

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, October 2016, Issue 15

"Eat real foods, not much, mostly plants." Michael Pollan

A question I get very often is, "What does your family eat?" Our meals fall into these four categories 80% of the time: 1. Stir-fries 2. Soups 3. Meat and veggies 4. Salads. We cycle through these over and over again, and they never get old, even with them being primarily paleo. Most of the time, we don't follow recipes. We simply utilize what produce is in season and meat on hand.

We follow three rules when making these four dishes: 1. Buy fresh. Did you know that the average apple sold in the US is 14 months old? Produce starts losing nutrients the second it leaves the earth so find a good farmers market. 2. Buy local. Don't worry if it is not organic because most of the farmers cannot afford to go through the process of becoming certified organic through the USDA. If the farmer's practices are kosher and his soil is clean, his produce is probably much healthier than organic anyway and cheaper. 3. Buy in season. This rule really applies to non-indigenous produce. Make sure that when you buy/order non local foods, that it is coming from an area where the food is specifically in season. A good example of this is coffee. Get the beans from a region that the fruit is in season. Central American and South American coffee beans have different seasons. Last season's

beans can lose taste and antioxidant value fast and accumulate mold. Avocados and oysters are other good examples of non-native 'go to' foods that you want to buy in season from their origin region/country.

Don't overcomplicate meals. Remember your base is always veggies, mostly greens. Healthy fats are the second addition and protein, meat, grains, beans, herbs, spices, etc., is next. You can sometimes get away with the first two, veggies and fats, in the absence of protein, but not the other way around. Try to get away from "big meat" meals for optimal longevity. High protein intake has been linked to shorter life expectancy. Some protein is necessary, but the veggies are the nutrient powerhouses that improve our health. Make sure the meal works for you too. What I mean by that is, food should always give you energy. When finished with a meal, you should feel better than before, nourished and energized. If you feel sluggish after eating, something didn't work so well for your biology. We are all different and self-experimentation with everything, including food, is required to optimize your health.

Food of the Month: Shrimp

I try to eat shellfish at least once a week for the health benefits and awesome taste. Selenium, B12, zinc, iodine, omega 3's and a hell of a lot more are plentiful in shrimp, but my favorite nutrient within is a carotenoid called astaxanthin, a strong antioxidant and anti-inflammatory found in plankton. Shrimp also contains a healthy amount of cholesterol which I am always struggling to get enough of being on a mainly plant based diet. With all food consumed though, remember that the source makes the difference. Be sure the shrimp are wild and preferably fresh and local. Farm raised shrimp are normally toxic shit balls, - literally...

Exercise of the Month: Triangle Press

Tight shoulders are the number one cause of cervical and neck pain. Poor posture, improper exercise, lack of exercise, and bad sleeping positions all compress the shoulder joint inhibiting proper circulation into the muscle to promote healing. Certain exercises can increase the mobility and range of motion to help prevent and heal tight shoulders. The triangle stretch is one of my favorites. It also helps loosen interior leg tightness. Simply hold a light weight over head with one hand and spread your feet a bit wider than shoulder width. Drop the hand without the weight to the ground with as strict of form as possible with straight legs and arms. When you can touch your palm to the ground with 10% of your bodyweight overhead for 15 repetitions, you have or have gained great functional shoulder strength and mobility and will less likely experience too many shoulders issues. Always perform the Triangle Press after a short bout of 'total body circulation' cardio, during your dynamic warm-up phase, prior to training.



Supplement Spotlight: Chaga Mushrooms

In the last issue, I explained how I always travel with these mushrooms because they are such a good immunity booster, antioxidant, and nootropic (which we cover in an issue soon). I use them in my coffee simply to make my coffee healthier.

Coffee is the first thing that goes in my body after lemon, salt water in the morning so why not make it better? The healthier your food, the better you will perform...period! When I add Chaga to my morning cup of Joe, I can tell a difference in my mental clarity and performance. I use and like Four Sigmatic Foods for Chaga: <https://us.foursigmatic.com/collections/all>

What's Trending: Exogenous Ketones

Ketones are a secondary fuel source used by the body when glucose is not present. Being in a state of ketosis can accelerate fat loss, cognitive function, and a host of other beneficial things. The practice of adding exogenous ketones in the form of medium chain triglycerides and ketone salts has been trending for a while, but now it is hitting the mainstream, especially with the explosion of the Bulletproof Diet. Experiment with caution! I use these for energy, focus, and satiety in the mornings because I don't consume sugar until after my 12pm workout. However, adding these ketones around carbs and other fat sources can be beneficial for physical performance BUT counterproductive for fat loss. Remember that the body produces ketones naturally during fasts and you can optimize this process by performing fasting cardio in the morning. My favorite source of exogenous ketones is Brain Octane from Bulletproof. <http://www.bulletproof.com/brain-octane-oil-16-oz>

Monthly Goal: Cardio

I believe most people underestimate the importance of steady state, low intensity cardio. This style of cardio stabilizes your heart rate between 60% and 75% of max heart rate. The benefits of cardio are amazing. Since steady state cardio doesn't elicit the stress response that cranks on your adrenals, the increase in circulation

actually nourishes the body. High intensity exercise on the other hand stimulates a stress response, depletes the adrenals, and releases blood sugar for fuel rather than fat. High intensity cardio shoots your heart rate over 75% max heart rate. This release isn't always a good thing if bodyfat reduction is a goal. A steady state nourishes the body by not signaling stress and releasing blood sugar. Steady state cardio creates total body circulation that uses primarily fat for fuel, and it also has been shown to increase telomere length, which aids in anti-aging more than anything else. Perform at least 3 to 4 days a week of 60 minute low intensity, steady state cardio. If your heart rate skyrockets, like in most spin classes, then it's not a steady state.

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

Q. Brown rice or white rice? Please simplify.

A. First, remember that rice is a carby food, which should be limited to once or twice a week, consumed exercise dependent, if your goal is to be lean and mean. It is a gluten free 'safe starch' that I use for performance but rice can plump you up. Both brown and white rice have their benefits, but I tend to stick with white. Brown rice has been shown to have up to 80 times more arsenic when compared to white. White rice is also much easier to digest than brown which is why other healthier cultures remove the bran from rice leaving it white. If you are eating a healthy diet with plenty of veggies, the extra fiber in brown rice is probably not necessary. However, if the kiddos were lacking their veggies, then maybe brown would benefit them more. You make the call.

Q. Should I be using activated charcoal when I have a splurge meal?

A. Activated charcoal can bind to toxins and pull them out of your digestive tract. It can also bind to the good nutrients found in food. I personally do not use activated charcoal unless I have a known and problematic toxin going in my body. For instance, if I was having fillings removed, and metals were spread throughout my mouth, I would take some activated charcoal before the procedure to help absorb the metals. Maybe too if I had some crappy splurge meal with no benefit like, fast food, candy, and a soft drink. I probably wouldn't though with sushi and brown rice. Although the tuna may have mercury and the rice arsenic, I still want the other good benefits in the food to absorb. Hopefully, the fiber in the salad I had for an appetizer would bind to the toxins. Activated charcoal is good to have on hand for the unexpected chemical shit storm that life can throw at us though. I have these capsules handy: <https://blog.bulletproof.com/bulletproof-upgraded-coconut-charcoal/>

A Final Note:

Become good at putting together some of your favorite fresh foods. Nutrients have a synergetic effect on one another, which means they are more powerful in the presence of other nutrients. Broccoli is more beneficial when sautéed with garlic in avocado oil and topped with fresh squeezed lemon. So get in the kitchen and start being creative! This creativity will be a welcoming addition to any lifestyle. Outside of the obvious nutritional benefits, this skill will stimulate your mind and relax you. We typically enjoy a bottle of wine and conversation in the kitchen while Ami does her thing with our four favorite dishes

on a nightly basis. It's one of the best parts of my day.

Monthly Recipe: Shrimp Stir-Fry

I have featured different stir-fries in this section before, but since this type of food is one of our go-to meals, I want to give y'all some variety.

Nutritional Information per serving, serving size is 1 cup of stir-fry. Make extras for leftovers. Calories 295, protein 15g, carbs 25g, fat 15g.

Instructions: Clean and peel shrimp. Set aside. Cut all colored bell peppers, onions, tomatoes, snap peas, baby carrots, and baby corn. Heat wok and add avocado oil. Prepare quinoa of choice. Add vegetables to wok and season with sea salt, garlic, ginger, and a dash of cayenne. Stir for approximately 10 minutes or until almost done. Time may depend on how much you are cooking. Add shrimp and cook for about another 10 minutes or until shrimp are cooked. Turn heat off and squeeze a fresh lemon over the mixture. Serve $\frac{3}{4}$ a cup of stir-fry over a $\frac{1}{4}$ cup of quinoa. Dress with apple cider vinegar and siracha. Enjoy!



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.



