

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, August 2106 – Issue 13

Hormesis is a biological phenomenon whereby a beneficial effect (improved health, stress tolerance, or longevity) results from exposure to low doses of an agent that is otherwise toxic or lethal when given at higher doses. A well-known example of hormesis is tearing down muscle fibers during short periods or strength training, and eventually, the muscle fibers regenerate into stronger units as the body prepares for future stressors. This type of short-term trauma doesn't break down our internal systems like chronic distance cardio, vegetable oil and sugar consumption, and worrying, but rather causes them to become more robust. We must find a good balance of stress to really optimize our health. From sun exposure to toxins to exercise, the right amount can help us, and the wrong amount can hurt and age us.

Fruit is a good example of a healthy balance of stress. Slightly flawed fruit has shown to be the most nutrient dense as compared to perfect, shiny fruit and very flawed fruit. Studies show the antioxidant levels in slightly flawed fruit is much higher than the other two groups(which is the best to eat.) Being slightly flawed means that it has been exposed to the elements and had to strengthen to survive. Too much stress

kills the fruit prematurely, and too little stress weakens the fruit's internal strengths. We are very similar in this way, as we need to find the right amount of stress that makes us better from a longevity standpoint. Everyone is different, but on average, 10-20 minutes of sun without sunscreen is an acceptable timeframe and exposure to gmo's, glutens, artificial foods, and food toxins in general along with airborne and cosmetic pollutants can make you more resilient(harder to kill) in small doses. Lack of sleep, illness, travel, anxiety, depression, and etc. can all strengthen you in moderation.

Exercise is a highly overused stressor. It takes so little physical stress to optimize physiological performance yet most enthusiasts grind themselves to a pulp. Exercising beyond proper exhaustion, which normally takes about 30 minutes, can and will age you as fast as smoking or any of the other stressors. I covered the perfect workout in issue 5, which you can link back to here:

<http://xrlifestyles.com/blogs/news/99368007-lmt-issue-5>. Think of exercise like that last alcoholic drink when you had a bad hangover. If you just didn't have the last drink, you would have been fine. You would have had a great time and a good morning

the next day, but that drink put your internal systems over the edge creating such a surplus of stress that the injury caused is irreversible and will accelerate the aging process. Excess exercise does the same thing. Take it easy guys and don't be so hard on yourselves. Get a good workout in and get on with your day. Have this philosophy with all stressors in life and know that too much isn't a good thing, but a bit isn't going to kill you either.

Food of the Month: Seaweed

Try snacking on seaweed the next time you're craving something salty. Seaweed is antiviral, antibacterial, and anti-inflammatory. It also has great vitamin and mineral content and is a source of iodine, strengthening the thyroid. Check out Sea Snax at: www.thrivemarket.com.

Exercise of the Month: Inversions

There is a reason I do handstands daily: because they are that good for you. If circulation is the key to life, then hanging and inversions are the keys to optimizing life. If handstands are too difficult, an inversion table will do the trick. Being inverted will decompress your articulations (traction) and allow more blood flow and fluid transfer in these tight and normally compressed areas to facilitate healing. And yes, you can actually get taller if you religiously hang and invert daily. Shoot for 5 minutes daily.

Monthly Challenge: To not become dung (or turn to sh%!)

Summer is when the majority of locals' health unravels. More eating and drinking, regardless of the amount of exercise increase, leads to very poor results. The majority of my clients gain an average of 5

pounds between June and August! Real it in before football season guys!

Supplement Spotlight: Cinnamon

Cinnamon is a great antioxidant, which helps lower blood sugar and increase insulin sensitivity. I tend to use cinnamon throughout the day in hopes of improving my cellular health. I always use cinnamon and apple cider vinegar when having "carby" meals to limit the side effects of elevated blood sugars. When purchasing cinnamon, try to get Ceylon cinnamon rather than the standard Cassie cinnamon. The Ceylon version is more beneficial and nutrient dense. I typically purchase bags of organic Ceylon cinnamon from Amazon.

What's Trending: Elevation Masks



Elevation masks deprive the amount of oxygen during breath work (hypoxic training), which can increase red blood cell count helping performance. However, I tend to use these masks simply for a different stressor on my body. Typically, in the privacy of my home so people don't think I'm a total freak, I will foam roll, do yoga, or spin with a mask on for added intensity. I believe it has taught me to breath more efficiently thus helping my cardiovascular capacity. I keep an elevation mask, weight vest, kettle bell, foam roller, and TRX around at all times to mix things up.

Monthly Goal: Discover “Trigger Foods”

Certain foods will optimize your health and satiate you while other foods will toxify you and leave you inflamed and ravenous. It is a trigger food because it triggers inflammation and more food cravings. Most people chronically eat trigger foods, which is why they are always hungry and therefore snack constantly. Due to the inflammation of these trigger foods, the people that consume them unfortunately never experience what it feels like to feel great. Try to eliminate certain food groups for a short period of time to see what works for you. For example, eliminate dairy, wheat, or peanuts and then add them back in after a few weeks and to see how you react. The “Simple Guide to the Paleo Autoimmune Protocol” is a good book that defines exactly what to do to identify your trigger foods. Let's eliminate these triggers so y'all can feel freaking bulletproof! FYI, wheat is a major trigger food for me. As I eat it, I get swollen and hungrier.

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

Q. Am I eating too few calories if I rarely get over 1000 calories a day. I feel great and am never hungry.

A. Yep, I get that a lot. I am a pretty active guy and normally eat under 2000 calories a day. Here's the deal: nutrient dense foods are filling, and crap food is not. My “big ass salad” contains only about 300 calories, and I am totally stuffed after consuming it because it is full of satiating nutrients. A fast food meal is probably over 1000 empty calories that leaves you hungry because of the lack of nutrients. As long as you are eating healthy, low calorie days are just fine.

Q. Does stand up paddleboarding count as cardio?

A. I am not a big fan of tracking everything, but this is where a heart rate monitor comes in handy. Anything that keeps you in your aerobic zone (65%-85% of your max heart rate) is cardio. A heart rate monitor is inexpensive and a wonderful piece of fitness gear.

A final note:

Balance the equation of stress in your life so you can strengthen in a functional way. A quote I often use is “be less perfect and more consistent.” This quote very much applies to hormesis. Create a lifestyle with fitness and nutrition that is not so perfect and allows fudging. This balance will allow you to be more consistent, have more fun, and ultimately, see better results. When you blow it EVERY NOW AND THEN, the indulgences will probably strengthen you anyway. I just took a trip to Switzerland (we will cover it in the travel issue next month), which had me struck in a plane or train for days, creating uncomfortably sedentary times, and not so optimal food choices. I also breathed more second hand cigarette

smoke than ever in my life. However, I am certain that these uncommon, and not too healthy, things I encountered will strengthen me in the long run.

Monthly Recipe: Ribs!!!

I don't feel that pork is a great source of nutrition, but ribs, being my family's favorite splurge meal, can be beneficial. Like bone broth, ribs have connective tissues on the bones that contain collagen. For longevity purposes, collagen should be included in your nutritional arsenal. When eating ribs, remember the source is most important (we try to buy from Whole Foods), and like all meals, veggies should still occupy 80% of your plate. Enjoy!

Nutritional Information: per 3 oz. (about 4 ribs), calories 260, protein 20g, fat 18g, carbs 4g.

Instructions: Cut racks into 3rds and place meaty side down in a baking tin. Cover with your favorite beer; pour beer over the ribs until totally submerged. Cover with tinfoil and place in oven at 375 for 4 hours. Then place the ribs on the grill on low temp, meaty side up for 15 minutes. Cover with your favorite bbq sauce. I recommend Annie's Organic. Serve with veggies, but try to keep your antioxidant count as high as possible to counteract the carcinogenic activity created from the pork fat and the grill.



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.



