

THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



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By Eddie Henry, XR Lifestyles, January 2017 – Issue 19

The Superfood Issue

Now that health and fitness are becoming VERY mainstream, “superfoods” are popping up everywhere. These foods promise to make you better on every level, but are they really doing anything otherwise to our health or just another marketing push? And what exactly is a superfood? By definition, a superfood is “a nutrient rich food that is especially beneficial for health and wellness.” However, we are all different and react differently to certain foods. For example, some will feel better from a superfood salad with kale and broccoli spouts while another could feel sick. How food affects you is correlated with your unique genetic type. Hence the reason I push genetic testing on so many people. Insert “23 and me”...I digress. I will explain my interpretation of what a superfood is to me and what superfoods have worked best for my family, friends, and clients.

Technically, our cells need 90 nutrients to be optimal. A food would need all 90 of these nutrients to be optimal for us and therefore be a superfood, right? Well, there is one food that is absolutely perfect for all of us at one point in time. It has everything we need to be totally optimal. It is a totally complete food, every nutrient in the perfect balance,

paired with probiotics and digestive enzymes. It has all 90 nutrients and makes us all awesome. It is the most perfect “superfood” ever. Any guesses? The answer is...mother’s milk! The more we grow up and deviate away from this superfood, the more deficiencies we create in our health. The first time we eat processed food or fast food, the inflammation begins. Without this superfood, we have to search for replacement foods and supplements to maintain optimal health. So what are the alternatives to mother’s milk since we aren’t going there after infancy?

It makes sense that if mother’s milk is the world’s most perfect food, then we must find other foods, which have a similar nutrient profile to reap the benefits. There are four foods that have very similar profiles: 1. Raw milk. The three big options here are cow, goat, or, the newly emerging, camel. 2. Liver. 3. Sea algae. 4. Eggs. Most people find their health improves when they include these foods into their nutritional regiment because, when sourced properly, they have almost everything needed for optimal health. Here are a few examples of how I include these foods. I occasionally put raw milk in my green

smoothies and take beef liver capsules with it (I can't handle the taste of liver). Most mornings, I alternate fresh eggs and sardines alongside fresh produce. The sardines are full of sea algae. These superfood meals make me feel best because they are giving my body what it needs. Try these four foods for yourself and see how it makes you feel.

If you aren't into these four foods, then maybe you can get creative with superfood concoctions. All of these four foods listed above have around 90 nutrients making them pretty complete foods. If you are plant based for instance, you will need to add a lot to get these 90 nutrients. B vitamins for example are hard come by when plant based. You really have to get elaborate. It can be done; it is just a bit complicated. Insert all of the menu items you see at the restaurants, like "toasted quinoa and cashew kale wraps topped with blueberries and beets" etc. If plant based, you may need to include loads of grains, nuts, seeds, nutritional yeast, veggies, and fruits in addition to supplements to get a full spectrum, 90 nutrients, containing meal. Unfortunately, this combination can be heavy on the calories. I do this route too sometimes. I believe that 80% of your plate should be plants for optimal health, but it is very difficult for me to get everything from plants alone. Also, moderation is king with all of these foods. I have seen plenty of people nuke their thyroids from an excess of kale because of kale's iodine blocking effect being a goitrogen and develop kidney stones from excess spinach due to its oxalate content. Take it easy guys and use a variety of foods that work for you.

Keep in mind what a superfood is and what it is supposed to do when shopping and reading exotic superfood labels. Don't always

buy into to all of the elaborate 'superfood' marketing. It's not sexy to have an egg or sardine on a menu that is boasting health claims. Again, **a superfood should give you everything you need to look and feel your best in the least amount of calories.** As always, experiment with foods and supplements and see what works best for you. I always feel best with a HUGE variety of nutrients. From crickets to tallow, mix it all in and make sure your base is some resemblance of the four foods mentioned earlier or a concoction that equals the nutritional equivalent of them. I personally believe the "Food of the Month" listed below is the most complete superfood supplement I have ever tried.

Food of the Month: Ambronite

Ambronite is a plant based superfood meal containing sea algae (chlorella and spirulina). Outside of the four superfoods listed earlier, Ambronite would be a close 5th place on foods that make me feel best. I always travel with a few pouches of Ambronite just in case healthy food is scarce.

Exercise of the Month: Sprinters

Tight hips are bad! This active plank is part of the XR dynamic warm-up protocol. From the plank position, bring your left foot up to the outside of your left hand. From this position, break plank and sink down as low as possible. Hold for five seconds and then reestablish plank. Alternate sides for one minute



Monthly Challenge: Chewing

Digestion begins in your mouth, and believe me your stomach doesn't need the extra stress of breaking down solid foods. Easier digestion leads to better absorption of nutrients. So let your mouth do the work. This month try to chew each bite 30 times before swallowing. This extra chewing will also slow down your eating time and create more satiety helping you consume fewer calories. After a month, adapting to this routine will be a priceless habit for overall health and longevity. Another benefit with chewing is that processed junk food tastes horrible after the first couple of chews. I am willing to bet you will want to spit out most candy or processed sweets after 30 chews.

Supplement Spotlight: Liver

Good ole liver! I tried eating liver for a while, but I just can't do it. However, I believe in it so much, I have resorted to a supplemental form rather than eliminating it because I feel better while consuming liver. Did you know our ancestors would use the liver and other organs first after killing an animal because they are more nutrient dense than the other cuts of meat? They might come back for the rest if they had time or extra hands to carry. The liver supplement I use is from Vital Proteins, and Epic makes pretty good liver bites.



What's Trending: Camel Milk

I know I already lost y'all on this one, but research is revealing that camel milk is the most compatible form of milk with our biology. Camel milk is showing fewer allergies and sensitivities than even goat milk. It is another good option to mix into your superfood repertoire. It's non-GMO, pasture raised, paleo approved and works for keto. It is basically like cow milk without all of the inflammation that comes with it. Desert Farms makes a good product: <https://desertfarms.com/>.

Monthly Goal: Eat more damn superfoods!

Your body cannot perform at its best without complete and proper nutrition. This month try to put together as many concoctions as possible to reach your 90 nutrients per meal. Have at least 1 meal per day with all 90 nutrients. I always start my day with the perfect meal and normally everything else falls into place after that because I feel so good.

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

Q. Should I juice? If so, do you recommend a certain type?

A. Y'all are going to get sick of me saying this, but it depends on the source. If your juice is from fresh and clean produce, then you are getting a shot of health with every gulp. If the produce isn't clean, then you are probably getting a shot of chemicals in every gulp...gross. Another good thing to remember is that the skin and fiber of the produce is what binds to the potential toxins. So if you do juice, it is a good idea to leave as much skin on as possible to absorb the potential toxins. I actually prefer blending it all up in a Vitamix, and my rule of thumb is a 4:1 ratio of veggies to fruits. I

typically get spinach, kale, bok choy, cucumber, celery, and beets and lemons as my fruits. An avocado makes that better in my opinion. I am also pretty high on Organify (a green juice supplement) right now in case you don't have the time to whip something together.

Q. Why do most people recommend an hour of exercise daily?

A. Because it's socially acceptable. Everybody has an hour, right? But remember, your exercise demands are goal dependent and highly correlated to your nutrition. If you are perfect, you could see great results in 20 minutes a day. If you eat like shit, 2 hours of exercise wouldn't help at all and could further derail your goals because you will wreck your hormones from overtraining based inflammation. Assuming you are pretty good most of the time, you can get away with an hour a day of proper exercise. However, I would rather eat better and train less...just saying.

A Final Note:

Forget the media and all the fad diets you are reading about in the magazines. Find out what foods actually work for you and that is your superfood base. Since we were consuming milk the first few months of our lives, I am willing to bet if you find something similar to the nutrients in milk, you will look and feel your best. Don't overcomplicate things. Your body and nature together give us lots of clues. Listen to your body and see what works for you.

Monthly Recipe: Chocolate Avocado Pudding

Taken from the Spartan Training recipe book that I am a little obsessed with right now. Good stuff!



Ingredients: 2 ripe avocados, 2 tbsp. of coconut oil, 1/3 cup of maple syrup, 3 dates, 1/3 cup cocoa powder, 1 tsp. vanilla extract, 3/4 cup almond milk

Directions: 1. Soak the dates in warm water for 15 minutes, 2. Add coconut oil, dates, syrup, vanilla, half of the almond milk, avocados, and cocoa powder into a blender, 3. Blend until smooth. Add additional almond milk until the pudding is the consistency you want, 4. Spoon into bowls, cover, and chill. 5. Serve with your favorite fruits and nuts as toppings.

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.

