

Chapter 1: Getting The Inside Healthy First

I started to realize that I was not going to live forever when I was 32 years old (1997). This is when I started to take in as much information pertaining to aging gracefully as I could get my hands on. I would combine it with what I knew (the extreme athletic bodybuilding lifestyle mentality), the best that I could.

In 2005 I was at a Health Expo conducted by Paul Chek and introduced to the idea of focusing on the quality and health of my blood and organs. I found out that the organs and blood have a chemistry that is important to maintain to optimize important life support systems. The PH balance of the organs and blood is of vital importance.

When there is a disturbance to this balance, the red blood cells begin to clump together. When that happens, they are no longer able to efficiently able to travel through the capillaries and feed the cells throughout the body. The pH stands for potential for hydrogen. The pH of your blood is along the same lines as the pH of your pool or your hot tub. When the balance is out of whack the water gets polluted. It's the same thing with your blood.

At the health seminar I checked the ph balance of my saliva and found that it was 5.5 (which is highly acidic), with 7.3 being the perfect slightly alkaline balance between 0 and 14. Therefore I decided to make some changes. The three changes I made were to totally eliminate stimulants (caffeine in all forms) from my diet, eliminate highly processed animal proteins (chicken and red-meat), and consume more alkaline foods with live energy (two green-drinks per day, organic salads, cucumbers, and veggies). I will use chicken and red meat if it is raised organically from a local farmer. A green drink is a mixture of many different blends of wheat grass, barley grass, and many other types of grasses that have a very high PH.

Within eight weeks of implementing changes I noticed 11 specific benefits.

- One hour less sleep needed. Pure, real energy from 4:00 a.m. to 9:00 p.m.
- Big improvement in repairing scar tissue in left inner thigh that I have had for 15 years.
- A dramatic improvement in range of motion in all areas especially hips, glutes and hamstrings.
- Bags under eyes gone. Spots under eyes related to a toxic/stressed liver are gone.

- Water retention: Ring feels like it is going to fall off. My shoes feel looser and my ankles are noticeably thinner.
- Body-fat percentage is 3-6 % less year-round without trying.
- Pain in balls of toes all but gone (I don't wear my orthotics any more).
- Razor rash is gone after 10 years.
- Less warm up time required for intense exercise.
- Feels like I have energy reserves.
- A noticeable improvement in my ability to focus and retain thoughts.

I was so excited about the above information that I created a newsletter to document my experience, "The Healthy Lifestyle Coach" and it was released on Feb.15, 2005.

My body composition stats on Feb.15th, 2005, at the release of my original findings about acid alkaline balance;

- **Body Fat % = 7.6**
- **Weight = 208**
- **Waist = 33 1/8**
- **Time in 1/2 mile sprint = 3 minutes and 18 seconds**



Feb. 10th, 2005



Aug. 28th, 2007

My body composition today Aug. 28, 2007, after two years of implementing alkalizing health habits;

- **Body Fat % = 6.5**
- **Weight = 215**
- **Waist = 32 9/16**
- **Time in ½ mile sprint- 2 minutes and 31 seconds**

I am very excited to find out through the preparation of this update on the initial findings in the “Healthy Lifestyle Coach” that I have lost 2 lbs. of fat, gained 8.89 lbs. of muscle while dropping my overall body fat percentage and my waistline. I improved my ½ mile time as well as my flexibility and range of motion in several joints. This has happened since the release of the original press release “The Healthy Lifestyle Coach” on Feb.10, 2005 while implementing this

unique combination of two different lifestyles. How exciting for me it is to have proof that you can have a healthier inside and a more muscular, toned/ripped physique with enhanced athleticism, at the same time. It's the best of both worlds, if you will. I have implemented the holistic changes listed at the end of this update consistently since Feb. 15, 2005.

The progress that I have made on my physique in the last two years is unheard of in the competitive drug-free for life body-building circles. Proof is my highest placing in the WNBF World competition in Nov. of 2005. I placed 7th out of 18 of the best heavy weights in the most competitive, highest prize money, professional show of the year. My highest placing in the same contest in the past was 13th out of 18 heavy-weights. Conclusive evidence again that the combination of these two lifestyles, truly gives us the best of both worlds. This was accomplished by using no dangerous fat/burners, ephedrine type products which I had used and abused in the past before the WNBF banned them. I have never felt more fit and healthier on the inside.

Common sense would tell us that the foundation is the most important part of any structure. It is the starting point. Therefore, to have the ultimate body, we must focus on the

health of our organs, blood and cells. What good is an amazing body with ripped abs if it comes at the expense of being unbalanced and is only short-lived because the foundation is not firm?

I believe even more strongly now than ever that we can have the best of both worlds: a lean physique and a holistic, healthy inside. I know that we can LIVE STRONG, AND LONG. I promise you that I will continue to bring you what I have learned, and what I am learning as I siphon through the onslaught of information and use myself as a guinea pig. I feel privileged to be your coach, your leader by example, if you will.

MORE ON THE HEALTH ON THE INSIDE

The quality of your life is based on the quality of your cells. In order to both survive and prosper, cells must have:

- Oxygen
- Water
- Nutrients (potassium, sodium, magnesium, calcium and zinc, among others)
- The ability to eliminate their own waste.

Without these four things, which are dramatically affected by the quality of your blood (your river of life), your

cells cannot survive. When any one of the above four is compromised, your cells cannot thrive.

When you break our body's cells down to the smallest particles (atoms, protons and neutrons) you will find that each particle has an electrical energy that keeps the particles in motion. Our bodies literally have an electric energy that is measurable. When your atoms have high electrical energy, your energy is high, your cells can function optimally and your red blood cells don't stick together. When your atoms' energy is very low, your cells cannot function optimally and your red blood cells stick together and move more slowly, and so do you. When your atoms have no electrical energy, neither do you and you are dead. In order to give your cells the best chance of being completely healthy, our blood must have a precise chemical balance. Alkalinity/acidity is measured on a scale of 1-14, with 1 being pure acid, 7 being neutral and 14 pure alkaline. Your blood must maintain a slightly alkaline pH of 7.365.

To check the PH of your blood quickly and easily, purchase a litmus strip kit at any corner drug store. First thing in the morning (in a fasted state) after clearing the saliva off your tongue by gargling with water, soak the strip for 4-8

seconds with saliva. Simply compare color of strip with color chart in kit.

When there is a disturbance to the delicate, electrical/chemical balance of our cells, the red blood cells begin to clump together. When that happens, they are no longer able to efficiently travel through the capillaries and feed the cells throughout the body. The pH stands for potential for hydrogen. The pH of your blood is along the same lines as the pH of your pool or your hot tub. When the balance is out of whack the water gets polluted. It's the same thing with your blood.

Everyone's bodies are being pushed to their limits. They, to some extent, are toxic and acidic. The modern fast-paced lifestyle has brought so many things to the table that our bodies were not designed for. Our fight-or-flight stressor hormones like cortisol are at an all-time high. With more cortisol comes more fat deposits on and in the organs (because of more cortisol receptors and more blood flow) which is considerably more life threatening than fat deposits on our hips, waist, and inner thighs. Fat deposits on our organs because of cortisol will compromise the work that they can do and cut our lives shorter quicker than the fat on our hips.

People are not slowing down to rest like they used to. With all the technology and the to-do lists, we are stressed out more than ever. Put on top of that the highly processed convenient foods for the masses with all the chemicals and preservatives and you have a severe problem.

PREVENTING BLOOD ACIDITY

When given the correct internal environment, the human body is an incredible self-healing machine. The more acidic that our blood becomes, the less ability our body has to fight off infection, disease, and premature aging.

It is not very difficult to lower acidity of the blood. The following are some areas to focus on if you find that your blood ph is below 7.36.

THE THREE AREAS OF FOCUS TO ALKALIZE AND ENERGIZE

#1- EMOTIONS; anger, fear, overwhelm, frustration, inadequacy, worry, and low self-esteem are all acidic emotions. Negative emotion equals **stress**. Out of the three areas of focus to alkalize and energize, your emotions have the most impact on your health. It is imperative that you become aware

of your emotions and their importance on your health, fitness, fat loss, happiness, and ability to age gracefully. If you get one thing out of this entire book this is the one thing that can help you change your life the fastest. You can get healthier, leaner, more balanced, more successful in all the areas of your life, you can live longer and stronger if you lessen your stress and get in touch with your emotions and what they are trying to tell you.

To be at **EASE** leads to being healthy, to be chronically stressed leads to **DISEASE**.

On the surface it looks like stress is the villain. It shortens our lives, right? I think that the definition of “**Stress is knowing what is right and doing what is wrong, or not doing anything**”

You don't believe me? OK, fine, **take out a pen right now and right down the top three things that are causing you stress.** Do it right now!

If you are like most people who do this exercise there probably is the name of a person at the top of the list. Maybe it is a spouse, a friend, or a co-worker who is causing you the

stress. The point is that you know exactly what you need to do with that relationship to get rid of the stress.

You ought to end the relationship. Or you should tell them something like I love you. Or you should reprimand them. Or say I am sorry. Or you need to communicate your true feelings to them, etc.

Realizing that the person or the thing that you believed was causing you the stress is not the culprit is the point here. The stress comes in when you do not do what you know that you need to do. So the person or the thing is not the culprit, it is the lack of action that is the culprit. So really the cause of stress is you. You are the cause and the solution to your stress problems.

Go through your top three stresses list one by one and do what you know you need to do. This exercise may be the most difficult thing that you have ever done. It is not **easy**. But as hard as it is, it is way easier than carrying the stress around. The truth will set you free!

So really stress is not the culprit, it's the not doing anything about it that kills you. **Negative emotions and**

stress can be good things. They are signals that something needs attention. We need to listen to the message that they are telling us and act. Suppressing the feelings and not dealing with the crux of a negative emotion or stress is a big mistake. This is the number one way to lessen the quality of your life and shorten the length of it. This one simple act of looking at stress and negative emotions as a positive may give you the energy to act.

We will un-cover many more mental strategies in “The Mental Approach to a FATLOSS LIFESTYLE” in more detail in chapter seven.

#2-NUTRITION; It is imperative that we eliminate highly processed convenient foods that are full of chemicals and preservatives, and replace them with foods that are fresh and organic. If it doesn't spoil, don't eat it. We need to eat more food that is live and has energy.

Every living thing and most foods have an electrical energy that is measurable. The healthier a person is, the higher their electrical energy. The lower a person's energy, the more unhealthy they are until they are dead and they have zero energy.

If we are constantly eating foods that don't give energy back, we will become toxic and acidic. Some foods that have electrical energy include: most veggies, lemons, cucumbers, most grasses (wheat and barley), and almonds. A trick to make the almonds even more alkaline and higher in energy is to soak in a bowl of water overnight before eating. We will cover your healthy fatloss lifestyle nutrition in detail in chapter

“LET YOUR MEDICINE BE YOUR FOOD AND YOUR
FOOD BE YOUR MEDICINE”

Hippocrates (460-377 B.C.), the Father of Medicine

#3-HEALTHY LIFESTYLE CHOICES; Get plenty of rest, the right amount of exercise (cardiovascular and resistance), and keep acidic addictions such as coffee, tobacco and alcohol to a bare minimum.

A healthy fatloss lifestyle starts with a good nights rest. Ideally, a person should sleep during the hours of darkness and wake up naturally when the sun rises. There have been many studies completed that prove that hours of sleep before

midnight are over twice as valuable as after, due to the synchronizing of the meridians of the body and various organ systems. It has something to do with the gravitational pull of the earth.

Try to sleep in complete darkness. Even light from an alarm clock or night light will alter melatonin levels and lessen quality of sleep. DO NOT SLEEP IN FRONT OF A TELEVISION!

**EARLY TO BED, EARLY TO RISE, MAKES A MAN
HEALTHY, WEALTHY AND WISE!**

Ben Franklin

Below are a few healthy fatloss lifestyle advantages to an early to bed, early to rise schedule.

- time to do cardiovascular exercise before first meal (best for fat burning)
- get started on small meals often earlier (breakfast like a king, lunch like a prince, supper like a pauper)
- quality quiet or “you time”
- less stressful because you do not feel rushed all day

My personal alkalizing supplement and nutrition routine;

When I get up in the morning, I take a serving of L-glutamine and a serving of green drink (highly alkaline). The green drink is usually a mixture of different kinds of wheat and barley grasses, and I take it with room cold water as it will be absorbed quicker. L-glutamine (is an amino acid which are building blocks of protein) is a calorie free way to help fight catabolism, which is the process of your body using its own muscle for energy (not good).

Then, I suck on an organic lemon slice (highly alkaline) as I drive to my club. I do some interval cardio, stretching, prayer/meditation, goal setting/incantations, and some visualization before my first client at 6:30 a.m.

One hour after cardio session, I have my first meal, a 5-ounce organic breast and a non starchy source of carb like veggies, green-beans, salad, or an apple. Throughout the day I will eat every three hours with protein and carbs combined together using more starchy carbs on resistance training days. My 6:00 p.m. meal is almost always an organic salad with either fish or tuna. I eat lightly at dinner so I can eat a small protein snack at 8:45 p.m. Then it's lights out at 9:00 p.m.

I think that consuming chicken, fish and red meat is OK. It can allow us to build muscle and take advantage of an intense athletic/fitness routine, while still allowing us to keep the internal system alkaline and balanced. But the key is organic and high quality. Any food that is prepped and prepared for the masses is going to be lower quality, with low electrical energy, and will create a toxic environment in our bodies.

The bottom line is that when the ph of our blood is correct, we increase our odds at becoming leaner, healthier and more vibrant. Get some ph strips and check once per month. If you become slightly acidic, make some adjustments.

Not until you get your acid alkaline balance around 7.3 are you truly going to reap the true benefits of a healthy “FATLOSS LIFESTYLE”. To get a specific plan of attack on cardiovascular training read chapter 3 (page 70); for resistance training read chapter 4 (page 88), for goal setting read chapter 2 (page 48), and for social support read chapter 7 (page 204).

No matter what your age you have the ability to feel young, strong, lean, and energetic. The “FATLOSS LIFESTYLE” has proven to work for hundreds of 40, 50, 60, and 70 year old clients. If you are ready to make some

changes, these systems will melt fat off faster and easier than ever before. Many of our graduates have the smallest waistline of their adult lives in only 12 weeks. Congrats on your commitment to a new you. You are only 84 days away.