

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, Nov 2015 – Issue 4

Slowly but surely, you are learning how to become the ultimate fat burning machine. Many factors contribute to this process we have covered in the past few issues: basal metabolic rate, resting metabolic rate, thermic effect of feeding, exercise activity, and non-exercise activity thermogenesis. These sound like big, fancy words, but these are the things that account for all the calories burned in a day. This issue will focus on the thermic effect of feeding. Let's learn how to eat the most metabolic foods possible to keep the fat melting off. We will also learn what foods can reverse your efforts and pack on pounds the fastest. The thermic effect of food is the energy required to digest, absorb, and transport the nutrients from the food we eat to the cell. Five to ten percent of our daily energy requirements go into processing the foods you eat, but not all foods are created equal.

Protein is the most thermic food by far. Proteins are complex nutrients that make up every cell in our bodies. Their complex nature makes proteins very thermogenic. Around 30% of the protein you consume is burned in the digestive process. That means if you eat 500 calories from protein, you actually only take in 350 calories of the protein. 150 calories are worked out without lifting a finger. Pretty cool!

Carbohydrates are next in line. They burn approximately 10% to 20% of themselves during digestion. The more fiber contained in the carbohydrate, the more thermogenesis created. Table sugar may burn 10% while kale could be over 20%. Keep the fiber up to optimize the burn. Some foods like celery can even burn more calories than contained. Since celery is almost all indigestible

fiber and water, the fiber is so complex within celery that the body has to work extra hard attempting to digest it. A stalk could have 50 calories, but by the end of the day, the body has spent up to 60 calories processing it. Many fibrous greens act in a similar way.

Fat has the lowest thermic effect of the three macronutrients, but as odd as it sounds, it takes fat to burn fat. If you eat lots of carbs, the body gets efficient at burning carbs. If you're a carnivore, you can burn protein efficiently, and if you eat fat, the body can get really efficient at burning fat. The trick is the right kind of fat. It normally takes around three hours for the fat you eat to be used as energy, but coconut oil, for example, can be used almost immediately due to its structure being a medium chain triglyceride (MCT). Therefore, fat is necessary for fuel since the normal fuel type, sugar, is minimized for thermic food optimization. The more good fat you use, the better the body will be at burning fat. Starting to make sense? There is also compelling research indicating that fat used for fuel creates fewer free radicals than when carbohydrates are used for fuel. Free radicals are the little guys that make us age faster, not good!



Water is not necessarily thought of as a food, but it can really contribute to a healthy metabolism. Most studies show a 10% boost in metabolism after 16oz of water. Outside of the boost and the obvious benefits of purified water, even slight dehydration can lead to a sluggish metabolism. Basically, the less water you drink, the less efficient the body becomes. Dehydration slows multiple processes down in the body resulting in poor performance, ultimately effecting metabolism.

The last, and arguably the most significant, part of thermic food are the extras: the spices, herbs, and teas. Ginger, cayenne, garlic, coffee, and green tea are just a few foods that can really heat up the body. These foods literally bring our body temperature up a bit, thus requiring extra calories to cool the body back down. I try to keep my body temperature up throughout the first half of every day with the use of these thermic ingredients.

Here is an example of a heightened metabolic day filled with thermic foods:

6:00am – wake up and have 16oz of purified water with lemon

10:00am – breakfast: 2 egg omelet with sautéed onions and bell peppers, topped with ½ an avocado and cayenne pepper, 2 cups of warm green tea

1:00 pm – lunch: 4oz of tuna salad with black beans, spicy salsa, diced cucumber, celery, and ginger, 2 cups of green tea

4:00pm - kale chips with coconut oil, garlic, and cayenne pepper

7:00pm - dinner: 4 oz. of grass fed beef over mixed greens topped with grilled asparagus and mushrooms, drizzle apple cider vinegar as dressing

*** Purified water to be consumed between all meals.

*** Coffee (preferably smart coffee) can be consumed between meals before 3pm.



Consuming high amounts of refined carbs and fats without adequate protein is the worst combination of nutrients. This combo will increase stubborn body fat and potentially erase the fat burning benefits of exercise. The problem is that both sugar and fat are primary fuel sources for the body. When consumed together, the body uses the sugar as fuel and stores the fat as body fat, typically resulting in a “fat ass.” Examples of this are: cheese and crackers, trail mixes, and sadly, even an apple and peanut butter. These combos eaten consistently without serious amounts of exercise will sideline your fitness goals. Better options would be: sliced cucumber, bell peppers, celery, etc. with hummus, salsa, avocado, almond butter, etc.

Food of the Month: Sauerkraut

Sauerkraut is not only an awesome probiotic; it is also a “negative calorie” food because it burns more calories than it provides. Try mixing it in with a tuna salad for a very healthy and thermic food. This tuna salad mixed with black beans and spicy salsa is a staple meal in my day.

Exercise of the Month: Sprints

Sprints are hands down the best metabolic booster of all time. Sprints require the whole body to work in unison in an extended range of motion to muscular exhaustion. This range of motion and intensity is very difficult to find in other exercises. Perform ten sets of 100 yard sprints two times a week and watch your body transform and lean out.

Monthly Challenge: Eliminate soluble carbs at night – except occasional alcohol

Soluble or digestible carbs consumed before bed typically convert to fat while you sleep. Exercising the following day just burns off this stored fat and creates a vicious cycle. Stick with insoluble veggies that won't convert to fat and the occasional alcoholic drink. Though alcohol will be stored as fat, the stress reduction and happiness created may reverse the fat storing effect. Y'all would throw this article away anyway if I didn't allow wine!

Supplement Spotlight: Coconut Oil

Coconut oil is a medium chain triglyceride(mct) that the body uses readily as fuel. While most fats take hours to become energy, mct's are ready for almost immediate use, which is helpful when practicing a low carbohydrate diet. Coconut oil also tastes good and has a high burn temperature, so it is preferable for cooking.

What's Trending: Collagen Protein

We all need more collagen. Unless you are preparing bone broth daily, you could benefit from it in the following ways and more: tissue repair, joint health, mobility, stronger skin and muscles (all tissues), and even better sleep and brain function. Collagen protein is easier on the digestive track for most people that have issues with undenatured whey (still my favorite!). Try mixing some collagen protein into your next shake. There are a few good brands out there, but Bulletproof is the best I have tried.



Mix in one of these bad boys when on the road or when bone broth isn't convenient.

Monthly Goal: Have protein every time you eat!

I did not say have meat with every meal, but just make sure there is protein present. 70% of your food should be plant based for optimal health and fitness. High fiber plant based foods like beans are perfect. Put beans alongside quinoa, kale, and a few slices of avocado, and you have a very anti-aging and thermic meal. Meat is also good assuming it is wild, grass fed, cage free, etc.

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

Q. Is it better to drop calories or exercise more to most effectively lose weight?

A. Both would be ideal, but if I had to choose, it is always more effective to focus on nutrition with any weight loss goal. The good news is you may not need to drop calories. Dropping calories can drop metabolism. Try dropping your carbohydrate intake and increasing your protein and fat intake. This change will not decrease your metabolic rate and will allow the body to utilize more fat as fuel. Assuming you were consuming 60% of your daily intake with carbs, and fat and protein were both 20%. Drop the carb intake to 40% and increase your protein and fat to 30%. Make high fiber carb choices within that 40% zone like kale, spinach, broccoli, etc.

Q. What is all the hype with grass fed butter and Coconut oil? Do I need to use this stuff?

A. The world of nutrition is starting to head more towards lower carb and higher fat for anti-aging benefits(will be discussed in the December issue).

Due to this trend, you will be hearing a lot about these two. Grass fed butter and coconut oil are preferred sources of fat when entering the low carb lifestyle. Along with eggs, grass fed butter and coconut oil are preferred sources of saturated fats. Saturated fats are necessary for the structure of our cellular membranes, along with optimal health. Don't be surprised if you start to see people putting butter in their coffee soon!

A Final Note:

The thermic effect of food may only account for about 10% of total calories burned in a day, but these burned calories can really add up over weeks. A couple hundred calories a day can add up to a pound of weight loss a month, which is a significant amount of weight over the course of a year. Eating correctly to optimize (tef) is another nugget to give you an accelerated metabolism and ultimately creating an optimal lifestyle for enjoying life to the fullest. I often hear people complain about how "that person" can do and eat anything and stay fit and how he/she is so lucky to have great genetic. 99% of the time, "that person" does everything right, like eating thermic foods, which allows him/her to splurge or cheat a few times a week. This is how the fit people are normally seen, when they are splurging. Splurging is fun and a good reward for living a healthy lifestyle. My family typically splurges every Wednesday and Saturday...bring on the pizza, Mexican, and burgers!

Monthly Recipe: Spicy Roasted Chickpeas

Ingredients: 1 tbsp. olive oil, 1 ½ tsp. chili powder, 1 ½ tsp. ground cumin, 1/4 tsp. salt, 1/8 tsp. cayenne pepper, 2 (15.5oz) cans chickpeas – rinsed, drained, and patted dry

Instructions: 1. Preheat oven to 400 degrees F. 2. Arrange racks in top and bottom thirds of oven. Stir together oil, chili powder, cumin, salt, and cayenne in a large bowl. Add chickpeas and toss to coat. 3. Divide chickpeas between two large rimmed baking sheets. Bake, shaking pans occasionally, and rotating pans from top to bottom shelves after 20 minutes until chickpeas are browned and crisp – about 35 to 40 minutes, serve warm or at room

temperature. Nutritional Information: Serving size 1/3 cup, Calories-140, Fat-4g, Carbs-20g, Protein-6g



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