

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, August 2017 – Issue 25

It’s extremely hot outside, and the usual things don’t seem quite as appetizing. So what does sound good this time of year? A shake! It’s cold, versatile, easy, potentially healthy, and delicious if prepared correctly. But how do we make the perfect concoction? There are many ways to skin this cat, but there are a few tricks to optimize your shake.

Think of a shake the same way you would for the perfect meal. All components should be quality sourced. In other words, find the best ingredients possible. Then make sure you have a badass blender, like a Vitamix. This step is the difference in an okay and great tasting shake. If you are anything like me, you make a shake almost daily so the blender and ingredients are key. I know you have heard this a million times, but the majority of my successful clients have a shake for meal 1, a big ass salad for meal 2, and meat and veggies of some sort for meal 3 each day.

Now let’s get into the details of the shake. Always start with filtered ice, purified water (the amount depends on the consistency you want), and the juice from 1 lemon to prevent oxidation of the produce, which can happen with high-powered blending. If you use the whole lemon, which has added benefits,

make sure to buy organic. Next, add the greens, which should be the base of any meal. Fill half of the blender (full size) with assorted greens that are preferably in season. Now the fats are added. I like 20 grams of fat per meal for optimal performance and satiety, but you may need to experiment with this amount to see what works for you. A teaspoon of fat is about 5-6 grams of fat so I typically use 4 tsp. of assorted fats per shake. I rotate between ghee, coconut oil, avocado oil, and olive oil. I rarely use lots of nuts or nut butters due to their omega 6 inflammatory properties, and I would prefer to have a few assorted nuts on my salads. Protein powders are added next. I like approximately 30 grams of protein per meal. Again, I alternate between vegan and animal protein powders to avoid food sensitivities. Thorne Research, Bulletproof, Nutive, and Onnit are my go-to manufacturers of protein powders. The last necessary additions are insulogenic carbs, or carbs that effect blood sugar. I use roughly 10 grams or a small handful of colorful carbs mainly for polyphenols and energy conversion. I will often use a bit of sweet potato or a small handful of berries. These ingredients are all that is necessary for a healthy shake, but much more can be added for additional benefits.

The added “superfoods” to your shake are where it can get complicated and fun. Here are a few ingredients I use occasionally in addition to the above: 1. 1 tbsp. of turmeric for anti-inflammatory benefits, 2. A few dashes of pepper to help the absorption of nutrients, 3. A few grinds of pink Himalayan sea salt for minerals, 4. 1 tsp. of Manuka honey and Macha green tea for additional antioxidant support, 5. Assorted cordyceps mushrooms for adaptogens, 6. 1 tbsp. of Bulletproof collagen for joint and skin health, 7. 1 tbsp. of Ceylon cinnamon for antioxidants and blood sugar control, as well as a splash of apple cider vinegar for similar reasons, 8. I will also use a ½ cup of whole fat organic kefir, ½ cup of bone broth, and ½ cup of Native Forest full fat coconut milk in place of water and some other fats if I want to make it taste amazing. I could go on and on, but you get the point.

Now don't get me wrong. If I am in a hurry, I will simply throw in 2 scoops (30g) of protein powder, a tbsp. of coconut oil, a scoop of greens powder (Organify), and a banana to get the job done, and I feel pretty good. I even take it a step further and have two formulas that I can make in a shaker bottle. Ambronite and Ample both make premade shakes with most of the ingredients listed above and more to save time. However, you will pay more for this convenience. I find these pre-made shakes to be priceless when on the road.

Regardless of the situation, you can make a shake work for you. Hot or cold, thick or watery, any flavor possible, just find your magic bullet. Perfecting this shake can save you days, maybe even weeks of meal prep, money, and loads of chemical processed bullshit foods you would consume otherwise if not having a shake on hand. I can't tell you how many times my

friends stop for fast food or a gas station snack...gross. This junk is not food and probably never was. Just have a shake on hand, and life is simplified and most likely optimized! Here is a simple and quick video I made on preparing the perfect shake:

<https://www.youtube.com/watch?v=1SCg9GXmMyU>

Food of the Month: Blueberries

The goal with every meal is to have as many dark colors as possible. These dark colors show polyphenol presence, which is our strongest nutritional ally for optimal health. The problem is that over a serving or two of fruit a day can create a fructose overload, spiking blood sugar, and causing weight gain. So make your fruit count! Dark-colored berries are your best bet. Think blueberries, blackberries, and cherries. You can't go wrong with a small handful of these daily. Other colors should be sugar-free plants like bok choy, kale, etc. Don't waste your servings of fruit on low polyphenol options like bananas and apples. These options are fine if better fruit is unavailable.

Exercise of the Month: Prevent a craving

This is a great exercise. Think on what you really look forward to food wise that could be sabotaging your results. Maybe ice cream or pizza after work on Friday? What if you had pizza Thursday night and made it with quality ingredients? Then you probably wouldn't crave pizza on Friday, right? It's a win-win. We typically have Mexican, burger, and pizza night often to prevent our cravings. Every time my wife asks me where I want to go out to eat, the answer is sushi because we never make it at home. Try making a badass shake often to fix your sweet tooth. You may not want chocolate at night if you had a chocolate shake for lunch.

Monthly Challenge: A shake a day

Let's see how a shake a day works for you. Get

some quality ingredients and start blending. Find a macronutrient ratio that keeps you full and energized for 4-6 hours. I bet if you replace your lunch, assuming you eat out, with a shake this month, you will break that fitness plateau.

Supplement Spotlight: Monk fruit

Monk fruit is a zero calorie sweetener made from a fruit indigenous to Southeast Asia. It was named after the monks who harvested it. Monk fruit has no known effects on blood sugar and has antioxidants as well as anti-inflammatory properties. Some people who are trying to minimize sugars or have intestinal issues like SIBO or are on a low FODMAP diet may benefit from different sweeteners like monk fruit. Honey for instance has been negatively affecting people lately. Try adding monk fruit to your shakes or recipes that call for a bit of sweetness. There are many options from online stores.

What's Trending: Bluelight blocking glasses

Freaking dirty light and dirty electricity are zapping us more than foods ever will. The environment isn't what it used to be. We were meant to see a full spectrum of light. All of the colors have their benefits, very similar to the colors of foods. Think of the colors of the sky throughout the day: reds, oranges, yellows, blues, and everything in between. Yet we are bombarded with blue light from artificial lights and electronics. Rather than a few hours of blue light, we are now faced with 8-10 hours a day. This overstimulation is leading to everything from insomnia to hormonal deregulation. Every year at fitness convention, the instructors wear blue light blocking glasses in the afternoon to start the unwinding process. I have experimented with these glasses and seen tremendous results in my sleep quality.

Maybe this concept is something to think about. Check out "Swannies" glasses.

Monthly Goal: Plant aloe

Yes, aloe is a good skin irritant soother, but it is additionally an antifungal, antiviral, antiseptic, and anti-inflammatory if consumed. It is also rich in enzymes to help break down amino acids in the body. It contains antioxidant and zinc to help with immunity. Furthermore, many people claim it helps with constipation and acts as a blood cleanser. Aloe is a part of my 1-2 combo for sun overexposure. I will take astaxanthin prior to going in the sun and rub aloe on my skin after sun exposure. I will take the extra and condition my hair too. Yep, avocado oil and aloe for hair health. That's for another issue. Bottom line, aloe is easy to plant and has plenty of uses when on hand. Plant aloe this month!

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

Q. What bottled waters do you recommend?

A. I go for purity and alkalinity in my water, and I always opt for a glass bottle. Plastic isn't doing you any favors unless you are trying to change genders. Glass bottles tend to have more "structured" water too. Structured water has the ability to carry more of the earth's natural rhythms, which is said to become more bioavailable in the body. I know this can seem "woo woo", but when I wake up in the morning and drink a few glasses of tap water, I have to consequently use the bathroom to empty my bladder. When I drink structured water, I can drink the equivalent and not have to use the bathroom. The water is actually being utilized better by my body. This is the goal with all nutrients. San Pellegrino is my favorite with a PH over 7.5. Be careful though with carbonated beverages. Perrier was tested recently at a PH of 5.9. I am not going to get into alkalinity now,

but it may not serve you well consuming acidic beverages often. Evian and Fiji are good plastic options with a PH over 7.0.

Q. How many avocados can I eat a day?

A. Easy turbo, that's a lot of fat. Most 150-pound people I know do well on roughly 50-60 grams of fat a day. This amount keeps them satiated and healthy. If weight loss is a goal, this amount may need to decrease depending on your macros. An avocado has around 25 grams of fat. As long as your other fat input is in check, one a day is okay, but assuming you are a good student and getting a good variety of fats from egg yolks, grass fed butter, coconut oil, olive oil, nuts, seeds, etc., then half an avocado may serve you better. On another note, here is a good avocado trick. Almost once a month, avocados go on a half-price sale, and they keep well in the fridge. So buy as many as you want, put them in the fridge, and plan to pull out 3 days before use. Maybe you can save a few bucks to buy a great blender!

A Final Note:

There is one longevity strategy that works across the board, caloric restriction. Eat less, and you will age slower. But the trick with caloric restriction is to cram as many nutrients into your calories as possible. A handful of pretzels might be 200 calories. Eating that 3 times a day won't make you age well, but a fresh salad with mixed greens, veggies, seeds and berries topped with vinegar has about the same caloric load as the pretzels. Now we're talking! A shake is a simple way to do this as well. Cram as much good stuff as possible in that shake and get on with your day. No snacking pre or post shake. Just add the right amount, blend, drink, and go. Again, most of the fittest people I know use a shake a day. See if you can make it work for you.

Monthly Recipe: Blueberry pudding



Serves 4, Prep time-5 minutes, Ingredients: 1 cup of coconut milk, 1 cup of kefir, 3 avocados, 1 cup of blueberries, 4 tbsp. of ground chia seeds, 1/2 tsp. of sea salt, 1 tbsp. of vanilla extract, 1 drop of peppermint oil extract, and 1 tbsp. of honey. Blend all ingredients together in a high-powered blender and refrigerate. Serve cold.

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.

