

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 2015 - Issue 1

Summer is coming to a close. School is starting again. Football season is upon us. This time of year, I am reminded of a common trend I have been witnessing for the past couple of years that is beginning to spiral out of control. Historically, clients would train strong and eat lean from New Year's through spring to prepare for beach and boat season. Then, they would taper off a bit in hopes of maintaining their physiques while enjoying themselves a little more. Most clients would lose half the results they gained in the first part of the year during the summer months. Next, school would begin, and they would resume their routines in the fall and coast through the holidays starting with Thanksgiving. This rollercoaster pattern is acceptable because clients are yielding results; they are still at a net positive for the year. Most find themselves ending the year in a better place than when they began. This result is the goal, fitter by the year!

However, recently I have observed a different trend, a trend I call the "downward spiral." Clients are coasting straight through football season rather than regaining their routines and backing off further during the holidays, thus ending the year in worse shape than when they started-older, fatter, and sicker-not good! This pattern is not the goal, and we must find ways to regain our healthy fitness and exercise routines. Let us refocus and add some years back to our lives.

Not surprising, the main culprit for the downward spiral is stress. We are working and eating more while sleeping less, which all leads to chronic stress. Statistically, in the past 10 years, the workweek has gone from 40 to 47

hours, quality sleep has dropped from 7 to under 6 hours a night, and calorie consumption has increased 30%. These numbers reflect our SEVERE stress; sleep deprivation being at the top of the list. Stress exhausts our hormones making every part of us age rapidly. Exhausted hormones are also adding to the obesity epidemic by increasing appetite and fat storage through increased ghrelin and decreased leptin levels. Exercising more often worsens hormonal exhaustion, which is where most of us are unfortunately existing now. This state is also known as chronic fatigue syndrome. Chronic fatigue syndrome is like a draining fog that blankets you. Add excess summertime alcohol to this equation, and you can pretty much hang it up. Your hormones are toast!

If you are guilty of going outside this summer and saying this is the best I have ever been, your hormones are exhausted. The weather is statistically hotter. Your hormones are simply too exhausted to efficiently cool the body, burn fat, or perform thousands of other necessary functions. Hormonal exhaustion is a state that depletes the body and accelerates the aging process making you older, sicker, and fatter faster. We must recover to improve.

The solution is simply to sleep more and eat less. Both have been proven to increase recovery and decrease stress. I won't tell you to work less, but it's a thought. The more you eat, the more your body oxidizes, and the more stress is put on the hormones. Caloric restriction (assuming you are eating healthy) will drastically decrease stress, adding years to your life. Eat less and age less.

Quality sleeping, cycling through the five sleep stages, is when your hormones recover, and you grow younger, healthier, and fitter! This recovery is necessary for every function in your body and mind to be optimal. Sleep more, and yes, age less.

Here is the deal; the bed is for sleeping, reading, and lovemaking-period! Everything else disrupts the sleep cycle. Turn your TV off and leave your cellphone in another room. Get your room as dark as possible, eliminate noise, take your clothes off to help cool the body, and bring the temperature a bit lower than normal. Around 70 degrees is a good temperature.

Take the necessary steps to prepare for sleep just like you would for other aspects of your life. For example, when you workout, prepping comes naturally - or it should! You make sure you are in a fasting state for at least 2 hours, drink a natural form of caffeine, warm the body up, then boom-it is go time.

For Improving Sleep Quality:

1. Turn off the cellphone-improves all aspects of family and life
2. Eat dinner earlier-digestion impairs the 5 sleep stages
3. Eat a smaller dinner-less to digest
4. Take a 30 minute walk-aids in digestion, fat oxidation, and stress management
5. Stop drinking fluids two hours prior to sleep-and yes, alcohol too
6. Get the room cool, dark, and quite
7. Maintain a sleep schedule-helps the body fall asleep easier

Food of the Month: Cherries

Cherries are antioxidant rich, having the lowest glycemic response of all fruit. Studies show they contain melatonin, a hormone that helps induce sleep. This good

news is not permission to “carb it out” at night, but a few cherries would be a good addition to a light dinner to possibly improve your sleep.

Exercise of the month: Post dinner walk or exercise

There are super-foods that make the body healthier on every level. Well, the closest thing we have to a super-exercise is a post dinner walk. A 30 minute post dinner FAMILY walk will do everything: aid in digestion, fat reduction, stress management, sleep quality, and most importantly, family building (a great stress reducer bonus!) Hands down, this walk is the most beneficial and enjoyable part of my day, and every aspect of my health and wellness suffers when I miss this quality time.



*** Some friends and clients enjoying a post dinner stroll!

Monthly challenge: Unplug

Put your cellphone away for the day 2 hours prior to your scheduled sleep time. A later issue of "The Lean and Mean Times" will be designated to the effects of the cellphone, but the take away message for now is that cellphone screens are created to mimic the sun, and this design is exactly how we perceive them. Cellphones' sun-like screens interrupt your circadian rhythms making it difficult to fall into a deep sleep.

Supplement Spotlight: Adaptogens

Adaptogens are a unique group of herbal ingredients used to enhance the health of your adrenal system, the system that regulates your body's hormonal response to stress. These supplements are appropriately called adaptogens because of their unique ability to "adapt" their function according to your body's specific needs. So do your homework, familiarize yourself with them, and give some adaptogens a try.

What's trending: Fasting

Basically, fasting is not consuming calories for a given amount of time. Calorie free liquids are fine during a fast, and herbal teas and filtered water are preferred.

Our hormones recover and regenerate while we are at rest. Fasting can extend the resting process. If our sleeping cycle has been compromised, wouldn't it make sense to give our hormones a bit more youth by a morning fast? Fasting is to be approached on an individual basis as our bodies are unique and will benefit from different fasting durations.

Monthly goal: Gaining 15 minutes of quality sleep per night

A modest 15 minutes a night can add almost a full two hours of restorative sleep

over the course of a week. The hormonal rejuvenation that results from these two hours will eventually equate to years added to your life. Hopefully, in time the 15 minutes can grow to 30 minutes and eventually a perfect 8 hours a night. Circadian rhythms control everything, so let's gain some shuteye!

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

Q: I saw the video with Ami and 2 shakes a day. They do not fill me up. What can I add to them to help satiate me?

A: Spinach acts as a natural appetite suppressant. Structures called thylakoids, which are abundant in green leafy vegetables, decrease feelings of hunger and increase satiety by slowing digestion. Research shows reduced levels of ghrelin, an appetite-stimulating hormone, in subjects after consuming thylakoids as well. Adding a few handfuls of spinach per shake should help satiate your appetite.

Q: Should I exercise in the heat of the day this summer to burn more calories?

A: What a coincidental question for this issue-absolutely not! Unless your goal is to accelerate the aging process, stay away from high heat. Although you may lose a few more calories in the heat, the stress put upon your hormones is great and cannot be reversed. The hormonal exhaustion resulting from this stress will leave you in a more fat storing state, not to mention the increased appetite.

A final note:

Everything has a life, and your hormones control the life of your body. Your body is like your first car, but rather than getting it at 16, you get it at birth. You cannot trade it in for a better model either. Your body is yours for life. If you do not take care of your car, it will always be breaking down and in the garage. Unless you too want to be breaking down and frequenting the hospital, take care of your

body. Nourish your body, and it will carry you for a long and healthy ride.

I hope this helps! Let's get younger, healthier, and more fit by the day and maybe add some quality years to our lives. See you soon!

In the next issue of "The Lean and Mean Times," we will focus on the body and looking better naked. If you are going to be spending a bit more time nude in the sack, and yes, you should sleep nude to help cool the body, then we should pay a bit of attention to those physiques!

Monthly recipe: Curried Chicken Quinoa Salad

Dressing: ¼ cup fresh lemon juice, 2 ½ tsp. curry powder, 1/2 tsp. allspice, ½ tsp. sea salt, ½ tsp. black pepper, ½ cup olive oil

Salad: 2 cups cooked quinoa, 2 cooked and chopped chicken breasts. 1 bunch chopped green onions, 1 medium diced red pepper, 1 cup chopped dried tart CHERRIES, ½ cup cooked chickpeas

In a small bowl, whisk together all the dressing ingredients except the oil. Gradually add the oil to the dressing in a thin stream whisking until all is blended. Set dressing aside.

Fluff the quinoa with a fork. Add the remaining salad ingredients and mix well.

Add dressing and toss. Can be served warm or you can chill for at least two hours or overnight.

- I like to add 1 tbsp. of sauerkraut to my serving

Per serving. 320 calories - 11 G Protein - 34.5 G Carbohydrate - 3.6 G Fiber- 15 G Total Fat - 2 G Saturated Fat - 10 MG Cholesterol - 172 MG Sodium

Serves 8*** A serving is for a 100 lb. person. So, a 200lb person can have 2 servings. Double the recipe for some healthy leftovers!



***All guests agreed that this recipe was a keeper! Very tasty and very healthy!



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