

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, June 2016 – Issue 11

In this issue my goal is not to confuse you with the breakdown of nutrients but rather to educate my audience on how in the wrong amounts even “healthy foods” can create inflammation and premature aging. Moderation is king, but the correct ratios of nutrients are queen if you are really trying to optimize your health. Everyone knows a bunch of sugar by itself is bad. Unless you are training rigorously, those sugars will eventually turn to fat, or worse, AGE’s, advanced glycation end products. AGE’s are formed when fructose, the sugar in fruit, oxidizes with a protein molecule creating a defective cell. Most wrinkles are a result of AGE’s, and even much worse diagnoses like cancer, heart disease and Alzheimer’s have been linked to AGE’s. Therefore, I typically only eat fruit after I exercise as the fructose immediately gets utilized and isn’t in my system infecting my cells and turning me into the Marlboro Man. So eating a banana while you are hanging out on the couch isn’t going to do you any favors unless your goal is weight gain, wrinkles, and inflammation. While the banana may be better than chips, they break down in a very similar way in your body. Both provide short-term energy, followed by a crash, and more food cravings...not good. A little fruit is ok, but again, moderation is key. What about proteins and fats? Are they the answer to

sustained energy, satiety, and a leaner physique? Let’s explore this subject a bit.

Healthy fats are all the rage these days, but the types and amounts really matter, especially if you are trying to control inflammation. The first rule of thumb, when optimizing your fat intake, is to avoid artificial, processed, and highly heated fats. I am assuming my readers already know this. Right? Ok, good job! Now let’s take it even deeper. Polyunsaturated fats found in fish, vegetable oils, nuts, etc. contain omega 3 and omega 6 fatty acids that are essential to our bodies. These fats create our cell membranes and keep them supple and flexible so they can stay optimal. In general, omega 3’s are anti-inflammatory, and omega 6’s are inflammatory. We need both. For example, if you get a splinter, omega 6’s can help the healing process. In that situation, inflammation is good and helps the body heal, but what if you were experiencing arterial inflammation causing cardiovascular risk? Omega 3’s could help put out this fire. The balance is key between these two fatty acids. In a perfect world, we would exist between a 1:2 and a 1:4 ratio of omega 3’s to 6’s. This ratio would put you in the best position to look and feel your best.

The average American now carries a ratio of 1:20! This ratio keeps you in an extremely inflamed state causing everything from allergies to chronic pain, lethargy, food cravings, weight gain, and more. This poor ratio is due to processed and convenient snack foods. Nearly every energy bar, chip, cookie, and packaged snack are made with vegetable oil like sunflower, safflower, corn, and soy that are predominantly processed omega 6's. Nuts and seeds are a less processed option, but still very high in omega 6's. If you consume throughout the day, a bar, few bagged snacks, and maybe a handful or two of almonds, then your omega balance is way off, and you are inflamed. If you do this to your child, now you know why they may not be performing to their potential.

Knowing this information, I choose to have monosaturated fats found in avocados and olives, clean saturated fats found in coconut oil and pastured eggs and animals, and wild fresh polyunsaturated fats like cold water fish as staples in my diet. These fats take the place of and give me a cleaner energy source compared to the abundant and mostly rancid omega 6's and sugars found in most snack foods. Educate yourself with the right types of fats and make them your base. Pair these fats with lots of fresh, local veggies and a bit of protein, and you're optimal. That is not to say do not eat fruits and nuts, as both are very healthy in moderation, and variety is key. I typically try to eat a serving or two of seasonal berries a day, post workout for antioxidant support. More than this amount however tends to fatten me up. The more nuts I eat, the more inflammation I carry, so really minimize these guys. I believe a few in variety a day will allow you to reap the benefits. I enjoy adding a few crushed walnuts or macadamians on my salads, and I tend to put a brazil nut or two in my post dinner shake.

Food of the Month: Cabbage

Bring on the cabbage! Not only do I eat sauerkraut and kimchi daily, but I love fried eggs over sautéed cabbage. Cabbage is a negative calorie food, meaning it takes more energy to digest it than you store, and it's a great source of antioxidant and polyphenols. Check out this month's recipe and see how our family incorporates cabbage into one of our favorite meals.

Exercise of the Month: Caveman Squat

Since mobility should be at the forefront of any training program, the caveman squat is a must. Increase the range of motion of your muscles in order for you to more efficiently train them. Most people I see perform half reps of exercises because they don't have the mobility to do a full range. The best exercise of all time is the squat; so let's get more efficient at it. Simply sit all the way down in a position that doesn't bother your knees, multiple times a day. Hold on to something if it helps your form. Over the course of a few months, your body will begin to loosen around this position making you more functional. In time, this move will become an effortless position allowing you to train more effectively.





Ami is demonstrating an unsupported and supported caveman squat.

Monthly Challenge: Be a weekend warrior

Complete a high intensity interval class every weekend this month. I find that clients have crazy results when they commit to this goal. Why are these classes so effective? Assuming the class is Saturday morning: 1. People tend to drink and eat less the night before a class (500 calorie savings). 2. They burn extra calories during class they wouldn't have otherwise (500 calorie burn). 3. They have a big afterburn effect from effective training (1000 calorie after burn). These three points lead to an additional 3-4 pound loss in a good and consistent month. Check out Camp XR this month where top trainers in the area will lead you to great results with killer workouts.

Supplement Spotlight: Matcha green tea

Recently, I read a great book called "How Not to Die" by Michael Greger. In Greger's literature, green tea is at the top of the anti-cancer, antioxidant list. Matcha is a type of green tea where the whole leaf is used, making the tea a bit more potent. I typically put a scoop in a preworkout drink and sometimes in place of coffee in the morning when I do my monthly

coffee cleansing (see below). Try to drink 2-3 cups of green tea daily along with the addition of matcha to shakes or smoothies for best longevity results. Lately, Chinese teas have been full of contaminants so opt for products out of Japan instead.



This matcha is a fixture on my desk.

What's Trending: Coffee cleansing

Sorry to drop this bomb on you, but if you read last month's newsletter, you probably now realized your adrenals might be stressed. One strategy to manage adrenal fatigue is to cycle off caffeine for a week or so every few months. I typically replace my caffeinated coffee with a good decaf coffee, like Bulletproof, or green tea. There is still caffeine in these options, but a minimal amount. You will feel amazing after you get past the mild headaches and fatigue, and your hormones will love you for it.

Monthly Goal: Drink more water

It's getting hot, which means your body requires more water to keep you cool. Add an additional 12 ounces of water for every 5

degree the temperature climbs. Chronic dehydration will demineralize your bones and tissues and make you age at an accelerated pace...not good!

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

Q. Do I need to add calories if I am trying to add muscle but not fat/bulk?

A. Try adding about 10 grams of a clean protein source a day for a week. Add an additional 5 grams a week after the initial week until you have achieved your goal. I typically use an extra egg and a tbsp. of protein powder a day when trying to gain muscle.

Q. What is the best way to stimulate my metabolism while driving? I have long commutes on each end of the day.

A. This recommendation will sound kind of weird, but it works and is safe. Grip the steering wheel with both hands and pull your body to the wheel. Slowly push back using yourself for resistance for 20 reps. Next, do 20 kegels. Then, use a grip ball for 20 squeezes per hand. This sequence is one circuit. Knock out as many circuits as possible. I promise you will get fatigued and a mild calorie burn.

A final Note:

It is great that you make paleo pancakes and buy organic chocolate granola bars and gluten free chips. However, a pancake is still a pancake, a chocolate bar is probably still garbage, and gluten free chips are still empty calories. All this marketing and poor eating is keeping us chronically inflamed and sick. Think happy and whole nutrition. Eat the good stuff from the earth, the foods that make us better. It is okay to have a few snacks every now and

then, but the 80/20 principal is probably a good start. 80% of the time, eat real food, and the other 20% of the time, maybe loosen it up. Think about this next time you reflect on you day or when you look in your child's lunch box. Ask yourself is it 80% real or crap?

Monthly Recipe: The Grain Bowl, a weekly ritual for us

Nutritional info: 260 calories per serving, yields about 10 servings, fat 9g, protein 25g, carbs 20g. Prep time and cook time are lengthy so make sure to have plenty of wine handy.

Directions: We cut, chop, and cook everything separately but similarly. Everything is cooked on the cooktop other than the chicken, which we grill. Sauté the snap peas, cabbage, squash, and carrots (from Local Appetite) separately in coconut oil and season with sea salt and pepper. Cook the quinoa of your choice. Grill the chicken with your favorite fresh herbs and lemon. Combine and make it look pretty. We typically top our bowls with balsamic vinegar and siracha sauce. Enjoy!



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