

# 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, April 2017 – Issue 21

6 things to focus on to become our leanest and best self!

What would we look like if we just lived right? If we had the six pillars of health, 1. Eating right, 2. Moving right, 3. Sleeping right, 4. Having great relationships, 5. Having a life of purpose, and 6. Existing in a clean environment, would we look and feel different? Of course we would! We would all be a bit different due to our genetics and body type, but for the most part, we would look lean, happy, and vibrant because this kind of living is what was meant to be before life became so complicated. The body shouldn't have excess stress, bodyfat, and inflammation, just lean, functional muscles full of life and energy. LEAN AND MEAN! If we could become the shape and size we were meant to be, everything would be better, and life would be more fun! So how do we do that?

The first step in healing or fixing anything regarding our bodies and feeling better is losing excess body fat because body fat in excess causes inflammation. Fat in itself secretes hormones that can cause inflammation, which is the root cause of any pain you experience. Body fat over a certain percentage, the teens for most men and low 20's for most women, does nothing but ages us rapidly and makes life less fun. Losing excess body fat is also my first recommendation and favorite tip for anybody wanting to perform

well in a race, which will be discussed in detail in the next issue.

So how do we reduce bodyfat? Simplify life by focusing on the six pillars. Real it in and take back control of your life. I am not going to focus on each pillar, but here is a summary of cause and effect. Eat junk, and you will grow a junk body. Poor movement equals poor circulation and poor fat oxidation. Poor sleep depletes your hormones thus accelerating the aging process. Poor relationships and isolation will slow neural activity, enter forgetfulness. Without purpose, people typically become depressed and disorientated with normal activities. And if our environment is polluted with poor lighting, toxic air, mold, etc., our mitochondria that powers everything becomes compromised, which depletes our energy. Remember, you are not supposed to be overweight and inflamed. This condition is a result of an imbalanced lifestyle. Listen to your body, prioritize, get balanced, get lean, and start enjoying life more.

There was a time I didn't listen to my body, and it hurt. I can only imagine how most people feel. I graduated high school around 160 lbs. full of life and energy. Of course I was 17, but I can still remember how good my body

felt. Over the course of the next 10 years, I averaged gaining 3 lbs. a year peaking around 200 lbs. at 30 years old. Back then, my wife called me “Shamass” because I had the butt cheeks of the whale Shamu, but damn it, I looked good, or at least I thought I did carrying around an extra 20 lbs. of muscle. But for what reasons because I felt like shit. I had plantar fasciitis, IT band syndrome, elbow tendinitis, shoulder impingement syndrome, and chronic back pain. It actually hurt to run for the first time ever. Nothing was too bad, but I was chronically inflamed and something was always tweaked. Then I started foam rolling to ease the pain. This is a red flag in itself. You shouldn’t need to foam roll or perform bodywork every day. You should roll out of bed in fighting shape. The reality is that my frame was never meant to carry this much weight, and my body was giving me every clue in the world so I began to listen.

Over the last 7 years, my weight has dropped back down under 180 lbs., and I have that high school energy back. I can’t even imagine how much energy it takes to carry around an extra 20 plus pounds, not to mention the wear and tear on your joints. I simply went back to the basics and worked on the 6 pillars of health. I exercised less, and therefore ate less, and my focus became simplicity and gratitude, which I am still working on to this day. The less I complicate things and the more mind-body work I did, the less stressed my life became. This focus naturally brought me down to my lowest weight in years. This weight is where my body is happiest and healthiest, and my nagging inflammation is virtually gone.

I often hear people say when watching kids play where do they get all of that energy, or clients will tell me they are not runners and

that running hurts. I am willing to bet that you would have close to the energy of a kid and running would feel pretty good if you were at your leanest and most natural body weight. Excess inflammation hurts and is draining, and most people are desensitized to it. This condition is no way to live. Listen to your bodies, people, because the message is loud and clear! If most people lost a few pounds, they would feel and look better. Remember everything has a life and a limited amount of energy before it quits or breaks. If you are interested in longevity, one of the best ways to enjoy the long haul is to extend the life of every cell in our body. Being in your leanest and most natural state is a great way to help achieve this goal.

#### **Food of the Month: Collagen**

Collagen is a good anti-aging food to add to your longevity arsenal. It is present in our skin and joints and helps keep our cells pliable and functional. Eating meat off the bone, drinking bone broth, and supplementing collagen powder are excellent ways to preserve your body and keep your skin tight. I occasionally add this collagen to my coffee when I am out of bone broth: <http://www.bulletproof.com/collagen-protein-net-wt-16-oz>.

#### **Exercise of the Month: Butt Dominator**

If you want a good butt and mobility of your legs, then the butt dominator is for you. When you start to lean out, typically the glutes can start to lose their shape. Sitting on your ass all day can create pancakes as well...this is not the goal. To have a shapely, strong butt, you need to get your glutes firing by mixing in this exercise once or twice a week. Here is a video demonstrating this move:

<https://www.youtube.com/watch?v=uQswxJOM1Uw>.

### **Monthly Challenge: Listen to yourself**

Body awareness is one of the most telling ways to choose your daily training. Most people do not listen to their bodies and consequently train in a way that creates inflammation and thus promoting hormonal exhaustion, irritability, cravings, poor results, and more. Try taking a 2-minute body scan when you wake up every morning this month. Before getting out of bed, start with your toes and assess all body parts up to your head. Also be conscious of your heart rate. If it is high upon waking, your body could be telling you something. Maybe you have a cold coming on or slept poorly. Ignoring these signs and pushing hard during workouts rarely ends well. However, if you feel great and your heart rate is low, it may be the day to crush a workout. Heart rate variability (HRV) is a good and easy measurement for possibly making that decision. HRV measures the time between beats. Generally more time between beats is better. There are apps and watches to help measure HRV. I use nature beats:

<https://itunes.apple.com/us/app/ben-greenfield-fitness-naturebeat/id945481311?mt=8>.

### **Supplement Spotlight: Digestive enzymes**

Most people lose over 50% of their digestive enzymes by the age of 40. Regardless of how healthy you may be eating, the nutrients may not be getting digested effectively. Digestive enzymes are popping up all over to help with this issue. The idea is that if you can more effectively digest food, then you will need less of it to feel great. Remember, it not about eating as much as possible to achieve a result. It is about eating as little as necessary to achieve that result. I rarely use digestive enzymes, but I do keep some on hand when eating large amounts of a food that would normally give me some type of intestinal distress, such as a large cut of steak. Black

beans used to get me too, but when eaten with enzymes, I have no problems. When overly stressed, digestion is compromised as well.

Here are the digestive enzymes I use:

<https://biooptimizers.com/shop/masszymes/>.

### **What's Trending: Marc Pro** [www.marcpro.com](http://www.marcpro.com)

If you do happen to have a nagging injury that "leaning out" doesn't fix (although it probably will), electostimulation could help. Soccer destroys my knees regardless of how lean I am, but I always seem to keep playing...not good body awareness. These devices can stimulate blood flow in an area without active movement. Sometimes this type of stimulation is required when a joint is swollen. So sit back, elevate your limb, rub on some topical magnesium, strap on the Marc Pro and sip some turmeric infused bone broth, and you should be good in no time.

### **Monthly Goal: To lean out**

Spring is here, and you know you want to get outside and move more. Do your body a favor and get more aerodynamic. By losing a few pounds, you will look and feel better and will probably have more energy, which will make your results compound. Look the way you are meant to look, not a swollen and stressed out version of that.

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

**Q.** Pre-workout drinks/foods?

**A.** I used to be die hard with a stack of green tea, espresso, and cayenne pepper, <https://www.youtube.com/watch?v=q9gCFeVAGIQ&t=2s>, but lately I have grown fond of more nourishing nutrients based on my needs. I still use the above stack when necessary, but lately I have been playing with beets and cordyceps more. The beets have a vasodilating effect to help with circulation, and the cordyceps (found in

mushroom extract) are very adaptogenic in the case I'm tired or stressed and don't need caffeine to further destroy my adrenals. Beet Elite (<https://www.humann.com/products/beetelite/>) is a good beet supplement, but I prefer to juice beets, and Four Sigmatic Foods makes a good cordyceps coffee (<https://www.amazon.com/Four-Sigmatic-Mushroom-Coffee-Cordyceps/dp/B00UI10SDU?th=1>). I have recently found a killer pre-workout formula that includes a few superfoods with the above foods included. Biotropic has a stack that includes beets, echinacea, liver, cordyceps, and algae: <http://www.biotropiclabs.com/biotropic-supplements/>. It is by far my current favorite.

**Q.** What should I focus on moving into beach season?

**A.** Okay, I am going to go with the 632 principle here: 6 words, "do one thing at a time," 3 words, "do it well" and 2 words, "finish it." Let's start with nutrition. Just eat real food 80% of the time; making sure what you are eating is real food with nothing processed. This concept is the most important nutritional change you can make for overall beach season results. Master that, and I will throw something else at you next month.

**A Final Note:**

"Nothing taste as good as lean and mean feels." You don't want to look and feel like an old turtle as you age. You want to look and feel like a springy grasshopper. This feeling would make old age fun! You have to be lean to age this way. If you believe in cause and effect, then you will pay the cost, or you can be rewarded in the future by your efforts today. For example, you will have effects down the road from smoking, drinking soft drinks, being sedentary, or overweight, etc. Conversely, you will be spending less time on meds in the hospital later in life by working on the six pillars of health mentioned earlier. Take longevity into your

hands by releasing all of that stubborn body fat and start living. Be what you were meant to be before all of the stress of life hit. I will end with two quotes: 1. "Reset your expectations." and 2. "Life is now, press play!"

**Monthly Recipe: Rutabaga Fries**



Kale chips, sweet potato fries, and now rutabaga fries, are all party favorites at the Henry household.

**Nutrition:** Think of these fries as a free food, unless dunking in a bunch of crap. Remember most "sauces are failure." - Davey Jones

**Preparation:** Peel and cut 3 medium size rutabagas into quarter inch or smaller spears. Put in a large freezer Ziplock bag with a few teaspoons of avocado oil and a few pinches of the following: Italian seasoning, pink Himalayan sea salt, pepper, and garlic salt. Make sure all the fries are coated with oil and seasonings. Place on two cookie sheets in the oven at 425. Cook for about 45 minutes rotating and stirring every 10-15 minutes. Serve warm. Enjoy! I also like to have these leftover fries as hash browns for breakfast. Reheat in a skillet and put a couple of fried eggs on top. Good stuff!!!

Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at: [www.xrlifestyles.com](http://www.xrlifestyles.com). Online training customized for your unique needs and goals.

