to take daily.

Here is my short story on supplements: Growing up, I always wanted to be bigger, stronger, and faster. As a result, I experimented

with a bunch of performance supplements. Throughout college, I tried whatever I thought would work. I bought into the hype, marketing, and placebo effect big time until I had the realization that for the most part, they did nothing except accelerate the aging process. These supplements were the biggest waste of money I have ever spent. Hundreds of dollars a month were spent to ultimately stress out my hormones. They were not in the right ratios for me, and back then, quality sourcing wasn't my focus when choosing supplements.

Post college I became interested in feeling good and optimizing my energy so I could do more. Longevity began to fascinate me as well. The problem was now for the first time in my life, I felt like shit. I was working 70 hours a week, sleep deprived, and trying to recover from 10 years of toxic ergogenic aids. Soon I had multiple gyms and kids, and my recovery became further sacrificed. During all of these life changes, I maintained high standards on my physical and mental expectations keeping me further stressed. Combining sleep deprivation with chronic physical and mental stress for 20 years took its toll on my hormones. This is when I took a deep dive into testing to see what I was working with.

I won't go into the details, but it wasn't pretty. My hormones were shot and optimizing them was now my focus. Regardless of what you think you can do, you cannot see results of any type with compromised hormones. I have spent the last five years focusing on recovery heavily with sleep tactics and supplements, and I have finally made up some ground. I probably consumed over 20 pills a day at well over \$500 a month between the ages of 30 and 35. Fortunately after a lot of experimenting and

testing, I am feeling pretty darn good now. For the most part, my labs are where I want them, and I am now down to most days without any supplements. I pretty much use supplements for out of the ordinary events like sleep deprivation, illness, excess alcohol or stress, flying, lack of sunlight etc.

Things that allowed me to really bounce back along with the supplements were lifestyle factors. Over the past five years, my stress levels have significantly dropped, and my weekly sleep has climbed from 40 hours to well over 50. Boom! You cannot find a supplement that helps like sleep and stress management. With my body in a better environment, it really doesn't need the extra help from supplements, but it sure as hell did when I was working 5am until 6pm 6 days a week. Remember that to cure an issue, there is a three-step process: 1. Find what is ailing you, 2. Minimize it, and 3. Add stuff to help you recover.

Supplements should be based on your own individual biological and life's differences. There will be times that supplements could benefit you, and other times they are probably not necessary. One good example of what most people, especially kids, could benefit from is a good greens powder. Unless you are getting in veggies multiple times a day, there is probably a deficiency. Be open-minded and mindful. Remember you should feel a difference when taking a supplement. Always opt for the high quality products that are ideally NSF Certified.

Food of the Month: Eggs

One reason I don't take a lot of supplements anymore is because of my nutrient dense, whole foods diet, specifically with the inclusion of three foods daily: 1. Eggs, 2. Sardines, 3. Liver (dehydrated). These three foods paired with assorted produce and bone broth give me

about everything I need to be optimal. Regarding eggs, they have all of the essential amino acids in the right ratios, omega 3 fatty acids, choline which is a brain booster and hard to get enough of, and are chock-full of other nutrients. I like to have a couple of soft boiled or fried eggs daily. I prefer consuming them in these ways to keep the yolk runny yet intact. There is some research suggesting that the nutrients become less bioavailable when the yolk is fully cooked or scrambled.

Exercise of the Month: Kettlebell Yoga

We all know that we need to stretch daily, but some people don't have time to do strength training, cardiovascular training, and range of motion work. So why not try fusing it all together? I was introduced to kettlebell yoga at World Convention in Las Vegas this year. It challenged me in every way possible. Search YouTube for kettlebell yoga and look for Joe Distafano. He is one of the originators and has some good entry level videos.

Monthly Challenge: To not create deficiencies

It's November, which means Thanksgiving and football! Those two things equate to sitting on your hump and over consuming things you normally wouldn't, creating inflammation that results in deficiencies. For example, alcohol and sweets are acidic and lower your pH along with a decrease in hydration. At this point, your body will leach minerals such as calcium, magnesium, and phosphorus from your bones to raise your pH. Now is the time you need a supplement to be whole again. This month, save your health and money and take it easy. Enjoy a taste and drink, but follow it with a very nutritious meal to make up in deficiencies.

Supplement Spotlight: Creatine

Most experts agree a few grams of creatine daily is optimal for muscle tone. This addition is

especially important as we age and start dealing with sarcopenia. To get this amount of creatine from food would require a few pounds of meat a day. If you are plant based, this task could be even more difficult. There are plenty of studies showing great results across the board from creatine, and I am a fan of the neurological effects too. Assuming you weigh about 150 lbs., try consuming about 2-3 grams a day pre or post exercise with a carbohydrate. The monohydrate form works fine for most people. I typically take it with a teaspoon of honey or coconut water around training.

What's Trending: Good shoes or at least not flip flops

I know this hurts. I've worn flip flops my whole life and still do on occasion, but I have also dealt with foot, calf, and knee issues for as long as I can remember. As you walk in flip flops, you have to flex your toes when you step so that the flip flop doesn't come off. This motion creates plantar flexion, which shortens this fascia. As this fascia tightens, so does your calf and every muscle connected resulting in shortened and compressed muscles. Plantar fasciitis and cramps could be caused from wearing flip flops. Barefoot and comfortable flats are your best choices. Sandals and flip flops with a heel strap can be okay too.

Monthly Goal: Make food your supplements

Think of what is in your supplements and try to make a meal with the same nutrients. For instance, if you take vitamin D, vitamin C, and a probiotic for breakfast, try boiled eggs for your vitamin D, squeeze a lemon in your water for vitamin C, and a bit of kefir for your probiotic. Get my drift?

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

Q. What vegan protein powder do you recommend?

A. I cycle between a few different brands. If you are going for straight up protein powder, I would stick with Thorne Research Vegalite. However, if you are okay having a few carbs included, use Nutiva Hemp Protein Powder and Organify Complete Protein. And if you are fine with moderate to high carbs, Ambronite and Ample X are the best. Stay tuned for next month's newsletter for all of my supplement recommendations and more.

Q. Do you recommend a creamer for my coffee?

A. No. Black baby! Hyperpalatable foods have rewired our brains to crave foods that were never meant to be a part of our diet. There is a great book, *Wired To Eat*, which describes this rewiring process. Typically, bitter foods are healthy, and you should try to learn to like them. Dark chocolate, red wines, and black coffee are all bitter. My recommendation is to slowly wean yourself off of the sweetness. Just a little bit less each month until you're off completely. Your taste buds will slowly adapt. I promise, once you rewire your brain and palate, the chemical bullshit will taste horrible to you. Good luck and God speed!

Final Note:

The future of food and supplements will be based on genetic variances. DNA tests will show us what works best for us based on our biology. For the time being, consider getting tested so you can learn what works for you. Try to make your base real food that is so colorful and diverse that supplements are not necessary. If you find yourself in a sticky situation where you may need a boost, like when traveling, know what works for you.

Monthly Recipe: Collard Greens Breakfast Burritos

Sometimes you have to get a bit creative with eggs to make them special!

Ingredients: 4 large collard leaves, 6 slices of bacon, ½ cup red bell pepper sliced, ¼ cup red onion sliced, 3 large eggs beaten (I know, they are better for you not beaten.), 4 tbsp. salsa, and ½ medium avocado sliced

Directions: 1. Lay the collard leaves on a flat surface, stem side up. Trim the stems to be even with the bottom of each leaf. Use a paring knife to shave off the thick portion of the stem. 2. Heat skillet over medium heat. Add bacon and cook until crispy. Remove bacon from skillet. 3. Add the bell pepper and onions to the bacon drippings and cook until tender. Remove from skillet. Add eggs to the skillet and cook. Once the eggs are cooked, stir in salsa. 4. Divide the eggs, veggies, bacon, and avocado among the collard leaves. Roll up burrito style and serve. I learned this recipe from the August issue of *Paleo Magazine*. This magazine has great recipes. Enjoy!



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