

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, Jan 2016 – Issue 6

The nutritional world has put the spotlight on optimal health and longevity, looking and feeling good for the long haul. Dark tans, huge muscles, and big appetites are out because they carry the same law of diminishing returns. They all create excess damage on the cellular level that ages us at an accelerated pace. A lean, functional, light skinned body is by far your best option for overall health, but what is the best nutrition to pair with this body? Would you believe a high fat/high veggie diet (modified ketogenic diet) is the magical bullet?

Processed animal protein cooked at high heat is a candidate for the most toxic and carcinogenic food of all time. Processed sugars, wheat, and soy protein are known inflammatory agents that cause cellular damage. Fat is not exempt either. Processed vegetable oils (omega 6 fatty acids), especially in the presence of sugar, can be so bad it is technically poisonous. Put mold toxins on top of that, and we are pretty much doomed. So what are we supposed to do? Yes, wild sources of meat are ok in moderation if cooked lightly, and local and seasonal produce are best. But let's be honest, eating this way all the time is difficult and can be time consuming. Now scientists are turning to certain fats as the ultimate anti-aging fuel source. Fat consumption can be ultra-

convenient too! This change is called “fat adaptation,” and the results are quite intriguing. Eat more fat and as a result, burn more bodyfat, have less brain fog, stay satiated, and live a longer, healthier life by creating fewer free radicals (the guys that age us)!

Fat adaptation can get a bit scientific, but I will try to briefly explain how it works. When you consume short and medium chain triglycerides, the fats found in coconut oil for example, the liver converts the fats to ketones. Without sugar present, the body begins using ketones for energy, a state called ketosis. Ketones are a cleaner source of energy for the body and brain relative to glucose. That means there is less of an inflammatory effect when ketones are used compared to glucose (sugar). Less inflammation means less aching in the body and brain fog. Furthermore, less sugar means less insulin,- eliminating cravings, which is a biggie in terms of fat loss. Statistically, most people fail to lose weight simply because they cannot control their appetite. There is no insulin surge with fat so your appetite is almost nonexistent on a fat adapted diet.

Even more compelling is the fact one nutrient, SUGAR, fuels cancer cell growth, and who wants cancer? But the big conundrum is, if

we don't consume sugar for cancer prevention and overall health, where do we get our energy? Bring on the fat! I have been experimenting with this concept for the past 12 months and had abundant energy along with great results. I am leaner, stronger, and more focused with better skin, hair, and sleep. I could go on and on. Fat adaptation is much easier for me too because my appetite is gone with the removal of sugar, and I really like the taste of fat. Eggs, avocados, and salmon have always been some of my favorite foods. I just eat more of them now with lots of coconut oil and cashew butter. Pair the fat with as many non-digestible carbs like spinach and kale that don't convert into sugar and bring on the results! However, this diet doesn't give you freedom to eat all the fat you want. I am only referring to healthy and natural fats from the earth, not processed, and unless the cheese is raw, it doesn't count. My diet is still roughly 80% plant based, but now paired with lots of fat. Remember coconuts, avocados, olives, and flax are all plants.

Protein is still a staple in a fat adapted diet, but in smaller values. I have decreased my protein intake from 1 gram of protein per pound of bodyweight to .5 grams per pound of bodyweight without sacrificing any strength. Think about the savings in the health of your digestive organs by cutting your protein in half. Healthy fats are nearly effortless for the body to digest, and this is what an anti-aging program is all about – how to make your body more efficient and last longer in a healthy way. Excess protein will also readily break down into glucose if not used which defeats the whole purpose of a fat adapted diet. Branched chain amino acids are a good form of protein to supplement during fat adaptation.

Here is an example of a perfect fat adapted day:

Breakfast-a 3 egg omelet sautéed in coconut oil with local peppers, tomatoes, and kale with half an avocado



Lunch-kale smoothie, see the monthly recipe for details



Dinner-tuna salad made with Vital Choice tuna mixed with Primal Kitchens avocado mayo with local peppers, tomatoes, and mixed greens



Food of the Month: Eggs

Eggs are a great source of medium chain triglycerides as well as other healthy fats, proteins, vitamins, and minerals. Some would argue eggs are the world's most perfect food, specifically the yolks. If you have an egg sensitivity, try removing the whites and only consuming the yolks. Cook them in quality coconut oil and have one or two a day for optimal health.

Exercise of the Month: Foot Fascial Release

The body is a kinetic chain starting with the feet. We are on our feet all day and rarely take care of them. Fascial release relieves tightness in your fascial lines that compartmentalize your muscles. If fascial lines get tight, injuries are near. Start your day with the foot in mind. Keep a golf ball by your bathroom sink. Assuming you brush your teeth for roughly 2 minutes, roll the golf ball deep into each foot for a minute. This foot massage will help release the entire kinetic chain first thing in the morning.

Monthly Challenge: Carbohydrate Timing

You should consume the majority of your sugary carbohydrates (around 80% of your daily consumption) post workout. This time window is when your healthy, sugary carbs like fruit and sweet potatoes are utilized most efficiently. If

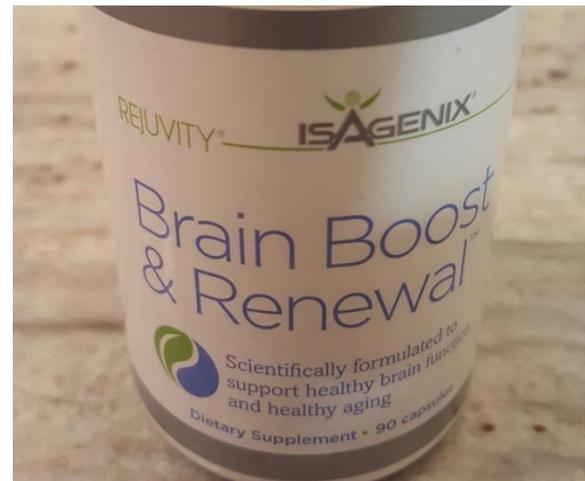
you don't workout, then you don't get many carbs. So make sure to do your daily training!

Supplement Spotlight: BCAA's

BCAA's are three amino acids: valine, leucine, and isoleucine. BCAA's are very helpful in maintaining muscle mass and preventing fatigue when limiting your animal protein intake. BCAA's also do not readily break down into glucose if you are on a ketogenic diet. I have found them EXTREMELY useful since dropping my protein intake.

What's Trending: Nootropics

Nothing feels better than feeling good, and nothing is worse than brain fog, the feeling you can't think or focus clearly. Nootropics is a term for smart supplements that enhance memory, intelligence, cognition, etc. They increase blood flow to the brain, alpha brain waves, protective agents, and more to help accomplish this mental clarity.



Brain Boost is my favorite nootropic

Monthly Goal: To educate yourself

Read the "Perfect Health Diet." This book is the best nutritional book to date I have read. It will

help you understand how to reach optimal health and fitness through the foods you eat.

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

Q. Should I drink Bulletproof Coffee?

A. Bulletproof Coffee is a delicious beverage that helps get the body into ketosis. Bulletproof coffee contains an upgraded coffee with pastured butter and MCT oil that keeps you full for hours. I use Bulletproof coffee when practicing a ketogenic diet, BUT I would never recommend it unless you are consuming it in the presence of nothing else for hours and are practicing a diligent ketogenic diet. Bulletproof coffee in the presence of any kind of sugar is a bad idea.

Q. Does “playtime” with my partner count as exercise?

A. I actually get this question a lot. Here is the deal. If you maintain an elevated heart rate (over 60% max heart rate) for over 30 minutes, you can consider it cardiovascular exercise. I will leave it at that. On a side note, a fat adapted diet will give your man a bit more lead in his pencil!

A Final Note:

I believe cravings derail people’s health more than anything. The majority of people have a processed and sugary breakfast that creates an uncontrollable snowballing cycle throughout the day. Two hours after breakfast, their blood sugar drops from the sugary breakfast, and they think they are hungry again, then again and again all the way until you go to bed. This cycle is not true hunger. This feeling is an environmental hunger created by sugar and marketing, and this hunger leads to the

consumption of processed foods which then leads to obesity, a sick body, and premature death. Eat an egg, half an avocado, and a handful of blueberries tomorrow and take note when you become hungry again. Don’t only think of yourself. Watch what you are feeding the kiddos tomorrow morning. Are you creating a problem or a solution?

Monthly Recipe: My ketogenic kale smoothie

I typically have this shake or Bulletproof Coffee when practicing a fat adapted diet.

Calories 191, fat 15g, protein 10g, carbs 4g

Pour 1/5 of a can of coconut milk (Native Forest Unsweetened Coconut Milk Classic) into a blender with a handful of fresh kale, half a scoop of preferred vanilla protein powder (9 grams of protein), 1 tsp. of Athletic Greens, and lots of cinnamon. Add about a cup of cold water. Let’s go! Full for hours with killer energy!

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.



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