



PREMIUM PERFORMANCE TRAINING INC.

# Health & Fitness Newsletter

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## PREFACE

This is a bi-monthly publication of Premium Performance Training Inc. aimed at providing general information regarding current health and fitness trends.

### Quote to Remember:

*“Show me someone who has done something worthwhile, and I'll show you someone who has overcome adversity.”*

- Lou Holtz

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## Detoxification For A Healthier You



There is a lot of misunderstanding about what a detox actually is, or what is required. When persons think of detoxification the highly publicized and commercialized

products or methods make popular by various celebrities (e.g. Liver Cleanse, Master Cleanse, 10-day Smoothie Cleanse) are usually the first thoughts which come to mind. Interestingly enough, while such methods are forms, and in many cases extremes of detoxification, truthfully detoxification is a natural, daily process that your body does to neutralize, transform or get rid of unwanted materials or toxins. Detoxification is about improving and optimizing the function of your body's own systems. Your body performs detoxification itself daily via the liver, intestines, kidneys, lungs, skin, blood and lymphatic system. All these systems work together to ensure that toxins are transformed chemically to less harmful compounds and excreted from the body, leading to, improving on, or maintaining a healthy lifestyle. This is done by decreasing the amount of toxins we put into our bodies while at the same time feeding our body healthy nutrients. Below are ten (10) simple and natural ways to help detox your body and assist you in achieving a healthier state of being.

### I. Eat More Fiber in its Most Natural Form

Over time our bodies, particularly our digestive tracts, tend to hold onto substances (e.g. toxins, preservatives from foods that were eaten, waste that was not properly disposed of by the body). The end results in some cases are that you may feel bloated and, or unusually tired or sluggish, and overtime you may develop possible health problems such as poor digestive health and cardiovascular disease. Consuming a sufficient amount of fiber in your diet helps to keep your digestive tract working properly, allowing all toxins, excessive waste, and anything else which may have built up in your digestive tract to move through it rapidly, ensuring the digestive process works in the manner that it was intended. There are various fiber.....



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# Full Body 40 Minute Workout

The below workout is set up to hit your whole body in one swoop. The key is that it contains one exercise for each body part that hits the greatest amount of muscle fibers. As a result of this goal each movement is a basic, core exercise for the respective muscle groups, as opposed to a strict isolation movements.

## Instructions:

- The exercises listed below should be completed as straight sets (complete all the required sets of each exercise before moving onto the next exercise listed)
- Complete 2 sets of the first exercise before moving onto the next exercise
- Rest 30 seconds between sets of the same exercise and 1 minute 30 seconds — 2 minutes between different exercises
- To get the most out of your workout, and promote hypertrophy, ensure that you are taking every set to failure at close to the suggested number of repetitions listed in the workout
- Warm Up with 1 light set before your working sets for each exercise

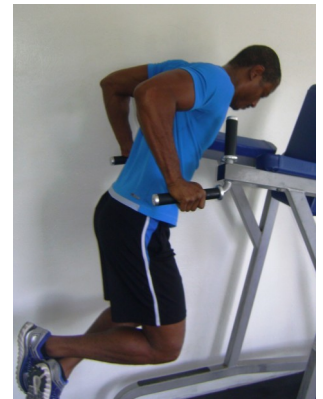
| Body Part | Exercise                       | Repetitions |        |
|-----------|--------------------------------|-------------|--------|
|           |                                | Set #1      | Set #2 |
| Chest     | Incline Barbell Bench Press    | 8           | 12     |
| Back      | Barbell Bent Over Rows         | 8           | 12     |
| Legs      | Barbell Squats                 | 8           | 12     |
| Shoulders | Seated Dumbbell Shoulder Press | 8           | 12     |
| Traps     | Dumbbell Shrugs                | 10          | 10     |
| Biceps    | Dumbbell Curls                 | 10          | 10     |
| Triceps   | Dips                           | 20          | 20     |
| Calves    | Standing Calf Raises           | 25          | 25     |
| Abs       | Bicycling                      | To failure  |        |



**Incline Barbell Bench Press**



**Dumbbell Curls**



**Dips**

## Ask Yourself Answers

1. False - There is no evidence that vitamin C can prevent colds, however research has shown that taking a combination of 1,000 mg of vitamin C and 10 mg of zinc can reduce congestion and also shorten the length of your cold
2. True
3. True - Up to 30% of its calories are used for digestion and assimilation
4. True
5. False - Barbados missed the 1980 Summer Olympics as the country participated in the American-led boycott of those games

### Stress Decreases Dietary Willpower



According to Swiss researchers from the University of Zurich, led by Todd Hare, people trying to lose weight have trouble avoiding sweet-tasting foods when they are stressed. The study consisted of 51 young adult men who were actively trying to follow a healthy diet and lifestyle. The research subjects rated their desirability for a series of images of healthy and unhealthy foods. Half the group put their hands in ice cold water for as long as they could tolerate, which increased stress and cortisol levels. Both groups then received brain scans while once again evaluating the foods for desirability. The men who were under stress chose more sweet-tasting foods, as the stress activated immediate reward signaling in the amygdale and striatum of the brain. It is not known however, whether the physical stress used in this study is comparable to the emotional stress of everyday life.

*(Neuron, 87: 621 - 631, 2015)*

### High-Protein Breakfast Prevents Fat Gains In Overweight Teens

A study led by Heather Leidy from the University of Missouri compared participants who consumed a high-protein breakfast (35 grams) to participants who ate normal breakfast or skipped the meal completely. The results showed that consuming a high-protein breakfast prevented gains in body fat, stabilized blood sugar, reduced caloric intake and decreased hunger sensations. Therefore, consuming a high-protein breakfast can be a simple but effective method of battling obesity.

*(International Journal of Obesity, published online June 1, 2015)*

### Some Supplements Ineffective For Weight loss



Non-stimulant herbal supplements designed to promote weight loss are extremely popular products that claim to increase fat burning, improve metabolic speed rate and decrease body fat. However, Amanda Salacinski from Northern Illinois University and colleagues, found that supplements containing either raspberry ketones or metabolic activator blend had no effect on resting metabolic rate, fat use or carbohydrate use. These supplements do not promote weight loss or increase fat use.

*(Journal Dietary Supplements, published online August 28, 2015)*

### Moderate Coffee Consumption Is Good For Health

Drinking coffee has been labeled as an unhealthy practice for more than 100 years. However, more than 36 high-quality medical studies found the opposite: moderate coffee consumption reduces the risk of cardiovascular disease, liver disease and diabetes, and has no effect on the risk of various kinds of cancer. Coffee reduces the risk of Parkinson's disease and prevents mental decline with age. Most importantly moderate coffee drinking is linked to longevity.

*(The New York Times, May 14, 2015)*

## Detoxification For A Healthier You

....Continued from Page 1

(fiber) supplements which can be used, however, where possible, one should try to consume it naturally. Fresh fruits and vegetables, beans and legumes, and whole grains are all excellent natural sources of fiber.

### 2. Incorporate a short (one or two day) Solid Food Fast

When you give your body a chance to rest and recover to the extent that organs don't have to be focused on digestion and breaking down food and potential toxins, it allows your body the time to fully recuperate and rejuvenate. This can be done through a simple one or two day fast through replacing foods with natural juices or smoothies made from fresh fruit and vegetables.

### 3. Drink More Water

If there is one thing that can easily and naturally help you to detox your body it is the increase of your water intake. Water helps to flush out your system naturally, and if you are consuming enough water this will happen routinely. Proper water intake can contribute to clearer skin, properly functioning organs, and a more effective circulatory, respiratory, and digestive system. So forget those catchy rules of eight glasses of water a day, and aim to drastically increase your water intake to capture those health benefits.



### 4. Have Some Green Tea in The Morning

Many of us love our morning coffee or tea, but by replacing your morning cup of coffee with green tea you can provide important antioxidants that your body needs while, still receiving the caffeine boost that you thirst.

### 5. Incorporate Probiotic items into your Diet



Probiotics are live bacteria and yeasts that are good for your internal system. Your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your digestive system healthy. In fact, probiotics not only help to keep your digestive system working properly, but they also work as a cleansing agent. Probiotics can be obtained in its natural form in certain foods (e.g. yogurt, acidophilus milk), as well as in supplement form from various supplement producers.

## ASK YOURSELF ..... True or False ?

Score: \_\_\_\_\_ out of 5

- |   |      |       |
|---|------|-------|
| 1. Taking Vitamin C can prevent a cold  | TRUE | FALSE |
| 2. Thyroid hormone output and exercise intensity are positively correlated              | TRUE | FALSE |
| 3. The thermic effect of food (TEF) is highest for protein.                             | TRUE | FALSE |
| 4. The 'Dirty Dozen' are the top 12 most contaminated and sprayed fruits and vegetables | TRUE | FALSE |
| 5. Barbados has competed in every Summer Olympics Games since it first competed in 1968 | TRUE | FALSE |

[Answers can be found on the bottom of page 2](#)

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## 6. Get in more Exercise and Sweat it out

Perspiration or sweat helps to remove toxins that build up in your body. So when it comes to naturally and effectively cleansing the body, exercise is a great option. While being the preferred “sweat it out” method due to the additional health and fitness benefits, exercise is not the sole method to increase perspiration and remove toxins from your body as going to the sauna is another effective method.

## 7. Avoid Environmental Toxins where possible



Environmental toxins can range from smog and diminished air quality to second hand smoke and many various household cleaning agents. Generally speaking, any range of fumes, chemical or otherwise, which may have a peculiar or strange smell are possible environmental toxins, as if something doesn't smell or feel right, then chances are it is problematic for your system. Therefore, where possible, if you have the ability to avoid these substances you should do so.

## 8. Minimize the use of Antibiotics where possible

The same medications that are intended to help your illness or health conditions maybe contributing to toxins in your body. Although antibiotics and other medications are intended to help you stay healthy, they also contain harmful substances which can, over time, build up in your intestines and digestive system over time. In many cases the use of medications maybe very necessary and important, however in some cases, natural home remedies can be an effective means of helping to get rid of the illness without introducing other toxic substances into your body.



## 9. Go Organic for the “Dirty Dozen”

All foods are not created equally, and this saying is even more prevalent in relation to some fruits and vegetables when looking at the possible toxic substances they can be introducing into your body. The Environmental Working Group singles out produce with the highest pesticide loads; that is, where pesticides and preservatives used in their growing can build up and therefore be ingested by you during digestion, in a food list known as the “Dirty Dozen” The list of these foods for 2016 are strawberries, apples, nectarines, peaches, celery, grapes, cherries, spinach, tomatoes, sweet bell peppers, cherry tomatoes, and cucumbers. To this regard, the general rule of thumb is that if you eat the peel or the outside of the fruit or vegetable, opting for organic is the best option to reduce the ingestion of toxic substances which can be harmful to your health.

## 10. Acupuncture & Deep Tissue Massages

Holistic medicine methods such as acupuncture, has been around for centuries and is a main component in Eastern world medicine. Acupuncture has been shown to help various ailments or medical conditions but is also an excellent way to naturally cleanse the body as it works by helping to release zones in the body that maybe blocked due to toxins or other harmful substances. Intense deep tissue massages have a similar effect as these type of massages focus on the pressure points or spots within the body where toxins tend to build up, thereby giving them a chance to release. In both cases, you should ensure that the treatments come from a registered acupuncturist or massage therapist.

Eating healthier does not have to mean eating boring. In our 'Healthy & Great' recipe section we will introduce you to some incredible recipes which are lower in sugar, fat and calories compared to their 'traditional' counterparts but are still full of flavour.



### MAKES 4 SERVINGS

#### Dressing

- ◆ 2 teaspoons olive oil
- ◆ 1 teaspoon minced garlic
- ◆ ½ teaspoon grated ginger
- ◆ 2 medium carrots, thinly sliced
- ◆ 1 cup sliced onion
- ◆ 1 small red bell pepper, cut into strips
- ◆ 2 cups broccoli florets
- ◆ 1 cup snow peas, cut in half

#### Sauce

- ◆ 2 tablespoons reduced-sodium soy sauce
- ◆ 2 tablespoons seasoned rice vinegar
- ◆ 2 tablespoons sherry
- ◆ ½ teaspoon cornstarch
- ◆ 1 teaspoon sesame oil
- ◆ 2 teaspoons sugar

## Asian Stir-Fried Vegetables with Ginger and Garlic

### Method

1. Heat the oil in a large skillet or wok on high heat. Add the garlic, ginger, and carrots, and cook for 2 minutes. Cover and cook for 3 more minutes. Add 2 tablespoons of water. Cover, and cook for 2 more minutes. Add ¼ cup more water and the broccoli. Recover and cook for 3 minutes. Uncover, stir in the onion, pepper, and snow peas and cook for 2 to 3 minutes.

2. While the vegetables are cooking, make the sauce. Combine the soy sauce, vinegar, sherry, cornstarch, sesame oil, and sugar in a small mixing bowl. Whisk to mix well.

3. Create a well in the center of the skillet by moving the vegetables to the outside edge. Add the sauce ingredients to the well, stirring to combine. Cook for 1 minute, or just until the sauce bubbles and thickens slightly.

4. Stir vegetables back into the thickened sauce and toss well until coated.

#### **NUTRITIONAL INFORMATION PER SERVING (approx. 1 cup)**

Calories: 90 / Carbohydrates: 13g (Sugars: 7g) / Total Fat: 3.5g (Saturated Fat: 0g) / Protein: 3g / Fiber 4g / Cholesterol: 0mg / Sodium: 320mg

**Recipe obtained from "Eat What You Love" - By Marlene Koch**

Contains more than 300 incredible recipes which are low in sugar, fat and calories and are great for weight loss & diabetic diets

## CONTACT US



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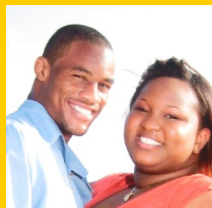
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### **Let Us Know What You Thought Of This Issue**

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to

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