

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, January 2017 – Issue 18

The Alcohol Issue

Here we go...freaking alcohol. Can alcohol actually be good for you? Does it really lower your risk of heart disease and mortality? Or does it merely give you an excuse to sit on your ass and unwind? Hmm...let's explore this topic. Below are a few of my videos to explain the pros and cons of alcohol:

<https://www.youtube.com/watch?v=G0xTkb0MLAo>

<https://www.youtube.com/watch?v=fFTeel3hFDI>

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

For the past year or so, I experimented with alcohol a bit. In honor of my clientele and their drinking habits, I had an average of 2 drinks nightly and quantified it to the best of my ability to see the effects. I did labwork, physiological testing, and made specific observations. The results were surprising. After a consistent year, my overall results were very similar. I actually didn't turn to shit. My body fat and girth measurements were similar, and my labwork was typical. I even learned some tricks along the way on how to fuel performance with alcohol, which you can check out here: <https://www.youtube.com/watch?v=58pA5uf-FTo>

Nothing seemed that profound until I stopped drinking. On November 19th, I participated in a Spartan race, and I didn't consume much alcohol the month leading up to

the race. Now these results were dramatic! I instantly lost 6 pounds, dropped 2% bodyfat, and felt amazing. None of my shorts fit anymore. I have been carrying around bloat from the alcohol-induced inflammation. This alcohol-induced gut permeability kept my gut inflamed thus compromising digestion. Less alcohol meant better digestion and less bloat. Cooler yet, or more depressing for some, is that I required less sleep. It turns out you need more rest when drinking alcohol because the body has to detox before it can get on to the standard recovery processes. Without alcohol, I was jumping out of bed 2 hours earlier. Some say they don't sleep well without alcohol simply because of their body's increased efficiency to recover.

Over the course of my year drinking nightly, my results were consistent, and I thought I was satisfied with that. However, I like to see results. I prefer to look and feel better all the time. When we live right, we constantly improve. (Read last month's newsletter if you need a review on this topic.) When I backed off my alcohol intake, once again my results began to improve. I was feeling and looking better with less alcohol. So where do we go from here?

Everybody is different, and you can find whatever you wanted if you consult Dr. Google regarding alcohol. The standard info will tell you that one alcoholic drink per 100 lbs. isn't bad for you. I would have to agree. Outside of nutritional benefits (which there are none really), a drink or two tends to make life better for some. There is more to life than health and fitness. Relationships and social life are a big part of happiness, and you might isolate yourself without alcohol, which could make for a less happy life. Find your balance, use moderation, and see what makes you happiest and healthiest.

Other than being a good social and relationship conduit, alcohol has very few benefits unless your goals are weight gain and accelerated aging. Alcohol is an expensive toxin that keeps your body inflamed. Nobody performs better physically or mentally while drinking alcohol...period. Furthermore, I can't think of a more powerful way to derail fitness. Your body recognizes alcohol as a toxin and readily breaks it down to protect your body. So if there are any other calories in your system, they will be put on the back burner until all the alcohol is metabolized and normally resulting in bodyfat.

"But red wine has resveratrol" and "tequila is a probiotic." Negative. It would take you about 5 gallons of red wine to reap the antioxidant benefits of resveratrol, and tequila will kill more bacteria than it feeds in most people. So what is the spirit for you? Like everything in life, this selection depends on the person. We all have a different biology that is affected by what we put in our body. Experiment and see what makes you feel best and worst. How you feel while consuming alcohol, a few hours afterwards and the next

day, will be very telling. The two drinks that work best for me are dry farm wines and vodka kombucha elixirs, probably because of their lower toxicity.

If you are going to drink, there are a few things you can do to prevent the damages. First, rehydrate. Have a glass of purified water between every drink. Alcohol is an acidic diuretic that will dehydrate, deplete, and demineralize your skin and bones. Additionally, alcohol breaks down your master antioxidant glutathione, which protects our mitochondria. Once you sacrifice the health of your mitochondria, you can no longer create energy effectively, and this lack of energy makes you feel shitty and unmotivated. Now your chances of exercising the next day are compromised. Second, you should supplement Vitamin C (<https://www.amazon.com/Solaray-Two-Stage-Release-Supplement-1000mg/dp/B0011FWIYY>) between drinks with the water. Vitamin C, along with other nutrients, helps the body build and replenish glutathione. Third, end your night with a vitamin, mineral, and antioxidant rich smoothie and have as many sulfur containing cruciferous veggies as possible in it. These veggies also help replenish glutathione. Think broccoli, kale, turnip greens, mustards, bok choy, etc. Methylation foods, such as spinach, asparagus, and avocado, are full of B vitamins and help with detoxing. Milk thistle, as well as sea algae, is a good liver cleansing agent. If you aren't realistically going to combine all of these things into a shake, then have a good greens formula that includes them. I typically put a scoop of greens in a shaker bottle with purified water and drink with a good multi vitamin/mineral/antioxidant complex. A couple of good greens formulas are Organify and Athletic Greens.

Food of the Month: Vodka, charcoal filtered

Charcoal filtered vodka tends to have the least amount of toxins present due to the filtration process through charcoal as charcoal is very effective at binding toxins. If you mix this vodka with clean water and some lemon, lime, or kombucha, you might feel less inflamed than other alcoholic options.

Exercise of the Month: Dive Bombers

Dive bombers are another XR dynamic warm-up exercise that challenges even the most fit trainees. Simply transition from cobra to down dog as smoothly as possible for a minute. Try to drag your nose and chin to the ground during the transition. Be careful if you have shoulder mobility issues.



Monthly Challenge: Weekly Cleanse

Ideally every meal is cleansing, but we aren't perfect, and sometimes the body could use some help flushing out the bullshit after a long

weekend. My tried and true cleanse is as follows: **Breakfast**-a large Pellegrino with a whole lemon squeezed in it along with 1 tbsp. of apple cider vinegar and a grind or two of pink Himalayan sea salt; **Lunch**-1 cup of Kettle and Fire bone broth; **Dinner**-an Ambronite superfood shake. Pick up these foods and try it once a week. Mondays seem to work best.

Here is a video explaining the cleanse:

<https://www.youtube.com/watch?v=1YVGBj6b8c>

Supplement Spotlight: Isagenesis

Isagenesis is Isagenix's flagship anti-aging product and is my go-to silver bullet, "full spectrum" antioxidant support for when I do some real alcohol abuse. It contains nearly every cleansing ingredient I mentioned earlier. Isagenesis is a bit spendy, but I can really see and feel a difference when mixing it into my supplement arsenal. I know I am going a bit overboard with the post-alcohol consumption supplements, but I really like and want to feel good in the morning. The "stack" of a green smoothie with Thorne Multivitamin PM and Isagenesis makes me feel bulletproof, like I never drank in the first place. Check out the Proprietary blend or Isagenesis...pretty impressive!

IsaGenesis®

Vitamin A (as beta carotene) 3333 IU 67%
Vitamin C (ascorbic acid) 13 mg 22%
Vitamin E (as d-alpha tocopherol) 5 IU 17%
Vitamin B12 12 mcg 200%
(as cyanocobalamin and methylcobalamin)
Proprietary Blend 1280 mg ¶
Milk thistle (*Silybum marianum*) seed extract, flax (*Linum usitatissimum*) seed oil, phosphatidylcholine, turmeric (*Curcuma longa*) root extract, green tea (*Camellia sinensis*) leaf extract, giant knotweed (*Polygonum cuspidatum*) root extract, horny goat weed (*Epimedium sagittatum*) herb top extract, pomegranate (*Punica granatum*) fruit extract, ashwagandha (*Withania somnifera*) root extract, grape (*Vitis vinifera*) seed extract, boswellia (*Boswellia serrata*) gum resin extract, blueberry (*Vaccinium angustifolium*) fruit extract, N-acetyl-L-cysteine, bilberry (*Vaccinium myrtillus*) fruit extract, R-alpha lipoic acid, L-glutathione, Asian ginseng (*Panax ginseng*) root extract, bacopa (*Bacopa monnieri*) whole plant extract, raspberry (*Rubus idaeus*) fruit extract, canola lecithin, harada (*Terminalia chebula*) fruit

extract, quercetin dihydrate, velvet bean (*Mucuna pruriens*) seed extract, maca (*Lepidium meyenii*) root extract, goldthread (*Coptis chinensis*) root extract, shilajit extract, acacia-thorn mimosa (*Acacia nilotica*) bark extract, black tea (*Camellia sinensis*) leaf extract, white tea (*C. sinensis*) leaf extract, proprietary carotenoid blend (lutein, zeaxanthin)

What's Trending: Fake Supplements

Careful what you buy online. Supplements are not a highly regulated industry and full placebo, fake duplicates are popping up everywhere, especially on Amazon. Find a reputable company, trust your source, and look for "NSF certified" on your products. Thorne Research is a quality, broad-spectrum company that is NSF certified. Their foundational multivitamins are the best I have found. Life Extension is another good company.

Monthly Goal: Tea Time

Try to substitute some good organic teas in the place of alcohol a night or two a week this month and see how it makes you feel. I have a big variety of teas, but I find Kava and chamomile teas help me sleep better.

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

Q. Sweet potatoes or white potatoes?

A. I hate to sound redundant, but I typically go with the freshest and cleanest (organic) I can find. If you have the option to eat all fresh and good-sourced potatoes, then just mix it up. All are loaded with B vitamins and potassium and have a very similar sugar response contrary to popular belief. My favorite tubers are the purple ones because of the anthocyanin content, which is a strong antioxidant. Sweet potatoes are a bit higher in carotenoids and white potatoes in vitamin C so eat a variety to get a wide array of vitamins and minerals.

Q. How long after exercise should I eat?

A. This answer depends on your goals. If you are looking to maximize muscle and strength,

then you want to eat immediately after exercise. You can even take this a step further and eat during exercise for maximum benefits. When I am trying to add strength, I will drink coconut water with branched chain amino acids during my training. If you are focusing on fat reduction and longevity, then waiting is the way to go. Your body will continue to use bodyfat as fuel post workout UNTIL YOU EAT. You also get a good growth hormone surge when you delay your post-exercise meal. I typically wait about 1-2 hours after exercise to fuel.

A Final Note:

Enjoy yourself and drink responsibly goal dependent. However, don't fool yourself. There are few, if any, benefits to alcohol, and there may be better ways to accomplish whatever you are trying to do with alcohol by being more creative. Try to reconnect with nature for stress relief. I am willing to bet a nice walk or bike ride will be much more enjoyable and advantageous for your happiness, health, fitness, and longevity than a drink.

Monthly Recipe: XR Bloody Mary

Ingredients: 4 oz. fresh tomato juice, 2 oz. fresh carrot juice, 2 tbsp. lemon juice, .5 tbsp. cracked black pepper, 1 tbsp. turmeric, 1 tbsp. finely chopped basil or parsley, .5 tbsp. Worcestershire sauce, 3-4 drops of olive oil, 2 oz. of Epic bone broth (jalapeno flavor), 2 oz. charcoal filtered vodka.
Garnishes: lime or lemon wedge and sea salt for rimming glass, olives, epic bison jerky, Kerrigold Swiss cheese, pickled asparagus and green beans, cherry tomatoes, cucumber slices, and celery.
Instructions: Mix all ingredients together in a glass and garnish as desired. Yields: 1 drink. It may sound like too much, but it's worth it. Trust me!

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 goals.

