

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, May 2016 – Issue 10

“All life is an experiment. The more experiments you make the better.” – Ralph Waldo Emerson

If I have learned anything in the last 20 years of training, it is that everybody is different. There is no “one size fits all” program. Everybody has unique genetic, physiological, and environmental factors that set him or her apart from others. What makes one person’s health and fitness optimal may not work so well for another. Don’t think because you read it in a New York Times bestseller book or a national magazine, saw it on the news, or a friend told you about it, that it is right for you. There are only really two things to do, performed together, to know what will work best for you: self-quantification through lab work and self-experimentation.

Self-experimentation is diagnosing how you feel and look based on a controlled change in diet or lifestyle. An example would be by eliminating dairy and noticing clearer skin. If nothing else changed in your world, the elimination of dairy could have something to do with the healthier skin results. Most people find minimizing dairy, gluten, and peanuts have a very positive effect on certain skin issues, but everybody is different, and these foods may not affect you at all. I personally respond fine to dairy in my diet. Whey protein actually helps me

recover better than any other food I’ve tried. Adding 50 plus grams of a good undenatured whey protein daily keeps my joints happy and body less inflamed. However, gluten makes me swell up like a tick. I get brain fog and achy joints the minute I start snacking on wheat products. When I eliminate all wheat, I instantly loose about five pounds of bloat and my body feels much better. So through self-experimentation, I have eliminated gluten for optimal results.

Self-quantification is the act of running tests on yourself to reveal levels you can measure and manipulate through time to assess and improve your health. These tests can be done through collecting blood, fecal, salivary, and urine samples. Testing has become very convenient and affordable and is the best way to know how to optimize your health. Self-quantification has allowed me to manipulate my lifestyle slightly and yield huge results. I would have never known my deficiencies without this testing.

My 2016 test results came back with interesting data that has helped me adjust my lifestyle for more optimal health and longevity, which is my goal. One example of this was that

my adrenals were slightly fatigued. Adrenal fatigue, if not repaired early, can become a serious and chronic issue affecting your health in a very harmful way. Actually, most of my older clients are unable to lose weight because of their severe adrenal fatigue. Adrenal fatigue is hard to diagnose without testing. So one of my current goals is to heal my adrenals. My fitness training has been less intense and caffeine has been minimized. The test results also revealed certain vitamin and mineral deficiencies. In particular sodium and vitamin D are compromising my adrenals. Adding these nutrients, as well as other simple changes, have already made me look and feel better. I also wanted to know if the fat adapted diet and mild ketosis I have been playing with for the last year or so has effected my cholesterol levels. My test results revealed that the ketosis has actually made my lipids more favorable, allowing me to increase dietary cholesterol which has positive effects on testosterone levels. Healthier adrenals and more testosterone equals becoming more bulletproof! These are just a few examples of the many things the tests revealed that I will focus on to better optimize my health and fitness. Do you think maybe something is possibly non-optimal for you?

Try to look for a doctor who has a holistic background to help better diagnose you. Most general practitioners feel if you are in your "range," all is good. Unless average is ok with you, optimizing your ranges is the goal. Do your research and find a good doctor. I currently use Dr. Kristin Kalmbacher, an MD and an Alternative Medicine Practitioner at Bayside Regenerative Medicine.

Food of the Month: Olives

Olives are my favorite snack. I hit the local olive bar every Friday night on my way home and get

an assortment of olives to pair with my wine for my weekend splurging. Olives are nutritional powerhouses containing the right fats paired with high levels of antioxidants. Skip the cheese and crackers and instead pair your organic wine with a couple olives stuffed with garlic and peppers. These little changes go a long way!

Exercise of the Month: Full Wheel

Poor posture is becoming a problem. Age, gravity, and technology are pulling us forward more than ever creating injuries. Backbends can help strengthen postural muscles and make your kinetic chain more functional. Incorporate them into every workout. My favorite back bend is full wheel. It is part of my morning yoga routine. Work your way up to 1 minute in full wheel position for a good upper body and postural exercise.



Sara and Leigh stretching out with some back bends after a training session.

Monthly Challenge: Check yourself!

I challenge y'all to get a comprehensive health panel. Know your levels so you can really optimize your health and fitness this year. Schedule an appointment with a doctor who ideally practices alternative medicine and

specializes in hormones. Knowing this information could change your life.



Dr. Kalbacher helping me to become more optimal!

Supplement Spotlight: Cricket protein

Cricket protein could be the future of the protein and flour industry. Most animal sources of protein only utilize the muscles of the animals while crickets use the whole insect giving it a much higher mineral content. Furthermore, the greenhouse effect is much lower with crickets relative to animals. Cricket flour taste very similar to wheat flour and is a good alternative for a paleo friendly flour substitute. Exo is a legit company specializing in cricket protein. Give it a try for health benefits as well as environmental. It could be the next big thing!

What's Trending: Genetic Testing

Understanding what your DNA says about your health, traits, and ancestry is important. Genetic testing has become very advanced and convenient allowing you to perform it in your home. Discovering what you are predisposed to

allows for preventative measures. For example, it would be helpful to limit carbohydrate intake if your chances of diabetes were high. Maybe all of those exotic superfood fruits are hurting you more than helping you...hmmm.

Monthly Goal: Food Prep

Surely by issue 10, you have realized that results come with consistency and consistency comes with convenience. When your food is prepped, then it is convenient, and you will be more likely to eat it rather than getting takeout because you "didn't have time." Take a couple of hours every weekend this month and prep your meals. Typically, we cook assorted meats, boil eggs, and sauté veggies every Sunday for the week. Then package this prepped food in glass containers. Now we are good to go!



Pictured are 2 days' worth of leftovers from this month's recipe (see on page 4).

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

Q. What type of skincare do you recommend?

A. This topic is way outside of my realm, but I've said it before, and I'll say it again: If I can't eat it, I try not to use it on or in my body. I do my best to only use products from the earth proven to be beneficial in the long term. The best company I know of for skincare and hygiene is Primal Life Organics. I can really feel

and see a difference when I use these types of products.

Q. How can I detox after a very abusive spring break?

A. Greens, greens, and more greens! The majority of my nutritional intake would consist of green salads, green veggies, and avocados (yes, I know it's a fruit) paired with lots of lemon water and herbal teas. Do try to minimize meat for better results. The greens will give your body the nutrients necessary for optimal recovery while maintaining an alkaline environment. You should be back to normal in no time.

A Final Note:

Are all of those vitamins you're shoveling down your throat really doing anything? Is your fitness training helping or hurting you? Could the cadmium in our local water, lead in green tea, mercury in fish, and amalgam in your dental fillings be leading to heavy metal toxicity causing you a host of health issues? Is your thyroid compromised from too many greens or too few carbs? Are your magnesium levels so deficient that your sleeping patterns are compromised? If you really want to optimize your health and fitness, you need a baseline to work from. Testing may seem like a lot of time and money at first, but the payback is immeasurable when you discover something about your health that a simple change can fix and make you feel better. Nothing is as good as simply feeling good.

Monthly Recipe: Steak and Bok Choy Stir-fry

Ingredients: 2 tbsp. tamari, 2 tbsp. apple cider vinegar, 1 tbsp. cashew butter, 1 tbsp. honey, 2 garlic cloves, minced, 1 sliced avocado, coarse salt and ground pepper, 1lb of skirt steak thinly sliced crosswise, 1 tbsp. almond flour, 1 tbsp.

coconut oil, 1 large head of bok choy cut 1" thick crosswise, 4 medium carrots halved lengthwise and thinly sliced, cooked rice (not if you're trying to lean out!), ¼ cup almonds, chopped

Directions: 1. In a small bowl, mix tamari, vinegar, cashew butter, honey, and garlic, season with pepper. 2. In another bowl, toss steak with almond flour, season with salt and pepper. In a large nonstick skillet with a lid, heat oil over medium-high heat. Add ½ of steak and cook, turning until browned, 1 to 2 minutes. Transfer browned meat to a plate and repeat with remaining steak. 3. Add tamari mixture to skillet with bok choy and carrots, cover and cook, stirring occasionally until tender, about 5 minutes. Return steak to skillet, cook until heated through, about 5 minutes. Serve over rice and sprinkle with peanuts and avocado

Nutritional info per serving (without rice): yields 6 servings. Calories 210, protein 20g, fat 15g, carbs 7g



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