

# 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, March 2016 – Issue 8

The one thing that optimizes nutrition, regardless of the approach, is a plant-based diet. Whether you are practicing intermittent fasting, frequent feedings, high fat, low fat, high carb, low carb, high protein, or whatever, plant sources should always be the base. The golden rule is that 80% of your food is from plant sources, ideally fresh, local, and seasonal while using a wide variety. But if you really want to fine tune, let me simplify it to help you make every meal optimal: HALF OF THAT 80% SHOULD COME FROM GREENS!

Greens are the ultimate superfood. They contain compounds called phytonutrients and phytochemicals, which help prevent and cure almost every ailment and disease known to man. The beauty is that these compounds include vitamins, minerals, polyphenols, chlorophyll, flavanols, probiotics, prebiotics, and much more and are in almost perfect balance within green sources. Greens also contain much valuable fiber, and most specialists agree that with ample greens other sources of fiber may not be necessary. You might be able to cut all of the glutinous grains you think are beneficial and merely add more greens. Don't you think that may make you feel and look a bit better? Ah, yes, it will!

Make sure when adding extra greens to the mix they are from a good source. The last thing you want to do is start eating a bunch of old, non-organic kale that has been sprayed down with chemicals. Know your farmer! The minute a plant is cut from the earth, its nutritional value starts dropping. After a week, over half of the nutrients could be gone. Most non-local produce you consume has also been through a processing and manufacturing plant for storage and shipping. Remember, just because something says “organic” doesn't mean the factory it is shipped to for storage is organic. Organic simply means the farm uses acceptable practices, and this is why it is important to find a farmer you can trust and support. I get my produce, eggs, beef, deer, and seafood from local venues I know. Don't be lazy. Supermarkets should be used mainly for non-perishable items.

As you create greener plates, see to it that your nutritional profile is complete. Greens are lacking a few vital nutrients. Essential fatty acids and proteins can be scarce when meat isn't consumed as much. If you want to stick to plants, there are two seaweed/algae sources that can make greens complete, and technically, they are plants: spirulina and chlorella. These two marine foods

have complete fat and amino acid profiles and are extremely nutritious. There is a reason astronauts are required to consume these two plants. Spirulina and chlorella can be found in every form possible in the supplement industry. Do your homework and get a quality source. Quality green powder formulas, like Athletic Greens, contain these nutrients and can also be very convenient when getting all your greens is not.

Typically I sauté greens in my morning “scramble,” and currently this meal consists of turnip and mustard greens. Once the greens are wilted, I add three eggs and half an avocado along with spices for my morning goodness. Lunch is either a kale smoothie or a “big ass” salad with mixed greens. I personally think “Local Appetite” has the best lettuce to buy locally. Dinner is normally steamed broccoli or asparagus paired with some wild meat or fish over a bed of more greens. I eat nothing too fancy, but I can honestly say I really look forward to every meal of the day.

### **Food of the Month: Brazil nuts**

Brazil nuts are not only a good source of protein and fat, but also selenium and arginine, which can help boost testosterone and virility among other health benefits. While almost everything else in the technological revolution is driving testosterone levels into the gutter, Brazil nuts could help. Chop a couple up over a salad or add to your smoothie.

### **Exercise of the Month: Abs without hip flexors**

When your hip flexors tighten and thus shorten, the kinetic chain compresses. Knee, hip, and low back problems arise from tight hip flexors that can leave you with a compromised body. Most abdominal work that involves raising the

legs in any way engages the hip flexors, and unfortunately, this type of work can worsen the issue. Try doing core movements disengaging the hip flexors and lengthening flexibility moves this month. Your whole body will feel better. Below is one of my favorite core movements with minimal hip flexor engagement.

### **Active Side Bridge:**



From a side plank, reach out arm and leg to the fully extended position. Hold the extension for two seconds. Then contract and bring in the arm and leg until the knee and elbow touch. Hold for two seconds. Repeat and perform one minute per side for a great core work!

### **Monthly Challenge: Get Localized**

Quit being a lazy ass and find a local farmer. I challenge you to not eat any produce from the store this month. This change may seem difficult, but you can expect better flavor, health, and sense of community.



This weeks bag of produce included local kale, strawberries, lettuce, broccoli, and carrots. Good stuff!

### **Supplement Spotlight: Spirulina and Chlorella**

Spirulina and chlorella are marine superfoods with complete nutrient profiles. Meaning they have all the essential nutrients to keep you optimal. I like to keep a source of them with me at all times in case my schedule, and consequently, my diet goes to hell. Energy bits are a very convenient, quality source.



### **What's Trending: Mind Body Exercises**

Everyone I know is getting busier and more stressed by the year. All they seem to do is worry about little things. This chronic worrying is putting more stress on our bodies than poor nutrition yet we think the food is making us fat. If your mind is not right, the body will fall. You must relax and stop excessive worrying to achieve optimal health and fitness. Here is where mind body exercises are so beneficial. Try a local yoga, tai chi, or meditation class. If this type of exercise doesn't appeal to you, try sitting in the car when you get home for 10

minutes while focusing on diaphragmatic breathing and gratitude. This meditation can do wonders to decompress you. Find what works best for you and incorporate it daily. Many of my clients have had success with the "headspace" app.

### **Monthly Goal: Get Alkaline**

Being alkaline helps maintain optimal health and fitness in many ways. As you know by now, creating optimal circulation is the key to life and alkalinity does this exactly. Maintaining an alkaline body creates better circulation to help nourish every cell in your body. I'm sure you have heard diseases have a difficult time existing in alkaline environments. Well, it's true, and greens are the best way to alkalize. Attempt to include greens with EVERY meal or snack this month.

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

**Q.** What is the ideal warm-up for injury prevention?

**A.** 1. Total body circulation for a minimum of 5 minutes, i.e. jumping rope, jogging. 2. Total body myofascial release for a minimum of 5 minutes, i.e. foam rolling. 3. Total body dynamic warm-up for a minimum of 5 minutes, i.e. dive-bombers, assorted free weight lunges. This 15-20 minute warm-up primes the body for a good injury proof workout. If you don't have time to perform this routine, GET UP EARLIER because being injured sucks!

**Q.** How is it possible that I always lose weight on vacation when I'm carefree and off routine?

**A.** Because you are not so freaking stressed, and you unintentionally move more. Most people's day to day consists of a "daily grind"

which includes lots of sitting and stressing, and these two things make us fat. Statistically, people are happier (less stressed) and clock an additional 5,000 steps while on vacation. That adds up! Even in food destination places like New Orleans or Italy, you are in a less stressful environment and walking more in comparison to sitting at the office or in car line. This combination creates a great metabolism and a sizable caloric deficit relative to the norm. Bring these habits home, and you will find yourself in the best shape of your life.

#### **A Final Note:**

We have become a country obsessed with meat for all the wrong reasons. Ultimately, the meat can be very inflammatory and acidic and lack essential fiber along with key nutrients ensuring optimal health. Whatever your goal is or whatever diet you may be experimenting with, veggies, specifically greens, will help optimize the outcome. To ensure your health, fitness, and longevity, focus on adding more greens to every meal you consume in the form of green, leafy vegetables. When all other fad diets fade out, the greens will still and always be your base for optimal health and fitness!

#### **Monthly Recipe: Baked avocado and egg**

Prep time: 5 minutes. Cook time: 18 minutes.

Nutritional information per serving-yields 2 servings: 176 calories, 15g fat, and 3g protein.

Ingredients: 1 organic avocado-halved and seeded, 1 pastured egg, and your favorite seasonings. I use garlic and cayenne.

Directions: 1. Preheat oven to 425 degrees. 2. Flip each avocado side over and slice off enough of the rounded skin so that it can sit flat with the fleshy side up. 3. Place the avocados fleshy side up in a baking pan. 4. Whisk the egg in a bowl; divide it between the avocado holes.

Sprinkle with your seasoning of choice. 5. Bake for 16-18 minutes until the egg has fully set. Enjoy!



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.



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