

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, December 2016 - Issue 17

Growing younger is a real phenomenon, which can occur if the stars line up. You can look and feel better (and YES, - sculpt a better butt and tighten skin too) and your fitness level can actually increase and become easier to maintain as you age. It doesn't have to get harder as we age unless we continue to abuse ourselves as we probably did when younger. Knowing how your cells divide and replicate will help you understand this process and give you the information to take control of your future.

I am assuming you have heard me say countless times, "Every time you eat you literally accelerate or decelerate the aging process." This process occurs by the 'cell cycle.' During this cycle, there is a sequence of events in which a cell duplicates its contents and then divides in two. This division is needed to replace cells that die. When a cell divides and creates new cells, the nutrition you have on hand contributes to the process. You have about 50 trillion cells in your body that all have their own life span: bones cells last a few years, red blood cells a few months, skin cells a few weeks, sperm cells a few days, and brain cells typically last your whole life. Every second cells are dying and being replaced, hopefully with better cells! Most experts agree within seven years most of

your cells have been replaced with the nutrition you have eaten for those seven years. You can help optimize this process by eating right.

Every cell needs about 90 nutrients to be optimal. Of these 90 nutrients are amino acids, lipids, carbohydrates, vitamins, minerals, water, and more. If you are often consuming a wide variety of quality produce, wild meats with an emphasis on fish, and nuts and seeds, then your cells will have the necessary building blocks to make awesome cells. Try to consume 15 different sources of real foods per day to get a broad spectrum of these 90 nutrients. For example, a veggie omelet with mixed berries is going to be about 5 different food sources. A mixed salad with a cold water fish and assorted nuts and seeds is another 5 foods. A stir fry for dinner will add at least another 5 foods. Top this assortment off with a superfood shake, aka green smoothie, a good multivitamin/mineral complex, and some fermented foods, and you might become superman in time.

However, we are human. Life is not always this perfect. What happens if you splurge on weekends and totally blow it? What if you have a stadium dog or chicken

wings or some cheesy nachos? Well, you guessed it. You become part hotdog or chicken wing or nacho for up to 7 years. I promise being part hotdog is not doing you any favors. A simple solution is to splurge on quality foods. Our family typically has burgers, Mexican, and pizza weekly, but most of the time we make it with good, quality ingredients. Should we go out for these types of foods, we make the best choices possible. The same goes for sweets. Our kids have cookies and chips in their lunch boxes daily, but the ingredients are better than most. Make certain you do not see hydrogenated oils, artificial colors and flavors, high fructose corn syrup, and/or MSG in foods, which are straight up chemicals that will be incorporated into cells for years inhibiting cell function. Stick to the good old-fashioned ingredients our great-grandparents used, and you're probably going to be just fine.

Food of the Month: Honey

Honey is one of my favorite sources of high glycemic carbs. It's anti-viral, anti-bacterial, and anti-fungal and helps with almost everything from energy to sleep. I use it in my pre-workout and post-workout shakes with coconut water to replenish my glycogen stores and help optimize performance and recovery. I also use honey in salad dressing, bbq sauce, marinade, and topping on just about everything. I find 1-2 tbsps. daily helps improve my health and fitness. Experiment with honey to see how it can improve you. Your honey should be local, raw, and pure! Manuka honey would be my choice of honey if local is not an option.

Exercise of the Month: Reverse lunge reach over

All angles of lunges are necessary to perform for ideal functional fitness. The reverse lunge acts as a good hip opener and back lengthener when performed with a reach.

The reverse lunge reach over is part of the XR dynamic warm-up series. To perform, place your hands overhead and do a reverse lunge. When the back knee is 1 inch off the ground, reach laterally as far as possible, and alternate sides for 1 minute.



Monthly Challenge: Take food breaks

I know routine is easy and awesome, but your body can grow a defense against certain foods. If you have any gut inflammation or leaky gut, caused from chronic stress, foods can sometimes permeate through the gut lining. When this permeability happens, the body can mount a defense against this food thinking

it is a foreign invader because now the food is somewhere it shouldn't be. Many people who eat processed foods consequently have allergies or sensitivities to nuts, gluten, and dairy because these items are in almost everything processed. Typically the processed foods cause inflammation, and these nutrients (chemicals actually) start leaking through the gut lining. Then voila, you feel like crap when you eat them, because the body is attacking them. This issue can even happen with healthy foods like eggs, legumes, etc, if you are inflamed. Try to take a few days off a week or so from your food routine to allow your defenses to settle down. I mostly have eggs and veggies for breakfast, but on weekends, I try to mix it up with fish, vegan shakes, etc.

Supplement Spotlight: Ashwaganda

Ashwaganda is slowly becoming the wonder herb that does it all. It is a powerful adaptagen shown to be very effective at combatting stress. Adaptagens are kind of like smart drugs that know how to help whatever needs attention in the body. If your thyroid is suppressed, load up. If you need a performance or immunity booster, this supplement is it. I could go on and on. Learn more about Ashwaganda at this link, which also has purchase information from Thrive Market: <http://thenutritionwatchdog.com/ashwaganda-9-benefits-of-this-super-herb/>.

What's Trending: Buffing

This topic was a biggie at convention this year. Therapists are using these old school car buffers to treat injuries and warm up underactive tissues. The vibrations can stimulate tissues that may be hard to reach due to range of motion issues, injury, etc. This concept is very similar to the Power Plate, which is a vibrating platform you stand on for exercises to maximize stimulation. I

don't think these gadgets are necessary for most UNLESS you have mobility injuries or "pooping" issues, and then they are revolutionary. Use one to massage/vibrate your stomach while tracing the flow of your large intestine. This type of buffing really gets things moving! Kind of cool if you are one who could benefit.

Monthly Goal: No coffee first thing in the morning

I am not saying to not have coffee, just not first thing in the morning. You need pure water first to rehydrate the system, preferably with lemon and maybe pink Himalayan salt. Then an hour or two later, you can drink your coffee. First thing in the morning, your body releases cortisol, which is what wakes you up. Your cortisol starts to dip a few hours later and during this time is ideally when coffee should be consumed. Coffee also releases cortisol and adding that extra dump of cortisol to your already high waking cortisol can further exhaust your adrenals. This morning routine of immediate coffee is not a good plan for longevity so try postponing instead.

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

Q. How long will it take my tweaked knee to heal?

A. Most cells in the body have different lives, but muscle cells replace every 90 days while connective tissue cells replace every 210 days so be very patient. I like to use the example of writing a book. If I asked you to write a 365 page book this week you would scoff, but if I asked you to write a page a day for a year, it would be no problem. Think of your connective tissues in this way. Do some good fascial work with proper training and rest daily, and you will be good in time. I know we want instant gratification, but

knees can be a slow process. Try to work around the injury for the time being.

Q. Do you do yoga? Thoughts?

A. I love yoga and think everybody should practice it. Yoga makes me feel good! However, if we realistically have a maximum of an hour a day to designate to fitness, it is tough to fit in a formal yoga class. I believe your workouts should have all components to maximize your fitness: aerobic, anaerobic, functional conditioning, balance, range of motion, and more. I really focus on the balance and range of motion during my training sessions more than anything else. I typically warm-up for 20 minutes, train for 20 minutes, and cool down for 20 minutes. The warm-up and cool-down are all based on stretching and balance. I also do a morning routine of stretching before I shower for about 10 minutes. So yes, I totally believe in it, but I don't regularly commit to designated yoga classes.

A Final Note:

Hopefully we are all a bit wiser and enjoy things a bit differently as we age. It's not really worth the hangover anymore, is it? This logic in itself allows me to be more consistent with my health and fitness regiment. Pair this consistency with the knowledge of cell replication, and I am growing younger and feeling as good as possible. I am totally addicted to feeling good and most of the bazaar off the wall stuff I do, like taking cold showers, is simply to feel freaking awesome! I've said it before, and I'll say it again, "Nothing tastes as good as lean and mean feels!" Let's grow younger!

Monthly Recipe: Pumpkin Spice Latte Power Balls

I totally snagged this recipe from the Oct/Nov issue of [Paleo Magazine](#), which y'all should

subscribe. I'm unsure of the nutritional value of this recipe.

Power Balls ingredients: 2 cups roasted, unsalted almonds, ¼ cup hemp seeds, ¼ cups chia seeds, 8-10 Medjool dates, ½ cup pumpkin puree, 1 tbsp. pumpkin spice, ¼ cup cocoa nibs

Coating ingredients: 2-3 tbsp. finely ground espresso beans mixed with 1 tbsp. pumpkin pie spice or ½ cup dark chocolate chips, melted

In a food processor, pulse together the almonds, hemp seeds, and chia seeds until they form the texture of coarse sand. Add the dates, pumpkin puree, and pie spice. Pulse until combined and the dates are incorporated without any large chunks left. Carefully transfer the mixture to a medium bowl. Add the cocoa nibs, incorporating them into the dough by hand. Cover with plastic wrap and place in the refrigerator to chill for 10 minutes or until firm enough to handle. With your hands, roll about 1 tbsp. of the dough into a ball. Repeat with the remaining dough. Roll half of the balls in the espresso and spice mixture to coat and the remaining balls in the melted chocolate. Place on a wax paper lined baking sheet. Refrigerate until firm. Store in an airtight container in the refrigerator. These things are insanely good and definitely my favorite current dessert/splurge food.



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.