

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, November 2016 - Issue 16

Every year the health and fitness industry has an event that brings the most innovative and forward thinking minds together for a world conference. This conference keeps me educated and up to date on the latest trends, advancements, and the future of the health and fitness industry. In this issue, I will summarize what I learned this year and give you my opinion on the best health and fitness tools and concepts and what I predict to be the future of the industry. Hopefully this is just a good reminder for my readers that moving forward they know and are confident that everything they are doing for their health and fitness is as optimal as possible.

The industry is trying to balance the equation of optimal health, time, and fun, which is where every trend is heading. Muscles are out, and functional longevity is in. How can we live the longest in the easiest and most fun way? The world is getting busier so fitness is forced to become shorter and thus smarter...insert the biohacking era. Biohacking is basically hacking your body, very much like a computer, to accelerate results. The majority of the biohacks at convention were centered around optimizing sleep and energy. Ultimately, the better you sleep, the more energy you will have. Without good sleep, it is very difficult to

optimize your health and fitness regardless of your nutrition and training regiment. You can follow this link to a previous article I wrote on sleep optimization to refresh your memory: <http://xrlifestyles.com/blogs/news/42014401-the-lean-and-mean-times>

The main supplement spotlights were on exogenous ketones, external nutrition that helps put the body into ketosis. If you don't already know, ketosis is huge right now in the longevity industry. If you want to learn about ketosis, follow this link to a previous article I wrote: <http://xrlifestyles.com/blogs/news/114024391-lmt-issue-6>. You can also link to the supplement Pruvit product webpage that was the ketone supplement showcased at convention: <https://pruvitnow.com/>. CBD was also in the limelight. Cannabidoil, CBD, is part of the cannabis plant, but unlike THC, it is non-psychoactive and is shown to increase cognitive ability as well as relaxation. It helps my sleep and lucid dreaming. Pretty cool! You can read more about my preferred cannabidoil supplement here: <https://greenfieldfitnesssystems.com/product/cbd-rich-hemp-oil/>.

These supplements and an emphasis on sleep keep reinforcing what has been the trend for the last couple of years, primal fitness. Primal fitness has emerged

to be the most efficient way to exercise, eat, and live for maximum results with minimum effort, time, and suffering. This style of fitness requires no fancy equipment, elaborate food, or protocol. Simply move, eat, and live the way we use to, the way we were meant to. From climbing to running to squatting, all movements are performed in low profile shoes, if any, daily or as often as convenient and eat real food, non-processed. Primal living goes way beyond food and nutrition. Another example of primal living is surrounding yourself with less blue light and electrical stimulation (EMF) and, therefore, requiring you to become more connected to nature. In my opinion, primal fitness is the best form of fitness and also the most fun and convenient, which are necessary components of a consistent program.

Finally, all studies are presenting evidence that being a little less perfect and regimented and a bit more consistent is yielding much better results. Relax! It's not the end of the world if you miss your scheduled exercise session. Do some full body callisthenic (bodyweight) training and move as much as possible throughout the day. Do your best to fine-tune your sleep with some stress lowering practices. In addition, turn your damn TV and cell phone off in the bedroom. Remember that everything in your life will be better if you reserve this room and bed for together time and reading only. It's not that difficult!

Food of the Month: Arugula

Arugula, a less known cruciferous veggie, is an antioxidant powerhouse. It is high in phytochemicals boasting high amounts of vitamin A, C, K, and Copper. If that wasn't enough, in ancient Roman times, arugula was known for as a potent aphrodisiac.

This reasoning was probably because of the circulatory benefits of greens.

Exercise of the Month: TRX Lunge Opener

You must lengthen to strengthen properly. The lunge opener is one of the XR dynamic warm-up exercises. Hold a suspension trainer directly in front of the body so arms are parallel with the ground. Lunge forward so your arms naturally move to the vertical position. Alternate lunges for 1 minute prior to exercise.



Monthly Challenge: Morning Sunlight

Optimizing your circadian rhythms is probably better than any supplement or drug you can take for your health. I typically start with sleep quality when assessing clients, then stress management, then nutrition, theeeeeeeennnnn fitness. Think pineal gland. To be our best, all hormones need to be optimized, and morning sunlight and lack of blue light in the evening help the pineal gland function best. Try to get outside soon after sunrise and take in some rays, preferably with as few clothes on as possible. 'Below the belt' could use some love here too. I even try to look at the sun, not directly but a few degrees off the sun, for a few seconds to really absorb the rays. This sunlight

intake will help secrete serotonin and create cofactors that melatonin needs at night, which is necessary for optimal circadian rhythms. I believe this morning sunlight is as important as limiting blue light at night. Try not wearing sunglasses on your way to work.

Supplement Spotlight: Topical

Magnesium Most people are deficient in magnesium, which is a necessary nutrient for optimal health and fitness. Magnesium is required for over 300 enzyme reactions in the body that translates to thousands of biochemical reactions constantly happening. Unless you are eating many servings of dark green leafy veggies daily, you probably could use some help. My labwork showed that my levels are fine, but I am always trying to optimize my sleep...insert topical magnesium. Magnesium helps to relax muscle tissues. So if you hammer a body part during your workout, rub on some topical magnesium to that particular area before bed. This topical helps further relax me and puts me into a deeper sleep. I like 'Ancient Minerals' topical Magnesium.

What's Trending: Lemon(Salt) Water

Let's be honest, we are all looking to heal ourselves in some way, and I don't know of a healthier way to start the day and healing process than first thing in the morning consuming some lemon and salt water. Lemon is a strong antioxidant that supports the digestive system and acts as a diuretic, removing toxins that have accumulated in the body overnight. Adding salt to the lemon water helps wake up the adrenals in the morning so they don't have to work quite so hard. There are countless other benefits to this elixir that will help optimize your health. I typically take my lemon water a step further and add a splash of apple cider vinegar.

Monthly Goal: Find a functional medicine practitioner

Most conventional medicine practitioners focus on the symptoms, but functional practitioners tend to dive deeper and search for the cause. Quit putting Band-Aids on your ailments and actively seek to fix your issues!

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

Q. How many days a week should I run for optimal fatloss? My knees are starting to ache.

A. LISTEN TO YOUR BODY! If your knees hurt, BACK OFF! Your knees have a life like everything else, and when that life is up, it is knee replacement time. To extend the life of your knee, limit your running to 3 days a week tops. Never do back-to-back running/impact days. Personally, I don't think running is a good idea if you are even slightly overweight and/or you can hear yourself strike the ground. Lose weight and land softer to extend the life of your knees. Sorry to be so blunt, but surgery sucks!

Q. Speaking of aching joints, any suggestions on ideal foods to eat to decrease inflammation?

A. Bone broth, sardines, and turmeric are my 1- 2-3 punches for inflammation. I try to eat these foods multiple times a week for optimal anti-inflammatory results. Kettle and Fire and Epic are good bone broth options if you aren't making it, and Wild Planet sardines in olive oil are the best sardines I've tasted. Life Extension and Thorne Research and countless others have good turmeric/curcumin supplements if you don't want to use the spice. This combination may buy you a few more years of running on those poor knees.

A Final Note:

Historically, now is the most fun time ever to live. Everything is assessable and at our fingertips. Take advantage of this technology and try not to let it derail you. Let this technological revolution act as a catalyst to boost your health and performance. Experiment with new biohacks, gadgets, and nutrition advancements and see what works for you, but make sure all this new stimulation doesn't get in the way of your natural cycles. We are always happiest and healthiest when we step back, deconstruct our complicated lives, and reconnect with nature. The truly happiest people I know live a very simple, low stress life, and definitely below their means.

Monthly Recipe: AIR!

You are not starving! You are not stuck on a deserted island. Train your body to be efficient at breaking down stored bodyfat as fuel when needed...become fat adapted. When you have gone a couple of hours without eating anything, your stomach may growl, and you may lack energy. That is probably a good thing. This growl is your body saying, I don't have any food left in my body to use as fuel so, damn it, I will have to use bodyfat for energy. Your body may not be very efficient at this process yet, so it sends signals to your brain and hormones to eat, resulting in cravings. Let those cravings motivate you because they mean the body is chewing on bodyfat. Success! The more you practice this technique, the easier it will get. Go at least 4 hours between eating to optimize fat burn. Do not practice this technique if your hormones, adrenal glands, thyroid, etc. are exhausted.

Special Announcement!!!

Shaun Claiborne and I are joining together with top fitness instructors in the area to teach the ultimate group fitness class,

Results Synergy. This class will combine all the necessary components of health and fitness to allow the participants to experience acceleration in both mental and physical performance. Functional strengthening, lengthening, and mobility work will be included to SYNERGETICALLY optimize your health and fitness. I have always felt most classes were missing certain elements and preventing great results. Shaun and I will fix that matrix and create the ultimate group fitness experience. We will offer multiple classes daily that are guaranteed not to sell out. If you are ready to take your health and fitness to the next level, Results Synergy is definitely for you. The first 50 people to sign up will get complimentary private assessments to help streamline their goals. We will be launching January 2017. Make this your best year yet! Like our Facebook Page for all information regarding Synergy.



Results Synergy will be a TRX certified training center and will be hosting an instructor's class on Dec 11th. If you are interested in becoming a certified TRX instructor, email me at: eddie@xrlifestyles.com.

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.