

How to
Eat More
and
Lose
Weight
*and Never
Diet Again!*

by Dr. James P. Cima
with Elizabeth G. Hirst, Ed. D.

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Introduction



Is it really possible to eat more and lose weight? It doesn't make sense that something this good could be true. But it is! I know people 20 to 60 pounds overweight (and more) who have been on so many fad diets that even when they try to restrict calories to 1200 or fewer per day, they still gain weight. Yet when I put them on a proper nutritional and exercise program that increases their calories, they gain muscle and reduce their fat and water weight, lose inches, change their physique, and increase their health and energy beyond their wildest dreams.

If you have been on numerous fad diets and continuously had difficulty with weight and appearance, you need such a program. What you may not realize is that the years spent on fad diets, restricted calories, processed foods and improper health programs have taken a terrible toll on your body. All you have to do to feel the heartbreak of such archaic and damaging dietary practices is stand naked in front of a mirror and see the effects on your body. Face it. You have unknowingly been harming your body through fad diets and serial semi-starvation. There's no blame, because you simply did not know. You are now faced with a serious situation which, if not changed, will get worse.

**Diets don't work —
sound nutrition does.**

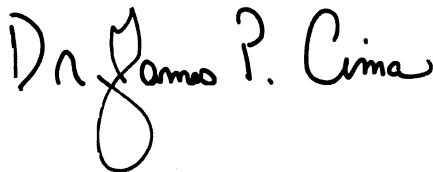
The definition of insanity is continuing to do the same thing over and over again and expecting different results. Isn't that what you're doing with fad diets? Oh sure the packaging and marketing may be different, but the principles are the same.

It's possible that your knowledge of nutrition might be based on faulty principles, misinformation and misinterpretation. You may know a lot, but you are very likely confused by the barrage of conflicting information confronting you every day.

My personal goal for this book is to teach you the secret of metabolic stimulation, which increases the calorie burning capacity of your body. This can only be done using proper principles and techniques. You are now faced with a personal choice. Continue to starve yourself, eat the wrong kinds of food, damage your health, and reduce the quality of your life. Or you can choose to become "sane." The choice is yours.

**Learn the Secrets
of Metabolic
Stimulation**

Sincerely,

A handwritten signature in black ink that reads "Dr. James P. Cima". The signature is written in a cursive, flowing style.

James P. Cima, D.C.

METABOLISM

In order to eat more and lose weight, you must stimulate your metabolism. You've heard about this before, but just how do you do it? Just what is metabolism?

Before we speak about metabolism let's explore how you may have damaged yours.

We'll use a story about Mary as an example. Mary, like most youngsters, was active and an average child. As she reached her teenage years, she became body-conscious and since "thin was in," as impossible as it seems, she had to live up to that image. Graduation from high school was around the corner and the dress she wanted to wear required her to lose 10 of her 125 pounds. A few days of dieting and starvation did the trick. What she didn't realize is that the 10 pounds she lost were a combination of

- Water weight
- Fat weight
- Muscle weight

Let's assume that Mary's weight loss was five pounds of water, three pounds of fat (which by the way would be impossible) and two pounds of muscle. What Mary did not know was that muscle burns calories; fat stores them.

One pound of muscle burns 50-100 calories per day.

One pound of fat = 3,500 stored calories.

**Metabolism
is the energy,
measured in calories,
necessary to sustain
all bodily processes
that maintain life**

One pound of muscle occupies less physical space than one pound of fat. You have probably heard that “muscle weighs more than fat.” One pound of muscle equals one pound of fat except that muscle is more dense than fat, and therefore occupies less space — which is how people lose inches and look thinner but weigh the same.

Back to Mary. After graduation Mary goes back to her old eating habits and not only gains back the 10 pounds she lost but, since she lost muscle (which decreased her calorie burning capacity), she also slows down her metabolism and gains weight (fat), and now weighs 130 pounds.

Mary goes to college and between study and school has little time for physical activity — over the next one to two years she puts on an additional five pounds.

Mary meets Billy. Now she starts to experiment with the various low-calorie, fad, shake-and-bake formulas in the marketplace. Exercise is “in” so exhaustive aerobic sessions are in order, but they don’t yield the response wanted.

The combination of low-calorie diets and exercise does, over time, get Mary down 15 pounds to her original prom weight. It was tough but she did it. It took longer than expected but it was worth it.

What Mary didn’t realize was that five of those 15 pounds were water weight, five were fat, and five were muscle due to the damaging effects of low calorie intake and the accelerating effect of the exercise breaking muscle down.

Billy and Mary are an item. Since Mary is comfortable, she slacks off on her diet and, with all the time she spends with Billy, has no time to exercise.

Graduation from college is near and Billy proposes marriage.

Mary gets on the scale and can't believe her eyes — 137 to 138 pounds depending on how she stands. Now she needs to lose 22 pounds by her wedding which is only six months away. She starts dieting. The first 10 pounds are a cinch. The next 10 are a killer and she just barely makes it.

The honeymoon — the cruise — with all that food, who could refuse? Back home from the cruise, Mary gets on the scale and can't believe that 10 pounds are back already. Not only that, but the last bout with the bulge created additional muscle loss. With a five-to-ten pound weight fluctuation since high school, the calorie burning capacity of her body has decreased by 1,000 calories a day.

Mary finds out that she is expecting and is now confused about how much she really weighs. She hopes she'll have a 15-pound, 7-ounce baby so she'll have that much less weight to lose after the birth.

The baby arrives and weighs five pounds, three ounces. Two weeks later Mary tips the scale at 150.

With the stress and strain of raising a child and marriage, Mary has a right to be suffering from postpartum blues. So, she eats.

A year or two later, through continual fad diets and occasional exhaustive aerobic sessions, Mary only compounds her weight problem.

Mary now weighs 160-170 pounds and is devastated. She then learns baby number two is on the way. The sad truth is that all this additional weight is fat and water, compounded by muscle loss. Mary, like many of you, created this problem by dieting and sporadic exercise.

Learn why low-calorie, fad, high-carbohydrate, low-fat diets

and exhaustive, ineffective exercise programs cause you to gain weight. Learn what you can do to enhance your metabolism, not destroy it like Mary and so many others have done. If you don't act now, your problem will only worsen.

If you want the body you have only dreamed about, then don't only read this book many times, but study the principles as well. This is the only Total Package to weight loss. So, get the most out of it that you can!

Now back to metabolism.

Metabolism is the energy, measured in calories, necessary to sustain all bodily processes that maintain life.

Each day your body requires a certain number of calories from proteins, carbohydrates and fats, plus water, oxygen, vitamins, minerals and other intrinsic substances to run its functions. Your intake of food and supplements must meet your body's demands. If they are not met, your body will pull from its vital reserve, which depletes rather quickly. Then it begins to cannibalize itself (feed off itself), damaging organs, glands, muscles, nerves and bones. Most people don't understand what their low-calorie diets do to their bodies. They are literally killing themselves and don't even realize it.

Knowing the proper amounts and types of food, supplements, and water to put into your body is an absolute necessity for good health. You want to give your body exactly what it needs to maintain high and effective metabolism. The information in this book will help you with that.

Phases of Metabolism

The body is constantly breaking down old cells and chemicals and replacing them with new ones. The building up phase is called anabolism; the breaking down phase is called catabolism. You can actually create the proper anabolic and catabolic stimulation needed to speed up your metabolism, allowing you to eat more and still lose weight. Let me repeat this. Through an exact and proper combination of exercise and nutrition, you will create the body you have always wanted.

**The phases of
metabolism are
twofold: Anabolic
and Catabolic**

You could say that metabolism is affected by a chemical component (nutrition), a physical component (exercise), and a mental component (knowing what to do and how to do it).

By manipulating these components, you can also manipulate anabolism and catabolism. When that happens, the magic begins.

So what are the benefits of mastering the secrets of metabolic stimulation? Very specifically, you will be able to:

- eat more
- lose weight
- achieve optimum health
- have a beautiful and functional body

This book is divided into three sections:

- I. Mental
- II. Chemical
- III. Physical

It was designed to help you begin wherever you prefer. You can work on the areas where you feel there is the greatest need. However, I believe you will reap the greatest benefits if you begin with the mental section (emotional), followed by the nutritional section (chemical), then the physical section (exercise and care of the human frame).

What is the one thing you must do in order to eat more and lose weight?
Stimulate your metabolism!

**Stimulate
Your
Metabolism!**

PART 1

Conditioning the Mind

*The Mental Side of Health
and Weight Loss*

**The Number One Reason
Most People
Have a Weight Problem**

WHERE THE MIND GOES, THE BODY WILL FOLLOW!

WHY MOST PEOPLE NEVER SUCCEED

It never ceases to amaze me that, although people may know what they should do, they frequently either don't do it or they subconsciously sabotage themselves. This is particularly true when it comes to weight loss. Let's face it, people love to eat and they will use any excuse to do it. Eating is a pleasurable experience for most of us, especially when the food in front of us is our favorite dish.

Most people know the benefits of exercise and still don't exercise. Exercise, for many people, is an uncomfortable experience, especially when the exercise they are asked to do is something they hate or find boring. So, people either love to eat or hate to exercise — or both — which makes weight loss and good health difficult to achieve.

This is a self-help book designed to teach you how to eat and exercise. If that were all there was to achieving weight loss and good health, most people would be able to stick with it. However, there is more to it. How then do you go about achieving success when you know what you should do but still don't do it? The key is to condition your mind — that is the missing ingredient.

We spend time conditioning our bodies, but we don't spend time conditioning our minds. Yet we all need mental conditioning on a daily basis. How then do you condition your mind? The first thing you must realize is that your mind really wants to succeed, so you must condition your mind for success.

WE ALL WANT SUCCESS

Whether it is family, fame, fortune or weight loss and having the body you've always dreamed of — we all want success. After all, life is actually only a temporary victory over our eventual demise. That victory is measured by our success in achieving a long-term healthy life. True success leads to an emotional state of happiness, desire, and eagerness to push on and an ability to reach new heights only dreamed about before. Success is to live life to its fullest and to plan for the future as if you would live forever.

**To achieve success,
condition your mind,
as well as your body.**

We all want to feel and look great, to be excited about life, to be loved by all, and to get along with everyone. Few of us ever achieve such levels in life. There are many reasons why, and I hope you will have a true perspective transformation after reading this section. I will share with you some specifics for success that you will want to master — action steps to take on your successful journey through weight loss.

**True success leads
to health, happiness
and harmony.**

In this book, you will have everything you need to propel you in the right direction.

SUCCESS VS. STRESS

Over time, you experience varying levels of success and stress in all aspects of your life. From moment to moment, the shift may be for better or worse. Life seldom remains the same. If you are succeeding in certain (or all) areas of your life, you are, to

that degree, happy and excited about life. If you are not experiencing success in your life, you are under enormous stress. Over time, this stress will lead to anger, apathy, and an unwillingness to conquer that which will lead to your demise. The thrill is gone, so to speak, and life has no meaning, especially if you are stressed over your weight and eating habits.

A major objective in life is to balance your stresses or failures with your successes or wins. Failure in itself is a learning tool, as long as you learn why you failed. By learning from mistakes and overcoming burdens, you become a better, more humble person. Some of my greatest triumphs have come after major failures or big mistakes. Use failure as a tool to help you rather than as a hammer to pound yourself into the ground. This book was specifically written to help you find out why you failed.

Through years of research, I have read numerous books, listened to hours of tapes and videos, and attended informative lectures and seminars. I have also lectured countless times to people from all walks of life on these subjects. After research and study of virtually everything available in this area, I compiled much of the information into this book, orchestrated to bring perfect harmony into your life and success with weight loss.

STRESS:
The inability to solve
problems

CHANGING STRESS INTO SUCCESS

If I were to ask you to define stress, you might say something like this. “Stress is the product of my inability to solve problems in my life.” On the other hand, you would likely agree that success is the ability to solve problems in your life. Therefore, solving problems, and the speed at which this is accomplished, indicates success over failure.

PROBLEMS: THE SPICE OF LIFE

We all like problems we can solve. We all dislike problems we cannot solve. Therefore, if you could improve your problem solving skills, problems would become an enjoyable challenge. If you could solve your weight-loss problem, life would be fun!

Problem solving skills are what you must develop. This leads to success, happiness, and harmony. Success leads to self-confidence, and self-confidence is the liberating variable. So who needs problems? You do! Life would be boring without problems. You wouldn't be able to enjoy life as much if it were always good. In fact, one reason your Creator gave you a brain capable of thought and imagination was so you

SUCCESS:

**The ability to solve
life's problems.**

**“Hos successus alit:
possunt, quia posse
videntur.”**

**“These success
encourages:
they can
because they think
they can.”
— Virgil**

could solve problems. What a waste of brain power it would be if there were no problems to solve.

So to be successful at losing weight, you must be able to solve the problems surrounding

- eating properly
- exercising properly
- doing both

Doing so will allow you to burn fat, increase muscle, lose weight and change your body composition, thus meeting your desires and goals.

ANATOMY OF A CHALLENGE: SOLVING PROBLEMS

You will discover that some problems can be solved in seconds, but it takes time for a solution to manifest itself into the physical universe.

There are three keys to solving a problem.

1. Be *aware* that a problem exists and that it has a root cause.
2. *Accept* or share the responsibility for your problem.
3. *Act* to solve the problem.

For example, say you have a weight problem. It's rather obvious that you are aware that you have a weight problem. The cause of the problem is that you either eat too much or you exercise too little.

Let's say you don't exercise. You are now aware of your cause and have arrived at key two: acceptance. You

**There really is no
problem you can't
solve if you put your
mind to it.**

now realize that you must accept responsibility and take certain steps or actions that will increase your exercise. Sound easy? Combined with the three keys to problem solving are a number of steps under each key that must be carried out to create the best environment for solving your problem. I want your awareness, acceptance and action to be focused and tolerant so that you follow through to a solution.

Scientists say that we use only 5 to 10 percent of our intelligence. What if we could tap into the other 90 to 95 percent? Wouldn't that make us "mental giants"? You can do certain things that will allow you to tap into your intelligence. Let's start with how to increase your awareness.

**The anatomy of
solving a problem:**

- 1. Awareness**
- 2. Acceptance**
- 3. Action**

STEP 1: AWARENESS: THE CAUSE

The first key to solving any problem is to be aware that you are the “cause” of your problem. You must get this point emphatically; otherwise you will not solve the problem. Let me give you an example. You’re aware that you are overweight, but what you say about why you are overweight puts you either at cause or effect. For example, if you say it’s not your fault you’re fat because it’s in your genes, or you have too many fat cells, or you have a slow metabolism, then you are at effect and cannot do anything about your problem. These are your excuses and justifications that allow you to be fat because it’s not your fault.

Listen! It is your fault you’re fat or overweight. Until you get that point, you’re not going to get anywhere except fatter. You must be aware that you are the cause of your problems and how your life goes. If you allow some thing or some person to control your life, you are out of control, a victim of circumstance, and an unhappy camper.

**Take responsibility
for yourself.**

How, then, do you become aware that you are the cause? If you look up the definition of aware, you will find words like conscious, awake, purposeful, and intentional. Intentional is an interesting definition to study, because it’s your intention that’s going to dictate your outcome. If you intend not to be the cause, then you will fail to achieve success and will remain overweight.

**Intention
dictates outcome.**

Improving Awareness: Your Purpose

You *must* have a purpose in life. A purpose is the reason you do what you do. We ask children, “What do you want to be when you grow up?” The *be* is your purpose. If you have no real purpose, you do things for the wrong reasons, since all you do stems from your purpose. The definition of purpose is the result or effect that is intended or desired. Your purpose is your result. If you don’t like your result (being fat), then change your purpose.

For example, some people go into business to make a lot of money. That’s not a good purpose. Of course business should be profitable, but your purpose upon entering business should be to provide the best service or product that is cost effective and will improve, in some way, the life of your customer.

People often lose weight for the wrong purpose, perhaps to look good for a wedding, graduation, or vacation. What’s bad about such a purpose is that once the occasion is over, so is the purpose, and they go back to eating poorly and doing what they did before. A better purpose, you might say, would be to *lose fat and improve overall physique, health, success, self-image and self-esteem on a continual basis while eating as much healthy food as possible to be a better person for myself and for all those around me.*



**Purpose
brings focus.**

A purpose focuses your power of thought in much the same way a magnifying glass focuses light so that it becomes strong enough to light a fire. Without a purpose, thoughts are scattered like light through a prism. I was once told, and have found it to be true, that the only thing you can really control about yourself

is your thoughts. A strong purpose gives you more control over your thoughts. Your purpose must be as pristine and pure as the driven snow. For it to be effective, your purpose must possess the following qualities.

1. Serve others first and yourself second.
2. Create a burning desire which becomes a driving or propelling force in your life. This is what you want to be. This leads to perseverance. You must see yourself being your purpose for existence. If your purpose is to be healthy, you must visualize (see) and emotionalize (feel) good health.
3. Be stated in present tense — “I am strong, I am successful, I am healthy, I am thin.”
4. Be believed in by you. You must believe in your ability to carry out your purpose: To have the body you’ve always wanted.
5. Be in writing and read daily as you visualize and emotionalize yourself achieving it. See yourself with the body you’ve always wanted and feel the vibrant health you will enjoy.

Life’s a Journey

Your purpose is the point at which you start your journey, and it will keep you on course the way a compass keeps a ship on course. So the first step in finding the true cause of a problem is to have purpose.

Look at any great actor, athlete, or professional. They started with a burning desire to excel. That desire stemmed from their purpose. It is what got them out of bed in the morning and

made them work 12 to 16 hours a day, 7 days a week to achieve success. They worked through rejection and abuse because they had faith in themselves and their purpose. They knew that they would make it. So, the first step toward increasing awareness is to focus your thoughts through a purpose. If something is preventing you from achieving your goal — look first to your purpose.

Here's an example of a purpose statement. *I have achieved excellent health and a perfect physique through proper exercise, nutrition, and the right mental attitude. I can help as many people as possible to do the same.* Can you see that this is a better purpose statement than *I have to lose 10 pounds for my niece's wedding?*

**This should be
your purpose.**

Goals

Once you have a purpose, you need a goal (a destination). If you were planning a trip or journey by car, the first thing you would probably do is get a map and chart a course from where you are to where you want to go. Planning your journey through life is not much different. You need to know who you are and where you want to be. You wouldn't hop in a car and drive in just any direction in hopes of finding your destination. It might take you days, weeks, months or even years of travel to reach a destination that could have only taken you one day. Is this how you want to travel through life — going in 19 different directions, scattered, frantic and not reaching your destination?

**Set goals to
help reach
your destination.**

Do you feel like a hamster on a wheel? Well, if you take the time to plot the journey of your life, you will achieve much more with the same or even less effort than before.

So, your purpose is your starting point, and your goal is your destination. Please don't confuse your destination with your purpose, as some do. Your purpose is your pursuit in life and should not change, but your goals often change. You will find yourself achieving goals and setting new ones, but your purpose, if it is real, will remain the same.

Tips on Setting Goals

To be achievable, your goals must possess the following criteria:

1. They must be in written form, stated in exact positive terms with as much detail as necessary for clarity, and with a realistic time frame. For example: I lost 10 pounds of body fat and increased my metabolism by 20 percent by December 15.

2. You must visualize and emotionalize your goals and recite them daily.

You not only have to think as if you have already achieved your goals, you must see as well as feel what it is like to have achieved your goals. At least once a day, preferably in the morning upon waking or maybe just prior to bedtime, think about your purpose and goals. Read them daily. See your achievement and feel the success. Doing this is extremely important because your mind cannot tell the difference between what you imagine and what is real.

For example, did you ever think you did something and swear you did, only to find you did not do it? You only imagined you

did. Your purpose and goals will work in the same way. If you imagine you already are the person you want to be or have reached your goals, your mind will make you act, talk, and do things as if you already have achieved your purpose and reached your goals. Since about the only thing you really can control is your thoughts, it is necessary to create the right thought process for success especially with weight loss.

By having a purpose (a sense of being, your focus) and goals (a sense of direction, steps on your journey through life), thinking and feeling create the proper environment to achieve these goals at a lightning pace. This pace is wonderful. It creates excitement and certainty about your success because now you know (not just think or hope) that you *will* achieve your goals, thereby making your journey an enjoyable part of your life. Achieved goals serve as milestones to provide satisfaction throughout a journey well traveled.

Enhancing Your Emotional State

Once you have your purpose and goals, you must enhance your emotional state. Emotions are the filters of thought and action. If you look up the definition of awareness, you will find the following: Awareness, the ability to accurately communicate and understand those people, places, and things that surround and influence a person's actions. An acute sense of awareness

**This is worth
repeating!**

**Your mind cannot
tell the difference
between what
really happens and
what you imagine.**

increases your ability to control events, ensuring a better outcome. However, your emotional state can alter your awareness faster than a speeding bullet. Just as you must emotionalize your purpose and goals, you must condition your emotional state of daily living. Most people are emotional eaters; that is, they overeat when they are stressed.

Thoughts can be disturbed or distorted by various emotional states (feelings) such as loneliness, anger, apathy, resentment and fear. Emotional pain can affect, distort, or alter your thought processes. The way you think or view things can change your actions (behavior) and, consequently, the outcome, leading to destructive consequences like bingeing and overeating. So you can have a great purpose and great goals, but if you are always in an emotional state of fear or doubt, you will not achieve success.

For example, wouldn't your anger toward, or fear of, someone influence your reaction to that person? Would you rather ride with an angry person or a happy one? Negative emotional states drive your thought process off track and into destruction and, eventually, to your demise. Positive emotional states such as love, caring, happiness, confidence, enthusiasm, and excitement create better thought patterns, allowing you to make better decisions and take more objective action toward your purpose and goals. This objective action leads to success, especially with weight loss.

These days, we are inundated by situations that scream for our emotional attention. You might be in love with someone, yet be constantly angered by what he or she views as your gender's shortcomings. A love-hate relationship such as this is volatile and can lead to deadly outcomes. You may become emotionally charged by problems with your job or your boss; you may be dis-

tressed by your weight; or you may have business, child, or money problems that can destroy your emotional state, leading to a distortion of reality. You fail to see things as they really are, which causes you to take wrong actions through poor decisions. Now you may realize why you have the body you have.

Controlling Your Emotional State

How, then, do you put oneself into the optimum emotional state? What you want to do, what you must do, is gain control of your emotions instead of letting your emotions control you. Remember, about the only thing you can really control is your thoughts! To control your emotional states, you must understand the following principles.

Principle 1. All emotional states serve a purpose.

It doesn't matter whether the emotion is negative or positive, it still serves a purpose. For example, there are times when emotions are the proper reaction to existing circumstances. After the death of a loved one, it is natural to feel fear, grief, anger, apathy, anxiety, or helplessness. Conversely, an emotional reaction such as extreme anger over a minor incident may not fit the circumstance. Whether the emotion is positive or negative, if it is inappropriate to the circumstance, you are having a problem with your emotional states. If you constantly live in an emotional state of fear, anger, grief, or anxiety over weight loss, you're in deep trouble and need to change your emotional states.

It all comes down to this. If you cannot control your emotional states, then no matter how "good" you think, negative emotional states will distort your thoughts and you will deviate from your program. It's like being drugged. You can cause your mind to be drugged

mentally (negative emotional states) as well as chemically. You must learn to control your emotional thoughts if you are to survive.

<p>If you don't develop yourself through conditioning emotional states of</p> <ul style="list-style-type: none">• happiness• confidence• deep love• patience• empathy• enthusiasm• success• understanding• humbleness• serving others	<p>You are doomed to the hell of living in the present states of</p> <ul style="list-style-type: none">• anger• fear or terror• grief• apathy <p>and will never lose weight.</p>
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It doesn't matter how intelligent you are. If you're in an emotional state of anger, you will never truly succeed. Look at Hitler, an angry man if ever there was one. The man was also brilliant, but because of his anger, he became evil and destructive. Being brilliant and angry just makes one more destructive. In fact, the more brilliant, the more creative destruction is possible.

Now for the other principles that you must follow to improve your emotional states.

Principle 2. It's your decision.

Just ask yourself ...

- Who determines what is or isn't stressful in a given situation or circumstance?
- Who determines what is good or bad in a given situation or circumstance?

- Who determines whether you are happy or sad in a given situation or circumstance?
- Who determines whether you are having fun in any given situation or circumstance?

You do! It is your decision whether you want to be happy or sad about your life. “If it is to be, it’s up to me.” So decide right now that weight loss and eating habits start with conditioning of the mind.

Let me tell you a story about two brothers: one, super successful; the other, a bum. When the bum was asked why he was a bum, he replied, “My father was an alcoholic, what do you expect?” When the other brother was asked what made him so successful, his answer was, “My father was an alcoholic, what do you expect?”

I think it was Abe Lincoln who said that a man can be as happy as he makes up his mind to be. So remember, it is your choice. You decide what your reaction will be.

I remember when my dad passed away, I was devastated, stunned; it was as if a freight train had hit me. For six or seven months following his death, I was frightened by life. What I did not know at the time was that this emotional state meant something. This was the first member of my immediate family to die, and I took the pain and reversed the focus. I came to realize that, because of my father’s death, my relationship with my family, especially my son, had assumed greater importance to me. I was now the father and would never take that relationship for granted. We tend to take life and people for granted; then death strikes and makes us realize the value of our relationships. Becoming more humble about the

fragility of life made life much more important to me.

Please realize that it does take time to gain control over your emotions, so stick with it.

Principle 3. Exercise your mind.

To condition your mind, you must exercise it every day. Now you know that all emotions serve a purpose and that you can control your emotions by your focus on them, thus creating a positive state by focusing on the good or a negative state by focusing on the bad.

How do you become adept at putting yourself into positive states of thought? Following are methods that I and millions of others have used with great success — exercise, nutrition, rest, smiling and positive questioning.

1. *Exercise.* If I had to choose one thing to do to enhance my emotional state, it would be exercise. There are many reasons why.

Your emotional state neurologically affects your muscles, which in turn changes your body posture, gestures, and facial expressions. If you become chronic in a negative emotional state, your posture will also become chronic. This is created by the constant bombardment of neurological impulses, causing certain muscles to contract and resulting in muscular tension and distortion specific for that emotional state.

So, emotional stress is transformed into muscular tension, which creates a certain body or facial distortion for that emotion. This distortion of your body structure reinforces this emotional state. In other words, things could be great, but because your body is fixed in this posture/position you feel angry without knowing why. Did this ever happen to you?

This is why stretching, weight training, and chiropractic care are so important. They release the structural faults and fixations, thereby creating the proper environment for emotional change. Some people have difficulty changing their emotional state because their structural state is fixed in the negative emotion.

Exercise sets the stage and the environment to create change in your emotional states.

- Exercise increases oxygen content to the brain, and the release of beta endorphins creates a natural high or state of exhilaration.
- Exercise improves your self-image by making aesthetic changes in your physical body. When you are in shape, you are proud of your body. When you are overweight or out of shape you become insecure about your looks and capabilities, thus creating states of fear, grief, apathy, frustration, and ill health.
- Exercise detoxifies the body and increases oxygen to the central nervous system. Although your brain weighs very little compared to the weight of your body, your brain consumes more oxygen than your body consumes. Without oxygen, brain damage develops in minutes and your mental facilities dwindle away.

You possess two types of power: physical and mental. Each stimulates the other geometrically, based on the previous principles.

So exercise!!

2. *Nutrition.* As stated in the section of this book on nutrition, junk foods may act as drugs do on the central nervous system, causing fatigue, depression, fear, anger, or apathy. For example, low blood sugar can cause you to be very irritable or depressed. Careful attention to proper nutrition is essential to keeping a positive mental state.

3. *Rest.* Getting enough sleep, a deep restful sleep, is important. You must pass the different levels of sleep. Alpha (REM) gives your mind and body the proper recuperation needed to repair itself, both mentally and physically. The quality of sleep is just as important as the quantity. Incidentally, exercise will relax you, allowing a more restful sleep.

4. *Smile.* “When you’re smiling the whole world smiles with you,” is how the song goes. As long as I can remember, people have asked me why I smile all the time. In fact, people can’t get over how happy I am. My answer is that if I stop smiling I’ll find something to be unhappy about. It is difficult to remain smiling and be unhappy at the same time. When you smile, it shows contentment and happiness with those things and people around you. How then do you go about developing this trait? This is a tough one!

- Try smiling!! It’s so easy to do and a lot of fun. Just stand in front of a mirror and smile. Remember smiling requires fewer muscles than frowning. Or,

**Any fool can smile
when things go their
way — but it takes
a genius to exude
the same confidence
and excitement when
things don’t.
— Dr. James Cima**

- Think of a time when you were happy and having a great time. Remember how you felt when you saw something that made you happy. By now you're smiling, whether you know it or not. Or,
- Do things during your spare time that make you happy, whether it's reading a book, watching comedy, going shopping or doing the dishes. Be happy. Activities you enjoy make you happy. This is why a purpose is so important, because you are choosing what it is you want to be or do, allowing you to enjoy the process. Losing fat, given the right purpose, is enjoyable throughout the process, not just when the end result is achieved. Most people don't like to diet, it's not enjoyable. My way is.

5. *Positive questioning.* Anthony Robbins, the world-renown motivational speaker, taught me the power of asking questions. (I recommend that you read his books, attend his seminars, and/or view his videos.) Asking the right questions allows your mind to come up with the right answers. Negative questions like, "Why am I so stupid/short/tall/fat/weak/poor?" create negative answers.

A question such as, "Why can't I lose weight?" can be extremely detrimental to your outcome. Remember that your mind continuously asks itself questions throughout the day and then searches its files for the answers. The questions you ask had better be the right ones.

How, then, do you go about posing the right questions? My recommendation is that you take a problem (weight, money, family or work) and state, in a positive way, questions relating to that problem. For example, instead of "Why am I so fat?" ask, "What new ways can I discover to achieve fat reduction

and enjoy the process?” Additional questions might include, “When I achieve my goals, why will this make me happy, excited, powerful, energetic or successful?”

Following is a list of questions designed to change your mental focus, since how and what you focus on creates the ultimate and necessary answers for your success. As you change your focus and create the ultimate answers, your beliefs about weight loss will change. Your answers, which are ideas, will grow into opinions, mature into beliefs, and become wisdom when you're truly convinced by them.

- *How do I know I will be successful at weight loss?*
- *Why do I feel confident I will achieve the body that I want?*
- *What are my body characteristics that make me proud of my body?*
- *What can I do today to improve my health?*
- *What can I learn today about weight loss?*
- *What can I do today to improve weight loss?*
- *What can I do to be more effective at weight loss?*

“My PURPOSE is to create a lean and healthy physique. That requires food that I love to eat and exercise that I love to do.

My GOAL is to continually improve my health, body function and composition as I eat healthy foods and use proper exercise techniques. I am _____ pounds. (desired weight) at 15% body fat.”

I'm sure by now you get the picture. Please note that you can make up any questions you want for all aspects of your life. These questions cause your focus to shift as you look for the right answers.

Questions not only cause your mind to shift its focus from past experiences or memories, but they also act as homing devices locking in the world around you and making you see things that relate to the answers. You now gain additional knowledge while creating a great chance for improving your outcome which is to have the body you always wanted.

Review: To Increase Awareness, Remember...

1. You must have a purpose, a desire to be something which must, above all:
 - serve others
 - create a strong desire or driving force in your life
 - be stated in the present
 - be totally believed in by you, as you believe in yourself and your ability to carry out and live your purpose
 - be written and read daily while visualizing and emotionalizing.
2. You must set goals to determine whether you are making progress. When setting goals, they must be:
 - in written form
 - stated in a positive sentence
 - written in present tense, as if the goal has already been achieved
 - read daily
 - visualized and felt.

Review: To Improve Your Emotional States, Remember ...

1. All emotions serve a purpose.
2. It's your decision how to look at any situation.
3. We can change our emotional states through:
 - exercise
 - nutrition
 - rest
 - smiling
 - asking positive questions

STEP 2: ACCEPTING THE CHALLENGE

Once you are aware that you have a problem, you must accept the challenge of finding a solution. With the invention of the problem came the invention of the excuse. People use every excuse in the book from “It’s my genes” to “I just have a slow metabolism.” Cut it out! You’re fat because you are messing up. You’re poor because you’re messing up. You’re divorced because you’re messing up. You were fired because you were messing up.

Justifying or excusing what is happening doesn’t mean anything except you are not taking responsibility for your purpose and you are not doing what you really want to do. It doesn’t matter what excuse you offer. It does not justify that you are not doing what you want to do and that’s to eat more and lose weight.

Taking responsibility means that you don’t justify failure; you learn from the failure by looking at what you did to create your present circumstances. What part did you play in the outcome and how can you play a better hand, so to speak, at the next opportunity.

Remember, if you blame anyone, anything, or any circumstance, you lose control. You must accept that you cannot control anything but your thoughts, which gives you the opportunity or key to unlock this portion of the puzzle, depending on how you view the person, place, or thing. You either control or are controlled. Let me ask you a question right now: Do you want to control your weight problem or be controlled by it? The answer is obvious.

So, as a circumstance changes, you must be able to shift your thoughts to regain control over the circumstance by how you view it. For example, suppose you're overweight and you keep dieting to lose the weight, yet you keep getting fatter. Don't excuse it by telling people it is out of your control. Realize that you are doing things wrong and that if you do them right the weight will come off. Keep in mind that if you can change your circumstances by accepting responsibility and gaining control, you are a winner.

You must accept full responsibility for where you are right now. After all, it was your thoughts, decisions, and actions that got you where you are. When you are aware of a problem, you must accept full responsibility for it and offer no excuse or justification. You may fail a hundred or a thousand times. Thomas Edison failed thousands of times before he developed the electric light bulb. When asked what he would be doing had he not discovered the secret, he answered that he would be busy looking for new ways to develop the electric light bulb.

How you accept your problem is crucial and important. The following definitions and principles will help you achieve successful outcomes:

To accept a challenge gracefully, you must be:

Committed. Commitment is a promise or pledge to do something. A person who is committed knows there is no turning back. A person who is committed never says "I'll try," but rather, "I'll do it." A commitment is a promise you do not ever break. Breaking promises leads to guilt and failure.

Responsible. You cannot be committed without being responsible. Responsibility is the ability to respond or answer for your conduct and obligations. It is being trustworthy. Responsible people never blame or accuse others or justify why they cannot or did not do that which they said they would do. Whenever they fail, they look at what they did to cause the outcome. They never point accusing fingers since they know that when they blame others, they no longer have control of their problems.

Disciplined. To be responsible, you must have self-discipline. Discipline corrects, molds, strengthens, or perfects the individual. You must develop strict discipline when you accept your problem. Things will not always go your way; you will sometimes fail. You will lose some of the battles, but not the war. Losing a battle should be looked at as a success with discipline because this will mold you, make you stronger and perfect what is needed and wanted. Extremely successful people are disciplined people, for they know that it takes discipline to become a better human being. It was Nietzsche, a German philosopher, who said that what doesn't kill you will make you stronger. You had better become disciplined.

Persistent. To be disciplined, you must be persistent. Persistence is steadfast pursuit of understanding or aim. Did you ever notice how easily people give up? Whether in marriage, business, weight loss, or whatever, they give up. Giving up is the coward's way out. The difference between a winner and a loser is that the winner tried one more time. Did you know that most of the players in the Baseball Hall of Fame have failed seven out of ten times at bat? Babe Ruth was not only home run king – he was strikeout king! God's delays are not God's denials. So when you

find yourself down and out, get up and stop feeling sorry for yourself. Go in swinging.

Commitment, responsibility, discipline, and persistence allow you to accept your problem and your challenge. Remove any one of these and you fail. Maintain all of the steps in awareness and all of the steps in acceptance and you're ready to proceed to action where your creative thoughts manifest themselves into the physical universe. This is when you achieve the body you've always wanted.

Being aware of a problem and accepting the challenge may take only a few seconds. Action is the time-consuming part, since it may take days, weeks, months, years, or even decades, depending on the challenge. In the twinkle of an eye, you should have become aware of the fact that you want to lose weight or change your body and accepted the challenge. Then the work begins.

STEP 3: TAKING ACTION

“Faith without works is death.” The Bible states it. Even Jesus Christ, who created many miracles, took action in order to create a miracle.

Time – it all comes down to time. To achieve your goals you must continually do certain things every day. Even though many people know what to do, if they don’t actually commit themselves to the necessary course of action, to just do it, they will not succeed.

Now you understand the ingredients of awareness and acceptance. Your strong desire to do what you really want to do will drive you to be calculating and specific in order to accomplish efficient and effective daily action. Efficient, meaning to do things right; effective, meaning to do the right things. By now you should understand that if you still believe you can lose weight by dieting, your actions will not be effective, because dieting is not the right thing to do. If you do not follow the program I have laid out in its entirety, you will not be doing the right things, which means you are not going to be effective and you will continue to fail.

Following are steps that will allow you to use your time effectively, enabling you to accomplish more than life is throwing back at you.

- Be here now.
- Create a To Do List or Diet Diary.
- Enhance wisdom through education.

**Remember,
you can only do
things in the present.**

Be Here Now. When you examine time, you are looking at the past, present, and future. As you are looking, it is constantly changing. The future becomes the present and then the past. In fact, when you started reading this paragraph it was becoming the present and as you read it, it became the past. Life zooms by at the speed of light.

Let's say you have a weight problem to solve and life is traveling toward you at a speed of 100 miles per hour. During that hour in which life is hurtling at you, you take no action toward resolving your problem. You are losing ground at a rate of 100 miles per hour. Now, if you take action to solve your weight problem, you could be traveling back at life at great speed, making up huge ground by accepting the problem as a challenge and overcoming it.

The trick to being successful is to realize you can only be effective and efficient in present time. You can dwell on the past, but you can't change it. You can only plan for the future. But in the present, you can DO!

Plan each day in advance. Do all the things necessary to improve your situation, whether your problem is money, obesity, or work. This will allow you to concentrate on each event that takes place during that day. You cannot be at work (present) and on your vacation (future) at the same time. If you are at work, you should be thinking about your work, not daydreaming about your vacation. While you focus your attention on your vacation, time is flying by and you are losing ground toward solving your business or weight problem.

For example, when I am at my office treating patients, my focus is on treating my patients. I do not accept phone calls; I do

not speak to anyone about anything that doesn't deal with the concerns of my patients. My life during this time is dedicated to my patients.

Perhaps you too can say, "My life, at this time, is dedicated to my health or weight loss." Thinking this way puts some "umph" into what you are doing, causing you to focus clearly on the situation at hand, allowing you to savor the moment.

So, when you are working on a relationship, project or weight problem, dedicate daily time to that effort. If you have all day, that's fine. If you have only 15 minutes, that's okay too. Just DO IT!

Make a dedication list. (Or keep a Diet Diary which we'll discuss later in the nutrition section.) A dedication list is a hit list of "things to do" that you must write out the day(s) before, creating specific time lines. The list should be prioritized so that you do the most important things first. Don't jam 50 things into one small time period; don't crowd your time. Rushing is no fun. Besides, you make more mistakes and lose more time when you rush. Have fun. Organize your day the way you want it to be. Remember, if you fail to plan, you plan to fail!

This one ingredient was the key that changed my life. I was reading the book *The World's Greatest Salesman*. I remember the story about a wealthy man being asked what made him wealthy. His reply: "I put everything on a list of what I was to do. I put everything on a priority basis, and rarely, if ever, took anything off that list unless it lost divine accomplishment."

There was something about the first day I wrote my list. When I completed tasks, I received great satisfaction as I crossed them off the list. It gave me a great sense of accomplishment. As

days progressed into weeks and into months, I looked back on my accomplishments and realized how far I had come. Each small step propelled me in the direction I wanted to go.

Your days must be planned as far into the future as possible. Each day must be examined in advance for what you will accomplish to make it the best day possible. You do this because once tomorrow is here, it's too late to plan; there is nothing you can do.

There is something special about planning on a daily basis toward a purpose and a goal. The more things you accomplish as you move toward a goal, the more excited you become and the more you want to do. You do crazy things like get up on Saturday morning excited about going to work, or to exercise or whatever. Your dedication journal or diet diary would be your road map, if you were traveling, or a blueprint if you were building a building. Just as you must chart a trip to reach the right destination, you must chart your purpose toward your goal. The diet diary or dedication journal you keep will be the blueprint for your success. A multitude of day planners are available to you; get one today.

Enhance wisdom through education. Part of doing is learning. To become successful or great at anything, you must gain knowledge and understanding of the topic. You do this through education. There are two types of education:

1. Concepts
2. Application

Education through concepts is to be educated by others who already possess

**Wisdom:
The blending of
concepts and
application**

knowledge and wisdom on the topic. This is done through school, seminars, books, cassettes, videotapes, and/or computers. Concepts enrich your knowledge of the subject or problem. Reading this book is education through concepts.

Education through application is the practice of taking the concepts you have learned and applying them to your problem, profession, etc., by doing. Experience then enhances your awareness and knowledge of the subject to a higher degree.

It is the proper blending of concepts and application that leads to wisdom. Wisdom is knowing what to do; how to do it; and having the ability to achieve a realistic desired result. You can know a lot of facts about weight loss, but if you haven't successfully lost weight, you can't say you have gained wisdom. You simply have knowledge or opinions; they don't mean much since you have had no success in solving your weight problem. It is sad to say, but at least 75 percent of the public don't have a clue when it comes to the wisdom of weight loss. This book is loaded with wisdom about weight loss. Follow it and succeed.

Education through concepts and application is never-ending. So how do you improve your education? Go to school, take a course or seminar, buy a book, magazine, cassette, or video, log on to the internet. Today, more than ever, you can get all the information and gain all the knowledge you need without even leaving your home. A few years ago this would have been difficult. Today it is easy.

**Inform the mind ...
transform the body!
— Dr. James Cima**

Go out and apply the concepts you learn. Get some hands-on experience, even if you have to work for free. As a senior in chiropractic college, I would take my portable treatment table and travel 30 miles just to treat a patient. I was not paid for this service, since I had no degree or license, but I gained the experience. This allowed me to become a better doctor.

I continue to read and write daily, listen to tapes, watch videos and attend seminars on different aspects of my profession, including nutrition, exercise, chiropractic techniques, staff management, rehabilitation ... the list goes on. The more I learn and apply, the more powerful I become.

JUST DO IT

By now the knowledge that you have gained from reading this section will all be for naught if you don't do it.



Just do it!

There are many reasons people don't do what they know they should do. The bottom line is that you and everyone else want to be successful because of the feelings you get from success. The triumph you experience during a great workout or a healthy meal or any accomplishment comes after you do it.

Don't reason, just do it! When you don't, you become ridden with guilt, and it ruins your day. Did you ever fail to do something, only to realize later that the guilt had spoiled your day? Life is too short. Do what you can each and every day, and you will grow to be a happy, excited person.

Some years ago, a close friend died at a young age. The day of the funeral, when the priest spoke about my friend, he said something I will never forget. He said Tim truly enjoyed life. He lived

each day as if it were going to be his last and planned for the future as if he were going to live forever.

I want to say that if I had not done the things necessary to write this book, it would never have been written. I would be less a person if I had failed to share this valuable information with you.

**Confucius said,
“If you love
what you do,
you will never work
another day
in your life.”**

**Here’s to never
working another
day in your life!**

Now that you know how to condition your mind for weight loss, let’s look at the nutritional side of weight loss.

James P. Cima, P.C.

PART 2

The Nutritional Side of Weight Loss

Creating Your Signature

Nutritional Program

THE CHEMICAL BODY: CREATING YOUR SIGNATURE NUTRITIONAL PROGRAM

As an estimate, approximately 100 trillion cells make up the human body. At any moment cells may be undergoing thousands, millions, or even billions of biochemical reactions necessary to sustain life. When you are in good health, all chemical reactions are carried out perfectly, with pinpoint accuracy. Please do not underestimate the importance of proper chemical balance within your body.

You get the necessary ingredients, or raw materials, to perform these amazing biochemical reactions from the food and liquids you eat and the air you breathe. Since these raw materials create products to enhance health and life, it is essential to your well-being that you make sure they are pure and wholesome. Eating the wrong foods or toxic foods creates biochemical alterations which may lead to cell damage and disease.

Eating the wrong foods or toxic foods is like putting diesel fuel into a high-performance car or building a new home with materials purchased from a junk yard. While you wouldn't do that to your car or home, you might not think twice about consuming alcohol, inhaling smoke, or eating junk foods laced with chemicals or altered through processing.

With all the knowledge available today about nutrition and its

The Chemical Connection:

**We are a cauldron of
biochemical reactions
that consistently take
place if life is going
to continue.**

— Dr. James P. Cima

effect on cancer and heart disease, two leading killers, it is amazing people are not more responsive to nutrition. I firmly believe most people are aware of the importance of good nutrition but are confused about it. Why shouldn't they be? Health and nutritional experts don't even agree on what's "good" or "bad."

The principles that follow will allow you to make the right choices for your health. I derived, organized and tested these principles during 20 years of careful investigation and study. They work!

The old adage, "One man's food is another man's poison," is true. For this reason, blanket statements like: "*Don't eat meat,*" "*Stay away from dairy,*" "*Cholesterol is bad,*" "*Drink only distilled water*" may not be true for you. Keep in mind that, physically and chemically, each person is unique. What may be an exceptional food for one person may have little benefit for someone else.

By following universal principles, your signature nutritional program will contain a nutritional profile that will be perfect for you. Each principle is explained so you can understand what you need to do. Follow the principles in various ways and see whether you are achieving your goals. You can do a great deal on your own; but, as always, I recommend that you work with a doctor or nutritionist who can help you achieve optimum nutrition.

METABOLIC MASTERY PRINCIPLES:

- 1. The purpose of food**
- 2. Classifications of food**
- 3. Choosing the right foods**
- 4. Your signature nutritional profile**
- 5. Optimum organ and glandular function**

METABOLIC MASTERY: PRINCIPLE ONE – THE PURPOSE OF FOOD

Understanding food and how it works in the body is the first step toward metabolic mastery. The primary purposes of food are (1) energy, (2) growth and repair, and (3) chemical production. The purposes are described in the following paragraphs.

Energy

Food gives you the necessary raw materials to fuel your body. Just as your car runs on gasoline, your body runs on fuel such as carbohydrates and fats. These fuels give your body the necessary energy to run all bodily processes, such as thinking, muscular contraction, digestion, assimilation and detoxification.

Growth and Repair

Protein is the food that is used as raw material for growth and repair. Each day, cells are damaged or destroyed by chemical, mental and physical stresses. Your body uses the protein you eat as raw material to repair and rebuild the cells so your body can continue to function.

Life-Sustaining Chemical Production

Your body produces myriad hormones (chemical messengers), enzymes (catalysts for chemical reactions) and antibodies to fight disease. These chemicals are produced by specific organs and glands that are controlled and coordinated by the nervous system. The raw

The Purpose of Food

- 1. Energy**
- 2. Growth and repair**
- 3. Production of all chemicals necessary to sustain life**

materials to produce these chemicals come from the foods you eat, especially from protein and cholesterol.

It is essential that you use the different types of food to achieve the greatest amount of energy, the best building blocks and the highest quality and production of chemicals to enhance your health. How do you determine the right types of food? Principle Two describes the three classifications of food from which you may choose, along with other factors necessary for a healthy chemical balance.

METABOLIC MASTERY: PRINCIPLE TWO – CLASSIFICATIONS OF FOOD, THE RAW MATERIALS NECESSARY FOR FUELING AND REPAIRING

There are three classifications of food: carbohydrates, proteins and fats.

Carbohydrates/Sugar

Carbohydrates are sugars, classified as simple and complex. The primary use of carbohydrates is as a source of energy for your body. The smallest unit of a carbohydrate is a monosaccharide.

Simple carbohydrates. Simple carbohydrates are composed of one to two monosaccharides. When eaten, they are easily digested and enter your blood stream rapidly to give you an immediate “energy peak.” So for quick energy, a simple carbohydrate works; but you need to be careful, since most junk foods such as candy, soda, cookies, and alcohol are classified as simple sugars.

One reason junk foods are damaging to your health is that they are “empty calories.” Because food processing destroys any natural vitamin or mineral content that might be present in the food itself, the only nutritional value comes from the calories and nothing else. *The intake of empty calorie sugars may be the most detrimental cause of our society’s very serious obesity problem because it increases cravings.*

The Classifications of Food

- 1. Carbohydrates**
- 2. Proteins**
- 3. Fats**

**Junk Food =
Bad Health**

For example, your body craves raw materials such as carbohydrates, fats and proteins. Your body also craves vitamins, minerals and intrinsic factors necessary for it to function properly. If you are just taking in empty calories that are void of vitamins and minerals, your body continues to crave these vitamins and minerals as your appetite increases. If you continue eating these nutritionally void foods, which are usually calorie dense (high number of calories per serving), your appetite will only continue to increase and your body will continue to crave food to satisfy its need, not for fat, but for the missing vitamins and minerals. This leads to increased caloric intake, bingeing and obesity.

**Why you
have cravings**

What's even more depressing is that as your body tries to process these junk foods, it has to use its own vital reserve of vitamins and minerals. These junk foods are usually rich in dyes, additives, preservatives and other harmful chemicals. Your body deals with these additives by trying to neutralize them, further depleting its reserve of vitamins and minerals by damage to enzymes. IT'S A VICIOUS CYCLE!

Useful sources of simple carbohydrates. Fruit and fruit juice are your best sources. Also, health food stores are rich with goodies that are naturally sweetened with fruit juice, molasses, honey and raw cane sugar.

Are junk foods bad?

Should you deprive yourself of all processed food? Not at all. Just don't make junk food a major component of your diet. If soft drinks killed people, most of us would be dead. It is the abuse of these foods that causes turmoil

in your body and, after years and decades of abuse, can chemically damage your body beyond repair. A healthy, well-balanced nutritional profile is what you need. Your body has the ability to cope with occasional deviations from proper diet if given a chance to build itself with good, healthy food most of the time. Give it a chance!

Complex carbohydrates. Complex carbohydrates are long chains of monosaccharides, which therefore take longer to digest. The three main sources are grains, vegetables and legumes (beans).

Since complex carbohydrates take longer to digest, the body has more time to use the simple sugars. Let's take a look at each type of complex carbohydrate and the corresponding nutritional benefits.

- Grains are wheat, oats, rice, millet and rye, which are processed into breads, pastas and cereals. It is important to notice how grains are processed, since their nutritional value may be reduced in processing. You've probably heard that brown rice has greater nutritive value than white and whole wheat bread is more nutritious than white bread. It's true. When you see words such as fortified or enriched on the package labels, it means that these processed brands have lost some of their nutritive value, and the manufacturer is trying to replace some of the lost nutrients.
- Vegetables are either fibrous or starchy. Fibrous vegetables are the leafy green variety such as lettuce, spinach, and celery, which have high fiber and low calorie content. Starchy root vegetables such as potatoes, beets, and carrots have a higher calorie content and are usually lower in fiber. Legumes, peas, and lentils are also categorized as starchy vegetables. Besides being a good source of high

quality carbohydrates, they are exceptionally rich in protein and low in fat.

These are the various types of complex carbohydrates that you can use to fuel your body.

Proteins

Proteins are the building blocks of your body. They are the bricks of your cells and the chemical entities of your hormones, enzymes and antibodies. They are the backbone of your embodiment. You must have protein. More people damage their health from lack of protein than anything else.

In nature proteins and fats are found together. One of the properties of fats is to act like mortar or cement to hold the proteins (bricks) together. If you are on a fat-free diet, your “building” may be crumbling at this very moment.

The smallest unit of a protein is an amino acid. There are 21 amino acids, each classified as essential or non-essential. While non-essential amino acids can be produced by your body, essential amino acids cannot. Essential amino acids must be taken in from the foods you eat. Protein gets its characteristics and qualities depending on how the different amino acids link together and the length of each amino acid chain. An infinite number of possibilities exist, which is why no two people look alike or are chemically alike.

**Why we don't look
or act alike**

You get dietary protein from sources such as fish, fowl, red meat, dairy, nuts, seeds, and legumes. Of major concern is your choice of the proper protein to support the growth, repair and chemical functions in your body. Please understand that what

may be good for your friend, Joe, may not be good for you. Because Joe isn't you. He doesn't look like you, and he is chemically different from you.

Listen to your body!

Remember the functions of proteins and fats! Your proteins act as bricks, and fat acts as mortar. Change the structure and you change your chemical and physical makeup. Increase or decrease the percentage and type of protein, and you increase or decrease your risk of cancer and heart disease. You must be able to choose the right protein and the appropriate amount if you are to enhance growth, repair and chemical activity in your body.

Fats

Fats do not exist by themselves in nature but are found in combination with protein. To yield fat, various processes can be performed on certain foods, such as the production of oil from a plant or fish or the churning of milk to make butter. These fats in themselves are excellent sources of energy for your body, simply because they burn clean and leave almost no toxic residue. They make excellent mortar, and provide the chemical ingredient that enhances the production of hormones, enzymes and antibodies.

**Why
butter, eggs and
cheese are
healthy foods**

Fats are absolutely necessary for your survival. The trick is choosing the right fats as well as the right percentages. Processed fats are the real culprits.

Other Factors for a Healthy Chemical Balance

Oxygen, water, vitamins and minerals, as described in the following paragraphs, are essential to a healthy chemical balance.

Oxygen is necessary for combustion. Oxygen burns or oxidizes things in its presence; without it, all biological processes stop. Think about how long you can live without oxygen. Not very long, maybe minutes. Oxygen will be discussed in detail in the section on aerobic exercise and proper breathing.

Water is also an essential factor in nutrition. Your body is composed of 50 to 60 percent water. Water is the universal solvent, which means that all of your body chemicals mix well with water. Water acts as a vehicle for transport and is also a medium for all chemical and metabolic processes. The term “wet fire” is apropos when discussing your body’s metabolic or calorie burning capacity.

Vitamins are vital to your body. Protein is the basic structure of all life, as well as the substance needed by your body to repair and build new cells. Proteins are made up of chains of amino acids, which contain a chemical group known as amines (hence the name amino acids). These amines contain carbon, hydrogen, oxygen and nitrogen. For these amines to be assimilated and used by your body, certain vital substances have to be present with the amine structures or attached to the proteins themselves. These substances, which are “vital to the amines,” are called vitamins.

Proteins cannot be used by your body without vitamins, and vitamins cannot be present in food without the protein amine structure of carbon, hydrogen, oxygen, and nitrogen. Vitamins are classified as either fat soluble or water soluble.

Minerals

Minerals are also essential to your body. Their prime purpose is to act like magnets to attract and repel chemicals, as well as themselves, throughout your body. This process, called mineral antagonism, acts as a transport mechanism, which is necessary for all bodily functions from digestion to hormone release.

There you have it – a brief overview of the purposes and types of raw materials needed to develop a healthy body. Choosing the right ones, in the proper combinations and amounts, is a tremendous undertaking because it requires understanding, dedication and persistence. How do you start this process? By using Principle Three, of course.

METABOLIC MASTERY: PRINCIPLE THREE – CHOOSING THE RIGHT FOODS FOR YOU

If you are to develop your signature nutritional program, you must be knowledgeable of the kinds of foods that are right for you, not for someone else, thus giving you the best raw materials for your energy, chemical production, and growth and repair requirements.

**Choosing the right
foods for you**

How do you go about choosing the right foods?

Three methods are available, and you should use each if possible when assessing your dietary needs. The methods are:

1. knowledge of your heritage
2. food cravings
3. blood chemistry analysis

By using all three methods, you can accurately assess the foods you do best with. Biochemical blood work evaluations give much information about foods vital to your health. This third method is not covered here but, rather, in the final pages of Part II under Metabolic Mastery Principle Five.

Method One: Your Heritage

Do you know your heritage or nationality? The first thing you should do is find out where your ancestors came from. From a nutritional standpoint, things were very different a century ago. Then, people populated land and lived on that same land for generations. As an example, let's look at the people who inhabited the Alps. A hundred years ago, what did these people eat?

Since there was no electricity or refrigeration and very little processing of food, people who lived in the Alps ate what was grown or hunted in a 10- to 15-mile radius of where they lived. In fact if we were to look back 500 years (20 to 25 generations), this was also the case. The diet of these people consisted primarily of fatty meats, grains (wheat), dairy products, and root vegetables. So from a genetic point of view, people adapted biochemically to specific types of food, or they did not and perished.

It was only during the last 100 years (four to five generations) that people began to leave their native lands and migrate to other countries and cultures. So the greatest change in nutrition since the beginning of man happened during the last century, unfortunately creating havoc with our nutritional needs. People began to travel to foreign lands and participate in different cultures, which included eating strange foods. Today, we can transition to a foreign country and culture, with completely different dietary intake, in hours.

With the advent of refrigeration and many different processing methods, our bodies were bombarded by foods, chemicals and combinations of foods from other parts of the world. Our bodies have not been able to handle these foods properly because we have not adapted from a genetic biochemical point of view.

Where to start. When defining your dietary needs you should start by going back to your basic culture and figuring out what types of food come from your native land(s).

My heritage is Italian, and I had to find out what food is grown, produced, raised and hunted in sunny Italy. My mother was Sicilian, from Southern Italy, and my father was from the Alpine region of Northern Italy. People from the northern sector do well with wheat (pasta), root vegetables, dairy, meat and fowl.

The meat in this region is extremely low in fat and very lean. In Sicily the dietary requirements are slightly different, changing more to a protein source from fish and plenty of vegetables and fruits. Staying away from meat and dairy was not a good idea for me, regardless of what the gurus say. Since my heritage is of two backgrounds, I started my dietary journey with these types of food.

Let's take a look at a person from the Orient who does well with rice, a protein source from fish and sprout-type vegetables. What do you think would happen if you put a Northern European on a Oriental-type diet or vice versa? Or if you put an Eskimo on an Oriental diet? I can guarantee that neither would do well on the staple diet of the other. If there is too much change too soon, the body cannot adapt quickly enough.

Genetically and biochemically, people with different heritages require different types of food. So determining your heritage is your first task when you begin assessing your dietary intake. However, you may wonder what to do if you have diverse backgrounds in your heritage, you come from different subcultures, or you don't know your heritage. While this becomes a bit tricky, you can use the other two methods to help you in your quest.

Method Two: Food Cravings

Ask yourself what foods you crave. Most people are so conditioned by what is "supposed to be good" and what is "supposed to be bad" that they no longer use their intuition to help decide what is or isn't good for them. They depend largely on what their minds tell them rather than what their bodies tell them they need, or, worse, what someone else says.

Just for a moment, stop and feel your own body's needs, disregarding what you read or hear. Listen to what your body craves. Is it cheese, eggs, milk, meat, fish, pasta, fruit or chocolate? Ask yourself what your favorite breakfast, lunch or dinner would be, as well as your preferred snacks. Write down the things you crave.

Foods that satisfy

As this chapter unfolds, you will create a nutritional profile that is specific and healthy for you. You will pick foods that satisfy you when you eat them. This is what gives your signature nutritional profile its staying power. When you love the foods you eat, you don't have to binge because you are satisfied nutritionally and psychologically.

**Failure to satisfy
cravings is the true
culprit behind
America's obesity**

When cravings are not satisfied, the body continues to crave. Failure to satisfy cravings is the real culprit that causes Americans to be overweight. When you eat foods that, on the surface, appear to be good for you but cannot satisfy the total needs of your body, whether for a specific vitamin, mineral, or carbohydrate, your appetite becomes insatiable. You continue by eating everything that doesn't eat you. When the will, or should I say the infinite wisdom of the body, wins out (and it will!), you tend to overeat the wrong foods (junk foods) to satisfy your hunger. This creates a false state of satisfaction because of the excessive caloric intake. Calorie-wise you have surpassed what you need for daily intake; but, because of the reduced vitamin/mineral content, your cravings continue since these requirements were not

met. So what do you eat? Eat foods you like. (That's why I love this program.) By eating the proper foods you like, your cravings and appetite will normalize, reducing excessive calories and causing your weight to stabilize in time.

When you follow your cravings, you will no longer need fad diets, pills, potions and hypnosis to normalize your weight. Before you begin, I want to make certain that you pick foods that are whole and complete. Choosing chocolate for breakfast, lunch and dinner is not what I have in mind! We all know that it is difficult, in today's society, to eat whole and complete foods; but the results will be worth the effort.

**This program allows
you to eat the foods
you love to eat**

What are whole and complete foods? Whole and complete foods have received no biochemical alteration, such as quick freezing, bleaching, artificial coloring, synthetic preservation, hormone injections, artificial maturing, or alteration by chemical fertilizers or weed killers during the growth stage of the food itself. Now that 90 percent of what you normally eat has been wiped out, let's start developing a nutritional profile of foods you crave which are whole and complete foods and reducing our intake of altered foods, thereby reducing their effect on our health.

Foods to Avoid

Following is a list of foods to avoid, reduce, or be suspicious of, along with the rationale for doing so. *Please be aware that a majority of the following foods can be prepared using whole foods, thus making them healthy and fun to eat.*

1. Carbohydrates (refined sugar or refined sugar products)

- | | | |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <input type="checkbox"/> jams | <input type="checkbox"/> canned juices and all juices
with artificial coloring and
sweetening | <input type="checkbox"/> pizza pie |
| <input type="checkbox"/> jellies | <input type="checkbox"/> tapioca and other puddings | <input type="checkbox"/> ravioli |
| <input type="checkbox"/> preserves | <input type="checkbox"/> sugared fruit juices | <input type="checkbox"/> macaroni |
| <input type="checkbox"/> marmalade | <input type="checkbox"/> bleached white flour
products such as white rice | <input type="checkbox"/> commercial ready-mix
bakery products |
| <input type="checkbox"/> ice cream | <input type="checkbox"/> white bread | <input type="checkbox"/> tacos |
| <input type="checkbox"/> sherbets | <input type="checkbox"/> toast | <input type="checkbox"/> enchiladas |
| <input type="checkbox"/> jello | <input type="checkbox"/> crackers | <input type="checkbox"/> pancakes |
| <input type="checkbox"/> custards | <input type="checkbox"/> dumplings | <input type="checkbox"/> waffles |
| <input type="checkbox"/> sauces | <input type="checkbox"/> buns | <input type="checkbox"/> pre-mixed salads |
| <input type="checkbox"/> candy | <input type="checkbox"/> muffins | <input type="checkbox"/> canned vegetables |
| <input type="checkbox"/> cake | <input type="checkbox"/> biscuits | <input type="checkbox"/> dried fruits containing
preservative such as
sulfur dioxide |
| <input type="checkbox"/> cookies | <input type="checkbox"/> gravy | |
| <input type="checkbox"/> chewing gum | <input type="checkbox"/> noodles | |
| <input type="checkbox"/> soft drinks | <input type="checkbox"/> spaghetti | |
| <input type="checkbox"/> pies | | |
| <input type="checkbox"/> pastries | | |
| <input type="checkbox"/> fruits canned in sugar syrup | | |

Rationale for avoiding. When natural sugars from both cane and fruit are processed, the vitamin and mineral content is destroyed. These types of food are called empty calorie foods since the only benefit from them is calories. The food does not contain the precious vitamins and minerals your body needs to survive. These sugars enter your blood stream rapidly, elevating your blood sugar level and leading to diabetes or other blood sugar conditions.

Any refining of gluten starches from grains, such as pies, pastas, cereals, and breads, may cause immediate excess mucous production. This can create a sinus condition and other so-called allergy conditions. Bleached grains react secondarily the same as sugar described above. Notice and avoid products described as enriched or bleached.

Alcohol is a fermented, processed grain which creates the same effect as sugar. Alcohol also has a toxic effect on the liver

and causes psychological and mental degenerative effects on the nervous system.

2. Fats: Hydrogenated fats

(vegetable and animal fats and oils)

- Fried foods such as French fries, potato chips, and rice fried in saturated fats
- Hydrogenated oils such as oleomargarine, mayonnaise, shortening and fat/grease
- Foods containing cottonseed and corn oil
- Peanut butter containing salt and hydrogenated oils

Rationale for avoiding. The process of hydrogenation (adding hydrogen to the fat) of fats and oils allows these substances to be stored only as fat in the body. These substances are also the culprits that clog arteries and are one of the primary contributors to obesity. Hydrogenated fats are rendered inert by the process of hydrogenation and are useless to the body.

3. Processed meats

- Pork products which are fat; fried and smoked meats such as hot dogs, ham, salami, bologna, cold cuts, corned beef, and pastrami
- Meats containing sodium nitrate/nitrite
- Chickens injected with stilbestrol or other drugs

Rationale for avoiding. Processed meats such as luncheon meats and hot dogs have an extremely high fat content (70 to 80%) and contain preservatives, chemicals, artificial coloring and injected hormones.

4. Preservatives (mineral binding substances)

Foods containing preservatives such as benzoate of soda, MSG, BHT and BHA

Rationale for avoiding. Artificial preservatives bind with the minerals in food making it impossible for your body to use the minerals. The preservatives not only bind the minerals, but they take minerals from the body, since the body has to use its own vital reserve of minerals to protect and rid itself of the toxic chemicals.

5. Condiments

- Table salt
- Catsup
- Mayonnaise
- Heavy gravies

Rationale for avoiding. Regular table salt (not sea salt) causes fluid retention and has been called “the silent killer.” Catsup has high sugar content. Mayonnaise has high fat content, as do heavy gravies.

Allowable Foods

Following are foods that are considered whole, natural, and healthy.

- Sweeteners
 - Honey
 - Molasses
 - Sorghum
 - Raw cane sugar
- Beverages
 - Juices (both fruit and vegetable)
 - Teas
 - Coffee
 - Milk
 - Buttermilk (unpasteurized)
 - Water
 - Certain electrolyte replacement drinks
- Condiments
 - Most spices
 - Sea salt
- Flours and Cereals
 - Whole grain dark flours – rice, pasta
 - Bread
 - Whole grain cereal – rice, oats, wheat
 - Unbleached white flour
 - Wheat germ (add some to all baking foods)
- Snacks
 - Seeds
 - Nuts
 - Cheese
 - Raw vegetables
 - Fruit sections
 - Yogurt (plain, add whole fruits if desired)
 - Natural ice cream, cookies, cakes and pies
- Dairy Products
 - Whole milk
 - Whole cream
 - Whole butter
 - Eggs
 - Cheese
 - Yogurt
- All Fruits
 - Fruits have natural fructose low in minerals (alkaline) and high in sugar (acid).
- All Vegetables
- Lean Meats

Growth hormones and antibiotics fed to animals are usually stored in the fat of the meat. Therefore, eat lean red meat, such as flank steak and sirloin, as well as turkey, chicken, and fish.

People will always choose to eat the foods they crave over foods for which they have no craving. Why do you think we have

a junk food industry? We love the taste of junk food; but because the foods are processed, we quickly meet our caloric capacity but not our other nutritional needs. This causes us to continually crave food. Remember that no matter what kind of “junk diet” you are on, there are whole and complete foods that you love to eat. I want you to put your signature on these foods, creating the nutritional profile of your choice.

**You will always
eat what you like
and crave**

With this information in mind, pick your favorite whole foods from the lists that follow. Choose your foods based on what you really enjoy eating. Do not choose foods just because you think they are good for you, forgetting what you have learned about healthy, “allowable” foods.

On the following pages, please check all of the foods you love to eat from the lists that are provided, while keeping your heritage in mind. Remember, all of the foods listed are whole and complete.

TABLES OF FOODS

PROTEIN

Meat (2 oz.)	Total <u>Calories</u>	Fat <u>Calories</u>	% of <u>Fat</u>	Protein <u>Calories</u>	% of <u>Protein</u>
Beef (<i>All visible fat trimmed</i>)					
<input type="checkbox"/> Tenderloin	190	135	70	55	30
<input type="checkbox"/> Ribeye	170	110	65	60	35
<input type="checkbox"/> T-bone	170	110	65	60	35
<input type="checkbox"/> Porterhouse	170	110	65	60	35
<input type="checkbox"/> Brisket	170	65	35	105	65
<input type="checkbox"/> Ground	160	80	50	80	50
<input type="checkbox"/> Flank	140	70	50	70	50
<input type="checkbox"/> Sirloin	115	40	35	75	65
<input type="checkbox"/> Bacon	75	25	30	50	70
Other Red Meats					
<input type="checkbox"/> Lamb	150	90	60	60	70
<input type="checkbox"/> Kabob	80	32	40	48	60
<input type="checkbox"/> Veal	70	15	30	55	80
<input type="checkbox"/> Venison	70	15	20	55	80
Fowl					
<input type="checkbox"/> Duck with skin	230	207	90	23	10
<input type="checkbox"/> Duck without skin	70	31	45	39	55
Chicken					
<input type="checkbox"/> Chicken with skin	120	72	60	48	40
<input type="checkbox"/> Chicken without skin	70	21	30	49	70
Turkey					
<input type="checkbox"/> Turkey with skin	90	45	50	45	50
<input type="checkbox"/> Turkey without skin	65	20	30	45	70

PROTEIN (continued)

Fish (2 oz.)	<u>Total</u> <u>Calories</u>	<u>Fat</u> <u>Calories</u>	<u>% of</u> <u>Fat</u>	<u>Protein</u> <u>Calories</u>	<u>% of</u> <u>Protein</u>
<input type="checkbox"/> Pompano	100	50	50%	50	50%
<input type="checkbox"/> Salmon	80	40	50%	40	50%
<input type="checkbox"/> Sardines	120	60	50%	60	50%
<input type="checkbox"/> Trout	85	42	50%	43	50%
<input type="checkbox"/> Tuna (oil)	110	55	50%	55	50%
<input type="checkbox"/> Whitefish	75	33	50%	37	50%
<input type="checkbox"/> Mackerel	120	60	50%	60	50%
<input type="checkbox"/> Sea trout	60	18	30%	42	70%
<input type="checkbox"/> Tuna, Blue Fin	80	25	30%	55	70%
<input type="checkbox"/> Bluefish	70	20	30%	50	70%
<input type="checkbox"/> Catfish	70	20	30%	50	70%
<input type="checkbox"/> Tilefish	50	10	20%	40	80%
<input type="checkbox"/> Clams	40		<10%		>90%
<input type="checkbox"/> Cod	45		<10%		>90%
<input type="checkbox"/> Crab Alaskan	50		<10%		>90%
<input type="checkbox"/> Dolphin	50		<10%		>90%
<input type="checkbox"/> Flounder	50		<10%		>90%
<input type="checkbox"/> Grouper	50		<10%		>90%
<input type="checkbox"/> Haddock	50		<10%		>90%
<input type="checkbox"/> Halibut	60		<10%		>90%
<input type="checkbox"/> Perch	50		<10%		>90%
<input type="checkbox"/> Pike, Northern	50		<10%		>90%
<input type="checkbox"/> Scallops	50		<10%		>90%
<input type="checkbox"/> Sea Bass	50		<10%		>90%
<input type="checkbox"/> Shrimp	60		<10%		>90%
<input type="checkbox"/> Tarpon	50		<10%		>90%
<input type="checkbox"/> Tuna (water)	80		<10%		>90%
<input type="checkbox"/> Tuna, Yellow Fin	30		<10%		>90%

PROTEIN (continued)

	<u>Total</u> <u>Calories</u>	<u>Fat</u> <u>Calories</u>	<u>% of</u> <u>Fat</u>	<u>Protein</u> <u>Calories</u>	<u>% of</u> <u>Protein</u>
Eggs					
<input type="checkbox"/> Large Egg with yolk	75	60	80%	15	20%
<input type="checkbox"/> Large “Egg White”	15	0	0%	15	100%
Milk (2 fl. oz.)					
<input type="checkbox"/> Skim	24	2	<10%	22	92%
<input type="checkbox"/> Lowfat 1%	24	6	25%	18	75%
<input type="checkbox"/> Lowfat 2%	30	9	30%	21	70%
<input type="checkbox"/> Whole Milk	36	18	50%	18	50%
Cheese (2 oz.)					
<input type="checkbox"/> Cottage Cheese (low fat)	50	10	20%	40	80%
<input type="checkbox"/> Cottage Cheese	60	36	60%	24	30%
<input type="checkbox"/> Feta	150	90	60%	60	40%
<input type="checkbox"/> Mozzarella	180	100	60%	80	40%
<input type="checkbox"/> Ricotta	100	60	60%	40	40%
<input type="checkbox"/> Provolone	200	120	60%	80	40%
<input type="checkbox"/> Parmesan	200	120	60%	80	40%
<input type="checkbox"/> Swiss	200	120	60%	80	40%
<input type="checkbox"/> American	200	160	80%	40	20%
<input type="checkbox"/> Blue	200	160	80%	40	20%
<input type="checkbox"/> Brick	200	160	80%	40	20%
<input type="checkbox"/> Brie	200	160	80%	40	20%
<input type="checkbox"/> Camembert	170	130	80%	40	20%
<input type="checkbox"/> Cheddar	228	180	80%	48	20%
<input type="checkbox"/> Fontina	220	180	80%	40	20%
<input type="checkbox"/> Gouda	200	160	80%	40	20%
<input type="checkbox"/> Limburger	200	160	80%	40	20%
<input type="checkbox"/> Monterey Jack	200	160	80%	40	20%
Butter (2 oz.)					
<input type="checkbox"/> 1/2 Stick	400	400	100%	0	0%
<input type="checkbox"/> Whipped	270	270	100%	0	0%

PROTEIN (continued)

Legumes (Beans/Peas) (2 oz.)	<u>Total Calories</u>	<u>Grams of Protein/Calories</u>		<u>Grams of Carbohydrate/Calories</u>	
<i>Raw</i>					
<input type="checkbox"/> Mung Beans	190	14	56	36	145
<input type="checkbox"/> Lima Beans	190	12	48	36	145
<input type="checkbox"/> Pinto Beans	190	12	48	36	145
<input type="checkbox"/> Soybeans	90	8	32	7	28
<input type="checkbox"/> Black Beans	180	12	48	36	145
<input type="checkbox"/> Blackeyed Peas	80	10	24	16	64
<input type="checkbox"/> Adzuki Beans	190	11	45	36	145
<input type="checkbox"/> Navy Beans	190	13	52	35	140
<input type="checkbox"/> Lentils	70	5	20	13	52
<input type="checkbox"/> Split Peas	200	14	56	34	136

CARBOHYDRATES

Grains (2 oz.)	Total Calories <u>10 - 12% Protein</u>	Fat <u>Calories</u>	Fat <u>%</u>
<input type="checkbox"/> Barley	200	<10	
<input type="checkbox"/> Buck Wheat	200		<10%
<input type="checkbox"/> Wheat	200		<10%
<input type="checkbox"/> Wheat Bran	120	24	20%
<input type="checkbox"/> Wheat Flour	200		<10%
<input type="checkbox"/> Wheat Germ	200	60	30%
<input type="checkbox"/> Corn Meal	200		
<input type="checkbox"/> Corn Starch	200		
<input type="checkbox"/> Corn Grain	200		
<input type="checkbox"/> Corn Grits	200		
<input type="checkbox"/> Millet	200		<10%
<input type="checkbox"/> Oats	220	35	15%
<input type="checkbox"/> Oat Bran	140	35	25%
<input type="checkbox"/> Bran	200	40	20%
<input type="checkbox"/> Rye	190		
Rice			
<input type="checkbox"/> Brown, Long (2 oz.)	200		
<input type="checkbox"/> White Basmati (uncooked)	200		
<input type="checkbox"/> Rice Cake	60		

(1.2 oz. uncooked rice = 4 oz. cooked)

CARBOHYDRATES (continued)

Vegetables (2 oz.) Total Calories

<input type="checkbox"/> Celery	10
<input type="checkbox"/> Cucumber	10
<input type="checkbox"/> Endive	10
<input type="checkbox"/> Radish	10
<input type="checkbox"/> Sauerkraut	10
<input type="checkbox"/> Swiss Chard	10
<input type="checkbox"/> Tomatoes Green/Red	10
<input type="checkbox"/> Zucchini	10
<input type="checkbox"/> Lettuce	10
<input type="checkbox"/> Asparagus	15
<input type="checkbox"/> Broccoli	15
<input type="checkbox"/> Cabbage	15
<input type="checkbox"/> Cauliflower	15
<input type="checkbox"/> Eggplant	15
<input type="checkbox"/> Mushroom	15
<input type="checkbox"/> Pepper Green/Red	15
<input type="checkbox"/> Spinach	15
<input type="checkbox"/> Turnips	15
<input type="checkbox"/> Beets	20
<input type="checkbox"/> Green Beans	20
<input type="checkbox"/> Onion	20
<input type="checkbox"/> Rutabaga	20
<input type="checkbox"/> Squash	20
<input type="checkbox"/> Vegetable Juice	30

Vegetables (2 oz.) Total Calories

<input type="checkbox"/> Brussel Sprouts	30
<input type="checkbox"/> Butternut Squash	30
<input type="checkbox"/> Carrot	30
<input type="checkbox"/> Carrot Juice	30
<input type="checkbox"/> Artichoke Heart	30
<input type="checkbox"/> Kale	30
<input type="checkbox"/> Leek	30
<input type="checkbox"/> Corn	35
<input type="checkbox"/> Fig	40
<input type="checkbox"/> Green Peas	40
<input type="checkbox"/> Tofu	45 (50% Fat)
<input type="checkbox"/> Tomato Paste	50
<input type="checkbox"/> Potato	50
<input type="checkbox"/> Sweet Potato	60
<input type="checkbox"/> Water Chestnut	60
<input type="checkbox"/> Avocado (Florida)	60 (66% fat)
<input type="checkbox"/> Yams	66
<input type="checkbox"/> Avocado (California)	90 (80% fat)
<input type="checkbox"/> Olive	100 (90% fat)

CARBOHYDRATES (continued)

Fruit (2 oz.)	Total Calories	Fruit Juice (2 fl. oz.)	Total Calories
<input type="checkbox"/> Cantaloupe	20	<input type="checkbox"/> Apple	30
<input type="checkbox"/> Grapefruit	20	<input type="checkbox"/> Orange	30
<input type="checkbox"/> Honeydew	20	<input type="checkbox"/> Cherry	35
<input type="checkbox"/> Strawberry	20	<input type="checkbox"/> Pineapple	35
<input type="checkbox"/> Watermelon	20	<input type="checkbox"/> Grape	40
<input type="checkbox"/> Banana, peeled	25	<input type="checkbox"/> Apple Cider	45
<input type="checkbox"/> Orange, peeled	25		
<input type="checkbox"/> Peach, pitted	25		
<input type="checkbox"/> Tangerine	25		
<input type="checkbox"/> Apple	35		
<input type="checkbox"/> Blackberry	30		
<input type="checkbox"/> Blueberry	30		
<input type="checkbox"/> Cherry	30		
<input type="checkbox"/> Cranberry	30		
<input type="checkbox"/> Nectarine	30		
<input type="checkbox"/> Pineapple	30		
<input type="checkbox"/> Plum	30		
<input type="checkbox"/> Raspberry	30		
<input type="checkbox"/> Grapes	35		
<input type="checkbox"/> Pear	35		
<input type="checkbox"/> Raisins	170		

FATS (FATTY PROTEIN)

Nuts and Oils (2 oz.)

	Total <u>Calories</u>	Fat <u>Calories</u>	Fat <u>%</u>
Nuts			
<input type="checkbox"/> Almonds	360	270	75%
<input type="checkbox"/> Cashews	300	240	80%
<input type="checkbox"/> Peanuts	320	270	80%
<input type="checkbox"/> Brazils	370	320	85%
<input type="checkbox"/> Pecans	360	325	90%
<input type="checkbox"/> Walnuts	350	315	90%
Oils			
<input type="checkbox"/> Canola	500	500	100%
<input type="checkbox"/> Sesame	500	500	100%
<input type="checkbox"/> Vegetable	500	500	100%
<input type="checkbox"/> Corn	500	500	100%
<input type="checkbox"/> Soybean	500	500	100%
<input type="checkbox"/> Olive Oil	500	500	100%
<input type="checkbox"/> Sunflower	500	500	100%

METABOLIC MASTERY: PRINCIPLE FOUR – YOUR SIGNATURE NUTRITIONAL PROFILE

Developing Proper Caloric Intake

Now that you have chosen a variety of foods that are as close to whole foods as possible, all you need to do is determine the amount of food you should take in on a daily basis to perform all the bodily functions necessary to sustain life. Your body requires a certain amount of energy each day to run effectively. This energy is measured in calories. Therefore, the only true way of determining the proper intake of food is to assess the approximate number of calories you require daily.

Here's a great analogy. You are going on vacation. You will drive to your destination, which is 200 miles away. You know that your car gets 20 miles to the gallon and holds 15 gallons of gas. You look at your gas gauge and it reads less than half a tank. Simple arithmetic will tell you that if you don't add more gas to your tank, you won't make it.

Do you start your day with less than half a tank and not stop to "fill 'er up?" Then wonder why you have no energy and feel lethargic and can't understand why your body keeps breaking down? You wouldn't think of doing this with your automobile because you would run out of gas and have to walk. But your body, wonderful as it is, has reserve systems — a reserve gas tank, if you will, that enables you to make it through the day and get away with your low calorie intake.

Problem is, this constant abuse of your vital reserves will deplete them and eventually lead to fatigue and immune weakness. So you can see that approximating how many calories you

need to take in on a daily basis is paramount to your health. Not taking in enough will cause disease, and taking in too much will lead to obesity and disease. Taking in the right amount will enhance your health 100 percent.

Here is the true meaning of the yo-yo effect, which is the roller coaster ride you've probably been on with your weight. First you overeat, and then you try to restrict dietary intake of calories. You do this over and over. Do you know that a pound of fat contains 3,500 calories of stored energy? If you overeat 100 extra calories each day (which is equivalent to one small piece of fruit), by the end of the year you will have taken in the equivalent of 10 pounds of fat (365 days x 100 calories per day = 36,500 calories). Has this ever happened to you? Your eating habits may be the same but because your metabolism has slowed down due to restricting diets and no exercise, you easily gain 10 to 30 pounds over one to two years.

To make matters worse, you then go on these low-cal diets, and take pills, potions, or try shake-and-drink formulas. This is how you do heavy damage to your metabolism. When you restrict caloric intake, your body retaliates in the following manner. Your metabolism, the calorie burning capacity of your body, decreases, just as a fire starts to go out when you stop shoveling coal into a furnace. This is a perfect analogy to you putting out the fire that is your metabolic furnace. It occurs in the following ways.

What Low-Calorie Diets Do to the Body

First, your body has to use energy reserves to get the additional calories it needs. The more days you go with a negative

caloric intake, the deeper your body has to dig to come up with the extra calories it needs to function properly. It requires more time and energy to pull these calories out of storage, an inefficiency which puts additional stress and demands on your body.

Your body retaliates against the inadequate caloric consumption by reducing its output of hormones, enzymes and antibodies, thus causing immune weakness, digestive disorders, and poor endocrine/metabolic function.

Your body's ability to repair and rebuild new cells is also reduced because of a lack of raw materials such as proteins, fats, and carbohydrates. And your energy levels are reduced because there is not enough food for fuel.

Most damaging of all is that your body starts to cannibalize itself. That's right – your body starts to eat itself. This would be nice if your body was feeding off its fat reserve; but the body needs protein to rebuild itself, so it starts tearing down all available sources of protein, causing muscular and organ damage. This decreases your metabolic set point.

Metabolic Set Point

The metabolic set point may be defined as your body's ability to precalculate or predetermine your daily intake of calories, water, oxygen, vitamins, minerals and other requirements used to rebuild/repair new or damaged

Low-Cal Diets:

- 1. Slow down metabolism**
- 2. Reabsorb muscle**
- 3. Cause fatigue**

Your metabolic set point will decrease if you consistently take in too few calories.

cells, and for the production of chemicals and energy. Every day your body knows exactly what it needs. An analogy would be building your house. Each day you would predetermine what supplies you would be using and when you would need more. This gives you some time (reserve) to get what is needed so work can continue.

So, your metabolic set point – and for each of us it is different – sets the stage for calorie intake. For example, say your metabolic set point is 2000 calories per day and you eat only 1000 calories per day. Your metabolic set point will start to decrease because of the lack of food. Also, your body experiences cannibalism during times of starvation where muscles and organs are digested for raw materials – the body actually starts to consume itself.

You can't win! There is in each of us a primitive survival mechanism — hunger. Hunger eventually causes you to binge enough to try and make up for the deficit calories. So you might be all right for a week or a month, but eventually you will binge. So week one will be great, but in week two your reduced calorie intake will increase your hunger and cause you to binge, making up the deficit. Therefore you now lose muscle, which decreases the calorie burning capacity of your body and, at the same time, decreases your set point.

Over time you gain weight (mostly fat). If you are a fanatic with fad diets, this process continues, causing your weight to increase and eventually leads to a change in your body composition as well as a change in your weight. Understanding body composition and its importance in metabolism and weight gain/loss is paramount.

Body Composition

Body composition tells us the percentage of our weight that is fat and the percentage that is not, which is called lean body mass. The higher your percentage of body fat, the more unhealthy you are regardless of how much you weigh.

It's not how much you weigh, but how much of that weight is fat

That is worth repeating – the higher your percentage of body fat, the more unhealthy you are. For example, if you weigh 150 pounds and have a body fat level of 30 percent, you are made up of approximately 45 pounds of fat ($150 \times .3 = 45$ pounds). If you weigh 200 pounds but are only 20 percent fat, you only have 40 pounds of fat on your body and would be healthier. Following is information about fat and muscle that will shed some light on what I stated above, making you realize the importance of body composition over body weight.

Looking Thinner

A pound of fat occupies more space than a pound of muscle. What this means is that the surface area of fat is greater than that of muscle. So, by increasing your muscle-to-fat ratio, you will lose many inches and look like you lost weight even though you did not. I'm sure you have known people who looked like they lost weight who told you that they only lost inches. What they did was change their body composition through nutrition and exercise.

Muscle – The Secret to Burning Calories

As mentioned before, *a pound of fat contains 3500 stored calories. Depending on your activity levels, a pound of muscle burns 50*

to 100 calories per day. This means that for every pound of muscle on your body, you will burn 50 to 100 extra calories each day. So if you keep your weight the same as it is now, and through exercise and proper nutrition, increase your muscle mass by 10 pounds and lose 10 pounds of fat, although you will weigh the same you will have to take in 500 to 1000 extra calories per day just to sustain your present weight.

By changing your body composition you will not only appear thinner, but you will eat more food just to sustain your present body weight. *This is how you can eat more and lose fat.* That is worth repeating: By changing your body composition you will appear thinner, and you will eat more food just to sustain your present body weight.

This is worth repeating!

Sounds too good to be true, but in reality this is how the body operates. We need to keep our body composition at a certain level that is healthy for us. A recommended body composition for men should be between 15 and 20 percent and for women, 18 and 23 percent. It's interesting that body compositions of greater than 30 percent fat are detrimental to health and lead to an increased risk of cancer and heart disease.

You would be surprised at the number of people who appear thin but who have a very high body fat composition, approaching the 30 percent mark. I would also estimate that people in the 30 to 40 percent range are considered obese and over 40 percent, are considered morbidly obese. *Knowing this, how can you determine a caloric intake that you should be able to live on and yet keep your body composition between 15 and 20 percent for men and 18 and 23 percent for women?*

In order to improve your body composition, you must determine your metabolic set point. Before we do this you should have your body composition evaluated. There are various methods used, from calipers to ultra sound measurements. Most health clubs, weight loss centers, exercise physiologists and physicians have these devices or know where they are available. Have your body composition determined before you embark on your program and then recheck it every month.

Determining Your Metabolic Set Point

Following is a formula for determining your metabolic set point.

1. Multiply your weight by 10. For example, if your weight is 150 pounds, multiply $150 \times 10 = 1500$. This gives you the approximate number of calories you need per day just to sustain body function which is known as your basal metabolic rate. So, if you stayed in bed all day and did absolutely nothing, you would burn approximately 1500 calories. Please note that this is an estimate since each person is different, with a different body composition.
2. If you lead a sedentary life style such as working at a desk and getting no exercise, multiply the product from #1 above by 25 percent. $1500 \times .25 = 375$. This is the approximate number of extra calories needed to support your daily activities. Your total caloric intake then should be between 1500 and 1875 each day.
3. If you lead a moderately active lifestyle with a moderate amount of exercise or activity, multiply the product from #1 by 50 percent. $1500 \times .50 = 750$. So your total caloric intake should be between 1500 and 2250 calories per day.

4. If you lead an active lifestyle, perhaps doing physical labor or exercising intensely, multiple the product from #1 above by 75 percent. This will give you a recommended caloric intake of between 1500 and 2650 calories per day.

Remember this is a starting point and not a be-all and end-all set of numbers. Start your nutritional program within this range of calories each day and monitor your weight as well as your body composition. These factors will show you how your program is or is not working. From that point you can fine-tune your caloric intake.

At this point you have accomplished three significant activities:

1. You now know what whole foods are and how they can be obtained.
2. You have chosen foods that appeal to you and are basically healthy.
3. You have determined the caloric intake necessary to sustain your health and your body, which will alter your body composition.

Now that the above criteria are established, I will give you a menu to choose from that will enable you, with little effort, to stay within the confines of your caloric intake. The following ultimate meal menu will serve as a guide, allowing you to choose many different food combinations that are nutritious and pleasing to your palate. As any connoisseur of fine food would say, “an Epicurean delight.”

You will also see a list of foods that may not be considered so healthy but in which you will indulge from time to time. So make sure that you keep score by totaling your calories daily. In the future, as you adhere to this nutritional profile, you will feel better.

Before you pick the foods from the menu, consider the following guidelines for meals, food preparation, seasoning, water, chewing, digestion, food combining, supplements and nutritional diaries.

The Ultimate Meal Menu

Guidelines to follow

1. Eat a minimum of three to six meals a day. When you eat more meals you reduce your calorie intake at each feeding. In turn, this will:
 - Prevent hunger and binges. Since you are eating every two to four hours, you are never very hungry because of the time release factor of the food into your bloodstream.
 - Make your meals easy to digest and take the stress off your digestive system. The process of digestion itself requires energy which will often leave you fatigued and lethargic. Have you ever noticed after eating a heavy meal that you prefer to sleep or relax?
 - Prevent bloating, gas, fluid retention and abdominal distention, reducing that “Beer Belly” effect.
2. Broil, bake, barbecue, steam, stir-fry, microwave, toast or fry with a light olive oil or butter.

Keeping food preparation simple saves time and expense, not to mention reduces the “hidden calories” found in most food preparations.

3. Season your meals to taste.

Using herbs, spices and sea salt in place of more exotic food preparations enhances the natural flavors of food while keeping calories to a minimum.

4. Sip water throughout the day.

Your body is approximately 50-60 percent water. Sipping water throughout the day ensures you stay that way. Water also:

- Helps with fat breakdown
 - Satisfies hunger – most people confuse hunger with thirst
 - Flushes out excess salt, thus reducing fluid retention
 - Flushes out metabolic (toxic) waste produced by cellular metabolism
 - Reduces thirst at meal times, keeping fluid intake during a meal to a minimum. This allows the digestive juices to stay “concentrated” and properly digest your food.
5. Be sure to give yourself time to eat and digest your meal.
- Taking your time allows you to chew your food slowly and carefully. Remember the process of digestion starts in the mouth.
 - Eating is meant to be an enjoyable process and one of the greater joys in life (ask any chef). “So drink, eat and be merry.”
6. Always take your supplements with consistency and persistence. These building blocks provide vital supports for your body. It’s like having money in the bank.
7. Always fill out your diet diaries. This habit will create your blueprint for success.
8. Remember: One day of bad nutrition affects two days of good, healthy nutrition. If you have to binge then do so, but do it no more than once each week, period!!

**Drinking 8 to 12
ounces of water
before your meal
will also curb
your appetite.**

9. Food combining is important. Combining foods properly helps improve the digestion of those foods. This is more an individual choice that can be determined by your diet diaries. When food is not combined properly, there will be signs such as:

- sinus congestion and allergies
- abdominal distention
- bloating
- burping
- sour taste in your mouth
- burning or queasiness in the stomach
- excessive gas, “foul odor”
- abdominal discomfort.

Also remember to keep the number of different types of food eaten in a meal to a minimum. For example, eggs and toast are easier to digest than juice, eggs, grits, toast, butter, jam, bacon, etc.

10. Exercise a minimum of three days per week to a maximum of five – this is a minimum of two to three hours to a maximum of six to eight hours a week.
- Being consistent and persistent will bring you excellent results!

**Follow the CIMA principle:
CONSTANT IMPROVEMENT MEANS ACHIEVEMENT**

The Ultimate Calorie Counter

The following Ultimate Calorie Counter was developed to give you a specific menu of foods from which to choose your meals. Take all of the foods you checked off in the previous section that you love to eat. Look at the following menus, plugging in your favorite foods into those meals. You must also estimate the calories in each of your meals. It is impossible to be exact because of the variance in serving size and calories in each food. Remember, your goal is to consistently track what you are eating and the amounts. Then you can assume your outcome and review what you ate.

Ask yourself whether you accomplished what you wanted. If not, look back on what you did and determine what you can change to accomplish your goal. Don't get hung up on specific calorie amounts. Relax, after a while you will be eating much more, and you won't even count calories.

1 egg =

80 calories

1 egg yolk =

**60 calories of fat and
cholesterol**

Egg whites =

**15-20 calories
of protein**

BREAKFAST

Calories

High Protein Selections

1. Egg omelet 300 - 800

Use three to six eggs with only one or two yolks (cook with Pam® or cooking oil), with toast or bagel. Add onions, peppers, potatoes, mushrooms, cheese with sea salt and a side order of turkey (sliced)*

2. Protein drink 300 - 500

Make with egg whites, skim milk/milk, banana, strawberries, sweetener.

High Carbohydrate Selections

3. Fruit cup, assorted fruit 2 oz. = 30
6 oz. = 100

4. French toast 300 - 500

Cook with butter. Use three slices whole wheat bread and egg whites, but only one yolk. Use butter, cinnamon and natural maple syrup.

5. Cereal/oatmeal/grits 150 - 350

Use one cup skim milk/milk. Number of calories will depend on the type of cereal used.

6. Fruit shake 300

Make with one cup apple juice, handful frozen strawberries, banana; blend.

MID-MORNING/MID-AFTERNOON SNACK

Calories

1. Any morning entree
2. Fruit, one or two pieces 100 – 200
3. Soup 50 – 200
(cheese or “cream of “ are 50% fat)

High Protein Selections

4. Yogurt, low fat (1 cup) 100 - 150
5. Cheese (2 slices/2 oz., 60-80% fat) 100 - 125
6. Cottage cheese (2 oz., 20% fat) 60
7. Turkey/chicken breast (2 to 4 oz.) 300 - 400
sandwich on whole wheat bread/vegetable topping
8. Lean beef 2-4 oz. sandwich 400 - 600
on whole wheat bread/vegetable topping
One ounce = one slice beef 70

SEA SALT, The Perfect Condiment:

- 1. Contains 74 minerals.**
- 2. Minerals are in balance with the body's mineral proportions.**
- 3. The minerals are in an ionized state – less toxic.**

LUNCH/DINNER

Choose one from the following groups – A, B and/or C. Always focus on rotation of combinations looking for proper balance.

Calories

Group A

- | | |
|----------------------------------------------------|-----------|
| 1. Fish 6 oz. = 1 - 1.5 oz. protein | 100 - 200 |
| 2. Fowl 6 oz. = 2 - 2.5 oz. protein | 225 - 275 |
| 3. Lean red meat 6 oz. = 3 - 3.5 oz. protein | 350 - 450 |
| 4. Egg whites - 10 egg whites = 1 ounce of protein | 100 |

*** Calories may vary in fowl and meat due to fat content of the meat itself.*

Group B

- | | |
|----------------------------------|-----------|
| 1. Salad with dressing | 200 - 400 |
| 2. 1 - 3 cups steamed vegetables | 100 - 400 |
| 3. Baked potato | 100 - 200 |

*** Oil and butter are fine on veggies.*

Group C

- | | |
|--------------------------------|-----|
| 1. Cup of rice | 200 |
| 2. Pasta/Marinara sauce, 4 oz. | 500 |
| 3. Whole wheat bread, 2 slices | 50 |

LATE NIGHT SNACK

1. Fruit
2. Bowl of cereal with skim milk/milk
3. Popcorn - lightly salted
4. Fruit-juice ice bars
Make your own with your favorite juice
5. Cookies/cake

WHEN YOU HAVE TO INDULGE

<i>Beverages</i>	<i>Calories</i>
1. Water	0
2. Diet sodas, 12 oz	5
3. Soda, 12 oz.	100 - 150
4. Fruit juice, 1 cup	100
5. Vegetable juice, 1 cup	100
6. Beer, 12 oz. light/regular	100 - 150
7. Wine, 4 oz.	100 - 150
8. Alcohol, 2 oz.	150 - 200
9. Milk – Skim, 20% fat, 1 cup	100
Milk – Whole, 50% fat, 1 cup	150
Milk – Half & Half, 80 - 90% fat, 1 cup	320
10. Coffee/Tea	0 - 5

<i>Sweet Tooth Time</i>	<i>Calories</i>
1. Pies, 4 inch wedge, 50% fat	300 - 500
2. Cookie, 30 - 50% fat	30 - 100
3. Potato/corn chips, 1 oz., 60 - 70% fat	30 - 100
4. Cakes, 30 - 50% fat	300 - 500
5. Candy, 1 oz., 30% fat	150
6. Popcorn, 1 cup, with butter and salt	50 - 250
7. Pizza, 1 slice, with topping	180 - 250
8. Ice cream, 1 oz., 80 - 90% fat	50 - 75

<i>Dressings and Toppings</i>	<i>Calories</i>
1. Oils and salad dressings, per tablespoon	100
2. Oils and salad dressings, low cal, tablespoon	5 - 50
3. Butter, 1 pat	35
4. Mayonnaise, 1 level tablespoon	100
5. Mustard, 1 level tablespoon	10
6. Catsup, 1 level tablespoon	50 - 100
7. Gravy, 2 level tablespoons, 50 - 70% fat	50 - 100
8. Tomato sauce, meatless, 2 - 4 oz.	50 - 100
9. Tomato sauce w/meat, 2 - 4 oz.	100 - 150
10. Peanut/almond butter, 1 tablespoon, 90 - 100% fat	100
11. Maple syrup/honey/jelly, 1 level tablespoon	100

Following Your Ultimate Meal Menu

The only way to know if any plan works is to keep score. You know how much money you make and how much you spend, right? If you're foolish and spend more than you make and fail to keep score, your checks bounce all over town. Your credit turns to garbage, and the only phone calls you receive will be from creditors. Or what if you didn't know how much gas was in your car because the gauge was broken. How would you know when the gas would run out? How boring would any game be if you didn't keep score? Would you watch a baseball, football, basketball, or hockey game if they didn't keep score? Would there be a point to a nutritional program if you didn't keep score and know whether you were "winning"? I'm sure you want to know whether you are winning the game called life. This game called life had better be taken seriously; otherwise you might not have a life at all. If keeping score for a silly game is worth it, don't you think you should be serious with your nutritional profile?

Keeping a diet diary as your "scorecard" will give your signature nutritional profile (SNP) a purpose and direction that makes it fun, just as keeping score in a game makes it challenging, especially if you are winning. You are going to create a masterpiece out of your body, and it starts with putting the right ingredients into it.

Following is a copy of a nutritional profile, or diet diary. Let me give you some pointers for filling it out, since the information you will gather will be paramount. Filling out your diet diary will take only three to five minutes out of your busy schedule and will

**Why you must write
down what you eat:
Because it keeps
you on track with
your SNP**

put you on track for perfect nutrition. This is the only way to do it. If you are looking for an easy way out, this program is not for you. Anything else is second-rate. You shouldn't do anything second-rate, especially when it could compromise your health.

Points to Follow with your Diet Diary

1. Always write down everything you eat and drink.
2. Always list the number of calories. If you are not sure, estimate using my charts.
3. If you are interested in keeping your fat content down, list the percentage of fat or the total calories from fat in your diet. You should have between 10 and 20 percent fat in your diet. Anything less would be detrimental to your health. On average, Americans have between 45 and 55 percent fat in their diets. If you are on a 2,000 calorie per day intake, your calories from fat should not exceed 600. Since there are nine calories per gram of fat, you should eat no more than 70 grams of fat ($70 \times 9 = 630$ calories). Your intake of carbohydrates should be between 30 and 60 percent of your total calories.
4. If you are interested in gaining muscle, you need to take in 1 gram of protein per pound of body weight. So if you weigh 200 pounds, you should take in 200 grams of protein daily. Since each gram of protein is equal to four calories, your caloric intake from protein should be 800 calories a day. Always write down your weight and, once a month, check your body composition.
5. Always write down the supplements you are taking.

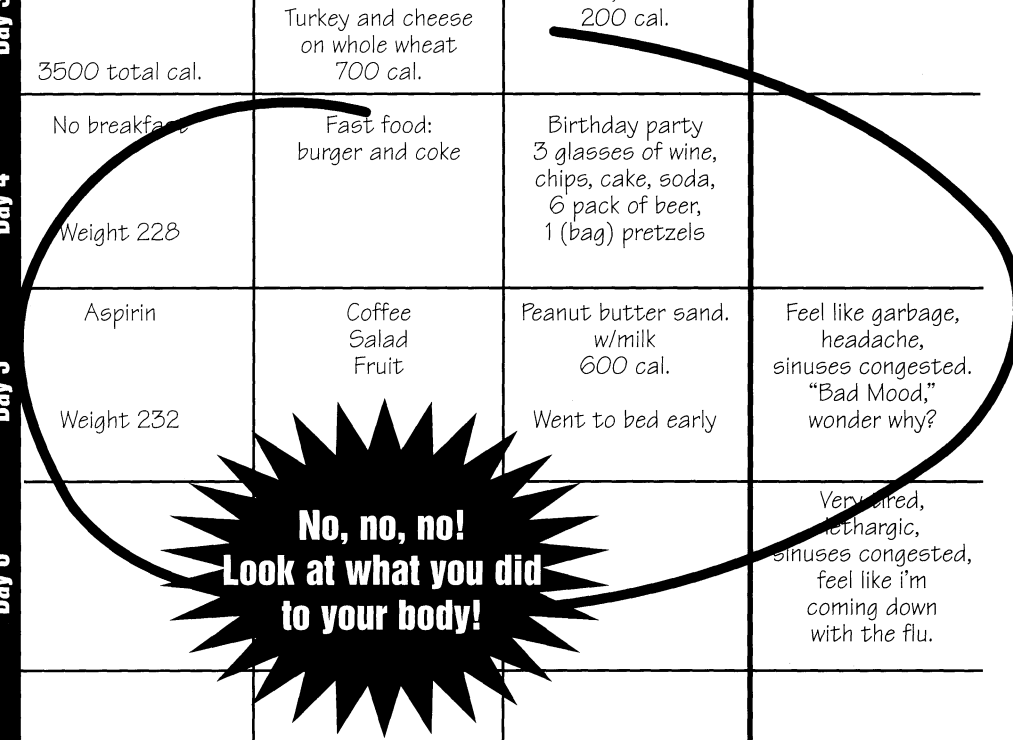
6. Always write down your exercise routine, its length of time, and its intensity.
7. Always write down how you feel, any symptoms, your energy level and how strong you were through your workout. Make up your own scale, such as I felt very strong, had high energy and felt great. Or I felt hung over, had a headache, didn't feel like working out and was weak. Whatever will help you keep track and, by all means, do keep track. Following is a nutritional profile and a blank sheet for you to copy and use for your nutritional profiles. Be brief, specific and create your own coding system.

Following the instructions for the nutritional profile gives you a blueprint for success. Never again will you have to fight the weight loss cycle, looking for that magical pill, potion or lotion. Even if you go off your diet, you always have a copy of what works — your nutritional profile.

DIET DIARY

Date _____

	Morning	Noon	Dinner	Exercise
Day 1	Egg white omelet, bagel, coffee 700 cal. Weight 230	Pasta - 8 oz. water 800 cal. Turkey on whole wheat 500 cal.	Steak, potato, salad, bread 1200 cal. Ice cream 500 cal.	Took supplements Bike 30 minutes Workout: chest, 10 sets back, 10 sets Felt Great! Lots of energy!
Day 2	Egg white omelet, bagel, coffee 700 cal. Weight 229 3600 total cal.	Steak & egg whites bagel water 900 cal. Fruit shake 400 cal.	Salad, 3 chicken breasts, baked potato 1000 cal. Ice cream 500 cal.	High energy Stretched 30 min.-cardio/bike
Day 3	French toast, 5 slices syrup, butter 600 cal. 3500 total cal.	Pasta water 1000 cal. Turkey and cheese on whole wheat 700 cal.	Salad, fresh tuna, bread 1000 cal. Potato, iced tea 200 cal.	Work out 1-1/2 hours Intensity: 8 level
Day 4	No breakfast Weight 228	Fast food: burger and coke	Birthday party 3 glasses of wine, chips, cake, soda, 6 pack of beer, 1 (bag) pretzels	
Day 5	Aspirin Weight 232	Coffee Salad Fruit	Peanut butter sand. w/milk 600 cal. Went to bed early	Feel like garbage, headache, sinuses congested. "Bad Mood," wonder why?
Day 6				Very tired, lethargic, sinuses congested, feel like i'm coming down with the flu.
Day 7				



DIET DIARY

Date _____

	Morning	Noon	Dinner	Exercise
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

METABOLIC MASTERY: PRINCIPLE FIVE – OPTIMUM ORGAN AND GLANDULAR FUNCTION

How is my body functioning? In other words, how are the glands and organs that process foods into energy, life sustaining chemicals, and walking-talking tissue performing?

If I may, I would like to use the analogy of an automobile again. Even if you use high octane fuel, when the automobile's internal components such as the fuel pump, electrical supply or fuel injectors are not working, your high-performance automobile won't perform well. It may not even start.

The same is true with your body. Although you may be eating good food, if your digestive organs are not functioning properly, the food is useless.

The only true test of organ function from a chemical standpoint is a blood chemistry test. Blood chemistry profiles give you information about organ and glandular function, as well as body toxicity and proper foods that are specific for you.

The blood test is altered when the organs are not functioning properly. At that point, you need specific nutritional support for those malfunctioning glands and organs, such as:

- vitamins
- minerals
- glandulars
- homeopathic remedies
- herbs

I have seen astonishing results in patients when blood chemistry analysis and proper treatment were combined. In

fact, I believe that blood chemistry analysis will be the nutritional diagnostic test of the future.

If you feel that what you have read makes sense but you can't seem to apply it, you may need to invest in a blood chemistry analysis test. It will be well worth it. Stop taking countless vitamins and minerals that may not be right for your body's needs or buying the latest weight loss chemical on the market. Stop wasting time and money and then feeling disappointed when you don't get results. The health of your chemical body can be scientifically and accurately determined.

For additional information on this valuable test that proves through lab testing significant changes in the chemical health of a human being, call my office for a free pamphlet.

Let's Review the Five Principles of Metabolic Mastery

Metabolic Mastery Principle 1

The three purposes of food:

- Energy
- Life-sustaining chemicals
- Growth and repair

Metabolic Mastery Principle 2

The three classifications of food:

- Carbohydrates
- Proteins
- Fats

Metabolic Mastery Principle 3

Choosing the right food for you based on:

- Your heritage
- Your cravings
- Blood test

Metabolic Mastery Principle 4

Developing proper caloric intake

- Determine your metabolic set point and caloric range
- Choose from the food lists the foods you crave and that are closely associated with your heritage
- Write out your Diet Diary and keep score

Metabolic Mastery Principle 5

Determining proper nutritional support for body function through blood tests that:

- Assess organ and gland function
- Determine foods specific for you
- Identify body toxicity or infection

PART 3

Exercise

Care of the Human Frame

The Physical Body

Care of the Human Frame

Let's face it — what it all comes down to is, whether, when you look in the mirror and see what you physically look like, you are happy. If not, then it doesn't matter what you weigh. Taking control of your physical body is what you need to do and that cannot be done without exercise.

Taking care of the physical side of weight control is a science and an art. It requires an understanding of how the physical body works, how to enhance and strengthen it, and what will cause problems for it.

Care of the human frame is a monumental task. Not only must you be concerned with the look of your physique, but also how well your body functions during motion. You probably have in mind a certain look or type of physique you would like to own. If you were to analyze your body in front of a mirror right now, you would probably want to change the dimensions of certain body parts. In some cases, you may want a whole new body. Most of us want to change something or everything so that we can be aesthetically pleasing to ourselves and others.

You can achieve tremendous change in your appearance — a metamorphosis, if you will, from a caterpillar to a butterfly — through care of your human frame. The human frame is responsible for movement, and gravity exerts greater stresses on the body when movement is involved. Whether in a controlled movement like a swing of the bat or racquet, or in an uncontrolled movement like a fall, the effects of gravity greatly increase.

A proper blend of physical beauty and function is what you need to achieve with your body.

Look at your body as a work of art.

Look at your body from the perspective of a sculptor, the way a sculptor looks at sculpting a masterpiece out of a mound of clay. Watch how from his mind's eye the sculptor creates a masterpiece of beauty and grace. Start looking at developing a masterpiece with your body – or think of the depressing downside of being like a mound of clay.

Care of the human frame is ongoing, not just a thing to do on occasion. Remember, gravity never takes a break and will break you if you let it. That's why you must look at this as a lifestyle change; and, like any lifestyle change, you must have a strong enough purpose and goal to follow through with it. I will give you all of the ways to care for your human frame. You must devote the time and effort to it.

Start to treat your body like a finely tuned automobile. If you could have the car of your dreams, what would it be? How would you treat it?

Shouldn't your body receive similar treatment? After all, it literally transports you through life. Care of your human frame is absolutely necessary when approaching your body as if it were the vehicle of your dreams, because it is. Treat your body as a status symbol, and it will make a statement about you that people pay attention to. *Let your presence command attention.* You want to develop a powerful, graceful, sleek, comfortable machine that per-

Let your presence command attention.

forms with excellence, with many luxuries. That's what you would ask of your dream machine, isn't it? In fact that's what you should call your body – the ultimate dream machine – because you can transform it to a total new look and type, since your body has the capability to repair and rebuild.

**Your body, the
ultimate dream
machine.**

Remember you need to have a functional as well as beautiful body. You also need to know how to care for your “ultimate ride” and maintain it so it does not break down. You don't ever want to end up in the junkyard like a piece of scrap! Here's what you want to do when caring for your human frame:

- Exercise to enhance performance and looks
- Care for your body to repair any damage that may be the result of exercise

To physically improve your body, you must physically stress your musculoskeletal system. Through rest, care, exercise and recuperation your body adapts to that physical level of stress, thus making you stronger and more functional as it improves your appearance. This type of physical stress has to be in a controlled environment to reduce the risk of injury.

Even in a controlled environment, you still have to care for and maintain your body, since exercise literally breaks it down. Consider Mario Andretti when he takes his race car in for a pit stop. The pit crew has to repair any damage caused when the car was going through its paces during the race. Failure to do so might mean worse damage later. The same holds true for your

body during exercise. Although your body needs exercise to stimulate it and enhance strength and performance, you always run the risk of injury and damage to it, which may become permanent if proper care is not administered immediately.

You might ask why you should exercise at all if it might cause injuries. The answer is that without exercise, your body will become a jalopy and end up in the junkyard we call a graveyard. Enough said. I will first present exercise and then the many ways that you can care for your human frame. In fact, you will use the last type of exercise, stretching, mostly for care.

Physical Exercise

It's rather obvious that exercise enhances health. I could give you all the attributes and effects that exercise has on your health, but I think you already know that it makes you feel and look great, thereby enhancing your self-image and self-esteem. What you really need to know is how to use exercise to your advantage, while reducing the risk of injury. I will give you the principles to follow.

It is interesting how often people confuse exercise with physical labor, housework, or sports. Your purpose when you exercise is to improve your health, and nothing else. You might think that because you are doing something physical, you are exercising. You might say, "I get enough exercise; I play tennis." When you play tennis, you are improving your tennis game, burning up a storm of calories, and getting some cardiovascular conditioning, but you are not exercising. You might say, "I get enough exercise; I play golf." I won't even answer that one, especially if you play on courses that require the use of an electric cart.

Exercise has its own purpose – to enhance the health and per-

formance of your body. So you can play better tennis, run faster, or be more accurate with your approach shots, free throws, or pitches. You want to use exercise to increase function as well as improve your appearance. There are three types of exercises that will give you a well-rounded program. Eliminate one type and you will not benefit much from the other two.

Triune of Exercise

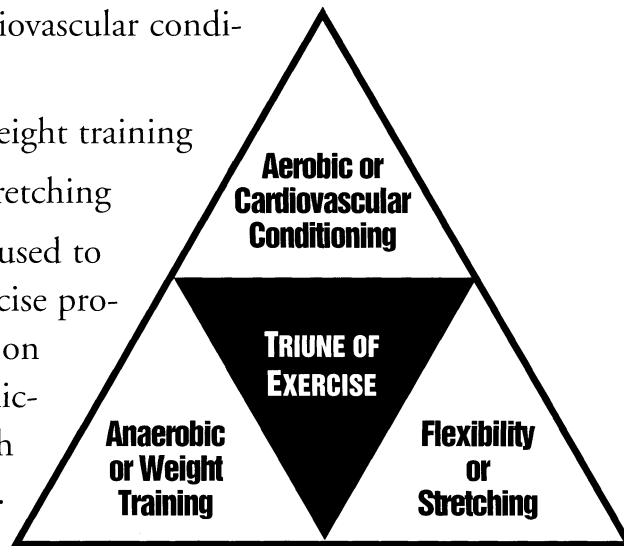
The triune of exercise consists of:

- aerobic or cardiovascular conditioning
- anaerobic or weight training
- flexibility or stretching

All three must be used to create a balanced exercise program and, depending on what your goals are, dictate how much of each exercise you will need.

Of course many different types of exercise are included in the three classifications. You need all three classifications of these exercises to create a particular stimulus to the musculoskeletal system necessary to enhance its function.

Aerobic training improves your cardiovascular system, which consists of the heart, lungs and circulatory tree (arteries, capillaries, and veins). The heart is a muscle you must strengthen. What you may not know is that your arteries are muscles that also expand



and contract to pump blood. Since your veins are not as muscular, they use the skeletal muscle as contraction supports to pump the blood back to your heart. Aerobic training also enhances and increases oxygen to the body, utilizing additional fat instead of carbohydrates for energy, thereby making your body more lean and reducing body fat.

**Weight training
can do more for
weight loss than any
other exercise.**

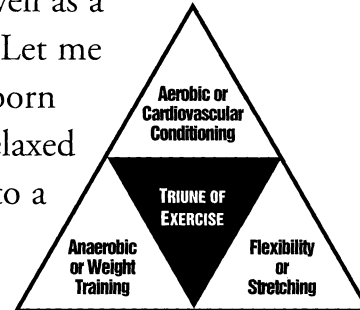
Anaerobic training improves muscle tone, balance, coordination, body shape and strength necessary to oppose the effects of gravity by specifically strengthening particular muscle groups. Anaerobic training can do more for body aesthetics and function than any other type of exercise. You can literally reshape your entire body if you want to, creating the look you want while making your body strong and powerful. Women today are more vulnerable to physical abuse. Weight training may save their life during a physical attack.

Increasing your muscle also increases your calorie burning capacity discussed in the section on nutrition. For each pound of muscle, you burn 50-100 extra calories each day.

While aerobic training is better at burning fat, anaerobic training is better at increasing muscle, thereby creating a synergistic effect on body composition. Remember if you put muscle on your frame, you burn more calories every day whether you exercise or not, unlike aerobic training where only minimal amounts of muscle are produced.

Flexibility, or stretching, is necessary to create proper joint and muscle tension, thus reducing physical stress on the joints.

Stretching is classified as an exercise as well as a procedure for care of the human frame. Let me explain. Muscles have an inherent or inborn ability to cause contraction. Even in a relaxed state your muscles continually contract to a slight degree. For example, when you wake up in the morning after a good night's sleep, do you feel stiff and tight or flexible? For most people, the answer is stiff and tight. As you slept and your muscles relaxed, they stayed in a toned or contracted state to maintain that tone. The muscles now need to be stretched. If this is not done, the tightness continues, causing further injury to the joints and, over a lifetime, can have a devastating effect on your frame. This is what happens with many of the elderly who become stiff, inflexible and riddled with arthritis.



Without all three classifications of exercise, your program is destined to fail.

Incorporating exercise from each classification in specific amounts based on your desired outcome will help you map out the program that is essential for you. Each classification will be detailed as to the types of exercise and will include the fundamental principles that yield the best results and limit your injuries, thus producing a strong, beautiful and graceful body.

As always, seek the help or support of a well-credentialed physician or trainer. I can focus in detail on what you should know about each classification to create the desired effect, but without the right guidance it may be an uphill battle all the way.

So please realize that the extra guidance will reduce the risk of injury as well as enhance results.

Aerobic Exercise

Aerobic exercise is cardiovascular conditioning. Aerobic simply means “with oxygen” or exercises that place increased oxygen demands on the body. The premise is that if you can increase body oxygenation power, you improve the strength of your heart, lungs and circulatory tree, reducing the risks of cardiovascular disease. The downside is that too much cardiovascular conditioning may be what puts you in an early grave unless you follow certain principles, which are outlined in this book.

The increased oxygen your body gets from aerobic exercise is involved in the breakdown of fat and sugar (carbohydrates) that produce energy for your muscles. In anaerobic training (weight training) oxygen is not as necessary for producing energy from the fat and sugar. What happens is that with large amounts of oxygen, you are prone to burning higher percentages of fat and smaller percentages of carbohydrates for energy. During anaerobic training, the pathway to convert sugar into energy is more conducive than burning fat, so your ratio of fat to sugar breakdown is opposite that in aerobic training.

Following is a partial list of what most people would consider cardiovascular conditioning programs.

**If fat loss
is important to you,
cardiovascular
conditioning is
a must, since
a high percentage
of fat is used
for energy.**

- Aerobics classes
- Climbing
- Cross-country skiing
- Cycling
- Jogging
- Skating
- Speed walking
- Swimming
- Weight training (cardiovascular when performed a certain way)

Your designer aerobic program. Let's look at the criteria necessary to establish a proper aerobic program that is tailor-made for you. Following are the principles you should follow when designing your program.

1. Have a complete physical and advise your physician of your intentions about the program you selected. Your physician may detect a health condition that could progressively worsen with the wrong type of exercise. For example, jogging would not be the best type of cardio program for a person with a back, neck or knee injury. Swimming might be more beneficial for this individual.
2. Pick an exercise you enjoy doing. You may be a typical "I don't like any of those exercises" person. If that's your answer, but you do want to improve your health, then pick one, any one. Today the approach to aerobic training is so diverse – from trendy outfits to an old pair of shorts; from fancy running shoes to sneakers; from using high tech equipment to jogging on a simple road; from spend-

ing a few dollars to spending thousands of dollars; from working out with high tech sound systems to the sounds of the outdoors. Take your pick. Surely one will tickle your fancy.

3. Choose an exercise program that fits your finances. For example, cross-country skiing may be what you want to do, but the cost of equipment and travel might be prohibitive. As previously mentioned, a road to walk or jog on may be all that's required.
4. Put the necessary time aside to start your program. Pick a time that you can commit to, a time that is yours and nobody else's. People often complain that they have no time. Nonsense! A safe way to start is to minimize the time factor. For example you might want to start your program at 20 minutes per session, three times a week, and work up to 30 minutes or more three to five times a week, depending on your goal.
5. Develop a purpose and a goal before starting your program. Many people start a program with some type of unrealistic goal or ridiculous reason for exercising. For example you've gained 20 pounds and you have a wedding or reunion to attend, so you start an exercise program. Usually you wait until it's too late, kill yourself trying to lose the weight, which you don't, and hurt yourself in the process. Then when the reunion or wedding is over you stop exercising, gain another 10 pounds, and wait for the next occasion. Before you know it you're 50 pounds overweight and you tell yourself that exercise does not work. This is why it is necessary to start your program with the right purpose in mind and work toward realistic goals. First

of all, your main purpose for starting any exercise program is to continue to improve your health over your lifetime. Exercise is not a destination but a journey through life. It does not stop because that special occasion is over or you lost the 10 pounds. It's a lifestyle change for which you have to make a commitment and then persevere. We are talking about improving the quantity and quality of your life, not that special occasion.

Big goals should be divided into smaller goals that, as achieved, can tell you about your progress. Goals that are too big can be frustrating and illusive, but smaller goals achieved incrementally are very rewarding. When developing your goals please don't set yourself up for failure, since frustration may kill your program. For example you may want to lose 40 pounds in two months. This goal is both unrealistic and unhealthy. The journey that you would have to take to achieve this goal would be very difficult and painful, which is not the intent with the right exercise program.

If I had a patient who needed to lose 40 pounds, I would suggest a goal of five-pound increments over a certain time frame, have the patient stabilize at that weight for a while (let the body get accustomed to this new weight) and then work toward the next goal. This type of program is enjoyable and healthy.

6. Gain all the knowledge you can. Knowledge is the first ingredient of wisdom. It is essential that you read about exercise and other things that pertain to your health. Exercise physiology is an ever-expanding body of knowledge that can help you obtain the results you are looking

for. Many excellent publications are available to help you in this endeavor.

Your purpose for exercising is to improve your health which, in turn, increases your self-esteem and self-image. At the same time, set goals that are attainable to avoid setting yourself up for failure. If you follow these six guidelines, your chances of fitting an exercise program into your lifestyle are greatly improved.

Measuring performance. The most important aspect of any cardiovascular program is to enhance health, not damage it. For you to achieve maximum benefit from your program, you must train at the proper level for you and not do what someone else does or tells you to do. Remember, if you don't exercise with the intensity necessary for optimum results, you will become discouraged by your lack of progress. Likewise, if you become a fanatic and feel guilty if you don't work out every day, you are probably overtraining, and consequently suffering from constant and chronic injuries, as well as fatigue and sickness. Either way you don't get the results you're looking for.

What stops most exercise programs is injury or not achieving the expected results. Under these conditions, people become discouraged and quit. I see it at least 10 times a day. I know; I own a health club. Yet we all know that people who love doing things that make them feel good don't stop. That's how your program should be set up.

When designing your program, set up a performance level that ensures optimum results and is injury free. Your pulse tells you how fast your heart is beating at rest. Since your primary concern

**If you love the
exercise you're doing
and it makes you feel
and look great
— you won't stop.**

is to stimulate your cardiovascular system, your heart rate is a good indicator. Respiratory rate, or how many breaths you take every minute, gives you a measurement of your lung capabilities, which is the other major organ of the cardiovascular system.

Being able to measure each is of utmost importance in any cardiovascular program. Following is the information on taking measurements for each and assessing the target range and resting rate that you should strive for to accomplish results.

How to measure your heart and respiratory rate. Your heart rate (pulse rate) is taken easiest at two arteries. One is the radial artery, located at thumb side of the wrist. The other is the carotid artery located in the front part of your neck below and forward of the jaw area. Here's how to take your pulse.

- Lightly press either of these areas with the pads of your fingers and feel for a thump under your finger tips.
- Count the thumps for 15 seconds and multiply this number by four since there are 60 seconds in each minute. This will give you your resting heart rate, which should be between 60-80 beats per minute.

Your goal is to reduce your resting rate and increase your target rate. **If your pulse rate is more rapid (90 - 100) check it every day at rest to see if it is always that high and, if it is, speak to your physician about it.**

How to develop your target heart rate. Developing your target heart rate is extremely important to productivity and equally important to injury reduction. You need to strengthen your heart and avoid being a statistic. There are various equations you can use, but go with a simple formula specific for you. If your pulse

rate is 80 beats per minute at rest and you want to develop a program for general heart conditioning, you need to increase or make sure that your heart could at least maintain some increased percentage of demands put on it. In general heart conditioning, your goal would be an increase of about 50 to 70 percent of your resting heart rate that could be sustained for about 20 to 30 minutes without any laborious breathing patterns. In other words, you should be able to breathe deeply and normally and maintain that rate of exercise for a 20- to 30-minute time frame.

A word about breathing. Whenever you exercise, it is important to breath in and out of your nose deeply filling your lungs with as much oxygen as you can. This increased oxygen to your body will create a wonderful euphoric feeling in your mind and body comparable to making love. In fact you are making love to your body. These are the sensations that exercise can bring when you have a purpose and goal. So slow, deep and steady breathing is necessary for productivity; and when it can't be maintained, you are starting to surpass your target heart zone. Your goal is to push continually, or should I say nudge this rate slowly over time, thus continuing to strengthen the cardiovascular system.

This is how burning fat through exercise truly works. An enjoyable range of exercise is available, and it starts with proper breathing habits. To start a general conditioning program, target for 50 percent of your pulse rate. Here's how.

- Take your pulse rate and multiply by 50 percent.
- Add that number to your pulse rate.
- If you can maintain that level for 20-30 minutes, you may push the envelop a little more.

(For example, if your pulse rate at rest is 80, multiply 80 by .50 which equals 40 and add this to the 80 which is 120 beats per minute or 30 beats every 15 seconds.)

A word to competitive athletes. Deep, relaxed breathing is the best and safest way I know to make gains from your training. Maintaining excellent form in any sport starts with proper breathing. It stills the tensions in the body, which literally makes it float effortlessly and gracefully through its motion. Have you ever noticed that the greatest athletes in sports make it look simple. It's all in the breathing, which is brain as well as body fuel.

Remember to always breathe through your nose since the outside air is moistened and brought to body temperature as well as filtered by your sinuses, thus making the air more suitable for use in your body. Always breathe deeply and comfortably, expanding your lower as well as your upper lung compartments.

Wind sprints are an excellent way for competitive athletes to condition their aerobic capacity. If you are presently training at 70-80 percent, increase the pace by 10 percent and try to hold that pace for as long as you can. When your breathing becomes labored, back down to where you were until you can catch your breath and are breathing easier. Repeat this two or three times at the end of your training just before you cool down. Divide your aerobic session into three parts, remembering that stretching should precede the warm-up and continue after cool-down.

1. *Warm-up* — this portion takes 5 to 10 minutes, as you approach your target heart rate.
2. *Maximum effort* — takes 15 to 40 minutes saving the last five or 10 minutes for wind sprints for those on a competitive level.

3. *Cool down* — takes 5 to 10 minutes as you decrease your pace, slow down, and stop.

For maximum benefit, your program should be repeated three to five times a week, which should take from a minimum of one hour to a maximum of five hours. For the serious competitive athlete, 5 to 10 hours. Marathon runners and triathletes may require slightly more time, but they must consider the importance and productivity in not overtraining and use the intensity of each training session to enhance performance rather than pound their body into the pavement.

Remember, higher intensity of shorter duration, plus time between training sessions for your cardiovascular system to repair and rebuild for the more intense training regimen to come, is what you should strive for. It is not only how many miles you run, swim or bike, but how fast you can do each mile that determines the winner. This program will greatly enhance your cardiovascular performance and reduce the risk of injury to your body. So follow these points and here's to a successful program.

Anaerobic Conditioning

The next type of exercise, anaerobic conditioning, requires less oxygen and uses more sugar for its energy source. The best anaerobic conditioning is progressive resistance conditioning, which is our next topic.

Progressive resistance conditioning (PRC) will strengthen and shape your physique better than any other exercise. When you work out with weights you know that you've worked out. You

**Use intensity, rather
than time,
when exercising.**

can see the shape, size and definition in your muscles. I've seen physical transformations that would astound you — transformations not only in bodies but in minds.

Progressive resistance conditioning can do more for your self image than anything out there. Everyone wants a pleasing, beautiful body. Look at the money spent on clothes, which should be to enhance our physical appearance, not hide it. I haven't met anyone who, if they could, wouldn't want to change some aspect of their body. With progressive resistance conditioning, this is not only possible, but it will do things to your physical appearance you never thought possible. PRC can change the shape or size of all of your muscles and collectively transform your body into a work of art. In fact, your purpose with your signature PRC program is to transform your physique into a work of art. Your body should be your canvas or clay that you will work with and transform into a masterpiece, as Michelangelo did with the Sistine Chapel. It took Michelangelo the good part of a lifetime to create that work of art, and it will take a lifetime to create your work of art. Use the free weights and machines like an artist or sculptor would use brushes and chisels. Sculpt the body you've always wanted but felt that you couldn't achieve.

You can do this with a program designed specifically for you. If it is strength and coordination you're after to run faster, hit or

**Clothes should
enhance your
physical appearance
— not hide it.
— Dr. James P. Cima**

**Your body:
A work of art.**

throw the ball farther, jump higher, kick faster or higher, and perform all of these feats with added accuracy, then listen. PRC is the best way to enhance your performance in any sport. Sports require balance, coordination and strength of the musculoskeletal system for you to perform well. Your performance in any sport will be enhanced by the right signature program. It is obvious that the signature program for a long-distance runner would not be the same for a lineman on a football team.

**Your signature
body enhancement
program.**

Injury prevention and rehabilitation are also key points in PRC. Most injuries can be rehabilitated using various forms of PRC. Take, for example, lower back golf injuries caused by the repetitive one-way rotation. These injuries can be rectified through a proper PRC program. Or PRC may be used to strengthen your arm muscles so you can hit the ball harder without causing an elbow injury.

A signature PRC program is a must for everyone. The euphoric high from PRC is like the runner's high. Specific hormones that elevate during times of excitement and exhilaration are released during weight conditioning. This, along with the pump (a term used because of the feeling you get from your muscles filling up with blood), should give you a feeling of well-being after your exercise session. The pump is what makes your muscles feel and look firm.

**PRC increases
physical and
mental power.**

You have the power. We all possess two types of power: physical and mental. Blending the two creates synergy, a

geometric progression of ability greater than the sum. PRC makes you stronger physically and also enhances you mentally by the chemical release of certain hormones which:

- excite and stimulate your mind
- increase your self-image by changing your physical appearance.
- increase your positive feelings about future achievements.

PRC balances left and right brain activity. It has been shown that the left hemisphere of your brain controls the right half of your body and is most responsible for rational, logical thought, while your right brain controls the left side of your body and is responsible for your artistic, creative side. The proper blending of creativity and logic yields imagination and all great advances in mankind.

PRC programs can help you balance the two brain hemispheres by working the right and left sides of the body simultaneously and indirectly helping balance the creative and logical sides of the brain. As you can see, a PRC program has direct control over physical power but can also, through direct and indirect pathways, enhance your mental capabilities.

Motion and emotion. A PRC program can also alter your emotional state through motion. Many people aren't aware that in certain emotional states they move, look, and act in distinct ways. By observing people, you can tell who is excited or who is angry or enraged by how they move and talk. Your physical body's appearance and movement are tied into a particular emotional state. By enhancing your body position, stance, posture, and the proper movements, you break these physical and emotional fixations and your emotional state improves.

Now that you understand the necessity for a signature PRC program, let's look at what you should and should not do when just starting out. As you approach the many gyms and health clubs, you may be overwhelmed by the infinite amount of high-tech equipment and all the jargon. This chapter will guide you carefully through this maze of what may seem to be insanity and give you the ingredients to develop your personalized signature progressive conditioning program.

Most people approach PRC either like a bull in a China closet or with the timidity of a mouse. Both will lead you down a path of failure. If your purpose for using PRC is to enhance your physical appearance and strength, you now need to understand how you should go about developing your signature program.

Let's define what PRC is to get a better idea of what this training is all about.

PRC is a philosophy. You need to understand the field and the principles on which PRC is founded.

PRC is a science. Your knowledge in the specific disciplines of anatomy, physiology, and nutrition is a must.

PRC is an art form that requires you to pay special attention to how the exercises are performed. Executing proper form and technique to create physical change while reducing the risk of injury is paramount.

**PRC is ...
the philosophy,
science and art of
using free weights
and exercise
machines to enhance
strength and physical
appearance through
steps of
progressive intensity.**

Terminology

PRC will become a lifetime study. As you transcend steps of maturity, you will find greater understanding through experience. At this point, let's discuss some important terminology.

Free weights versus machines. Free weights are dumbbells, barbells and cables. Each allows you greater freedom of movement, thus the name free weight. Machines have a more limited or fixed range of motion. Each offers advantages and disadvantages and has its own important purpose in your program. Using both free weights and machines gives you a greater variety of exercises to choose from and allows you to choose exercises you like and that make you feel good. As time goes by these same exercises will make you look good. Besides, "variety is the spice of life." For each muscle group that you exercise, there are 10 or more exercises from which you can choose.

PRC and dance. Approach PRC the way you would approach dance. For each dance you learn, there are basic steps; in this case, for each muscle group there are basic exercises. In dance, after you master the basics, you learn variations to the basic steps that put creativity into your movement and transform you into a higher caliber dancer. This is also the case with your training. You master basic exercises first, then you use variations of these basic exercises to enhance your physique. Just as people compliment your ability on the dance floor, they will compliment you on your physical appearance.

Always master your basics. They are to be practiced every time you perform your routine. The basics allow you to increase your skill. Just like a dancer, with fluid, grace and strong emotion, you must approach your routine. You must practice each part of each

exercise, breaking it down to each component of motion.

The rep. Each exercise has two motions: one that opposes gravity and one that does not. Going through both phases of motion is called a repetition, or rep for short. A repetition is the movement of a weight from starting point “A” to ending point “B.” This will contract a particular muscle or muscle group. Then you return the weight to point “A.” The repetition is thus divided into two phases, the positive phase and the negative phase.

The *positive* phase opposes gravity, contracts the muscle and is the most difficult part of the repetition. The *negative* phase works in conjunction with gravity. During this phase, the muscle will be brought into a more fully extended, lengthened condition and held in a state of tension. The repetition is a range of motion you put a joint, muscle or group of muscles through that causes a contraction of that muscle or group of muscles. It is brought back to the normally relaxed state, but tension is kept to avoid joint or ligament damage. (How to avoid injury or damage will be discussed later.) Each phase of each repetition stimulates different portions of that muscle or group, so it is essential that each repetition be carried out with impeccable form.

Breathing. Proper breathing is essential during training. Inhalation should be done on the negative phase of the rep and exhalation, on the positive phase. Holding your breath will weaken you and, as we discussed in the aerobic section, proper breathing is vital to body function and performance.

Common mistakes. Don't let the weights control you during exercise. Control is lost when you use momentum and gravity to assist you in the exercise, thereby reducing the effectiveness of the exercise and increasing your risk of injury.

Let me explain. During the positive phase of the rep, in which you are supposed to be working against gravity, you may tend to try to move the weight faster to develop momentum that will assist you in moving the weight. Or you may recruit other muscles to assist you. This is what I call body swing, language, or English. Using momentum instead of the muscle fails to work that portion of that muscle, which will create muscle imbalance, weakness, and abnormal shape.

Using body swing or recruitment means the weight is too heavy and will cause joint and soft tissue damage, leading to injury. During the negative phase of the rep, you may be inclined to use gravity to assist you in the movement of the weight. For example, if you were going to do a bicep curl, you would hold the weight in your hand and, with your arm down at your side, bend the arm at the elbow and curl the weight against gravity. When the muscle is fully contracted, you would then start the negative phase of the rep, which would be to extend your arm, which now is moving with gravity. If the weight is moved too fast, it will not only traumatize your joints, but can cause damage to tendons and ligaments because of rebound forces that are much greater than the weight you are lifting. For example 30 to 40 pounds can equate to three or four times the weight when gravity assists, equaling hundreds of pounds of force.

Besides causing damage, you are not exercising portions of the muscle that are responsible for muscle elongation.

Set. A set is a number of repetitions performed together. A set could be as low as one rep and should not exceed 15 reps. It's rather obvious that the more weight you use, the fewer repetitions you can perform, until the weight is so heavy that you can only perform one rep.

A general rule is that the lower the rep range, the stronger and bigger your muscle becomes. On the other hand, if you want to shape and sculpt your muscles, you would use a higher rep range, perhaps 10 to 15. Football players and Olympic lifters stay in the lower rep ranges since these ranges produce great size, strength and mass. People in rehab programs, tennis enthusiasts, baseball players, and runners use high rep ranges. Gymnasts use moderate rep ranges, from 7 to 10. You can see that rep ranges are very important when developing your routine.

The quality of each set is only as good as the quality of each rep. If the quality of the rep is poor, then the set will be poorly performed and you will receive little or no benefit from your program. Your reps should be performed slowly and in control, while you contract as well as elongate (or stretch) the muscle under tension without using momentum or gravity to help.

**The quality of
each rep
dictates
the quality of
the set.**

Form and technique. Always keep in mind that form and technique are very important when you are performing a rep or set. *Remember form and the mind-muscle connection.* If you look at great athletes in any sport, you will notice they use impeccable form. They break all kinds of records with performances of beauty, grace and effortlessness. Proper form is essential. It not only puts the body in a ready position, but takes it through the range of motions with no wasted energy, and gives the greatest leverage, speed, strength, and stamina for whatever the performance dictates. This is true for sports, dance, and PRC. For

every exercise, there exists the perfect form that will yield the most benefit from every repetition.

Mind-muscle connection. To create impeccable form, you must create the mind-muscle link or connection. This requires total concentration. In the performance of any sport, you must educate your muscles to perform in a certain way by first thinking about what you must do. You must think through and see what you are doing, and eventually, through repetition, the mind-muscle link gains control. For example, when learning to swing a baseball bat, you must first learn how to hold the bat (in your case, the weight); then the proper starting position to be ready to hit the ball (in your case the ready or starting position to lift the weight). Then the arc of the swing and the control of bat speed must be mastered to hit the ball. In your case, the rep and the speed of the rep must be mastered to stimulate the muscle. With practice and repetition, the conscious thought process is needed less as it becomes more of a simple mind-muscle reflex whereby mental focus and concentration, along with excellent form, gives you the desired result. This is the home run or, in your case, muscle is stimulated to enhance its performance.

To excel in any sport, this kind of mastery is essential. To develop mastery, the mind and body must function as one, a continual learning process that takes years to accomplish. Ask any great athlete, and you will hear time and time again that this is what separates the truly superior athlete from the rest. Focus and concentration, along with impeccable form, allow you to consistently master your performance and excel to levels you thought were unattainable. This is the power that breaks world records on a consistent basis.

Sensations Felt During and After Exercise

To assess whether you are being productive with your workout, your “body monitors” will let you know when you have accomplished what is desired. These sensations are feedback mechanisms the body uses to make you aware of progress.

The Burn. When performing a set properly you will start to feel a “burning sensation” in the muscle before “muscle failure” is reached. Most people stop the set just prior to this burn or when it starts. The object is to focus past this point and end the set when the muscle can no longer accomplish another repetition with impeccable form. The burn is a positive feeling that you should learn to nurture; it will take time.

The Pump. This is your reward for “the burn.” When your set ends, “the burn,” within seconds, will be replaced with a gentle warmth, as blood rushes in to nurture the area exercised. After a few sets, you will notice that the body part you are working starts to feel tight, hard, toned and pumped. This is what weight training is all about. This is the “natural high” in weight training, as the great Arnold S. once stated. He related this feeling to the feeling of sexual pleasure. Although it is a different feeling, the pleasure is just as great, and will last up to one and a half hours (Imagine that!), as opposed to a few seconds.

If you do not experience the “Pump,” it is usually due to one of these four reasons:

- Not performing the exercise properly
- Improper diet
- Overtraining
- Too much time between sets

Feeling of “Well-Being.” After an intense workout your body feels calm and relaxed. Your attitude is one of accomplishment and satisfaction. Any emotional trouble seems to have dissipated, and you tend to feel you can clearly work out any problem. The feeling of “well being” is due to many physiological factors, such as:

- Emotional tension release — emotional tension becomes housed in the muscles. When you exercise, you release the emotional tension out of the muscles.
- Increased oxygen into the body — oxygen is most important, and life can only continue for minutes without it. The brain requires most of the oxygen intake, and when oxygen intake increases, the brain functions more productively.
- Release of beta endorphins — natural opiates that provide a “natural high” feeling.
- Release of toxins — increased circulation and heat production cause sweating and removal of toxic substances.

Achiness, muscle soreness. 24 to 48 hours after you exercise a particular muscle, that muscle will be sore to the touch as well as when it is used. This soreness should not be extremely painful. If it is, you worked the muscle too hard and caused damage. This is a very critical point that needs to be examined further. For muscles to tone, strengthen and reshape, they must go through the processes of catabolism (muscle breakdown) and anabolism (muscle rebuilding). When you exercise, the muscle breaks down. During the time between exercise sessions, accompanied by proper rest and nutrition, the muscle

rebuilds itself to become more durable. If you break the muscle down too much (extreme soreness and pain), you create damage (injuries) that may have more of a negative effect than a positive effect; recuperation time is also lengthened. The opposite is also true. If the exercise is not intense enough (using the same weight, exercise, order, and reps), the muscles reach a point where they become strong enough (condition themselves to that particular level of exercise) so that they no longer go through any type of catabolism.

This is when you reach “sticking points” in your program. You see no change in your physique so you become discouraged and quit. Therefore, there must be a proper balance between exercise intensity and the proper amount of rest, nutrition and time, which combine to form recuperation.

Instinctive training. This is by far the most important principle, and encompasses all that has been previously touched on. All of the basics and principles covered thus far mean nothing unless you train instinctively. Instinctive training takes time and experience to develop. After many years, you still continually learn new techniques and will develop this instinctive training to a much higher degree.

The criteria I use for instinctive training are the sensations I spoke about and the degree of those sensations. Since all people are different and have different body types, goals and hereditary characteristics, they all require different exercises, reps, sets, diets and recuperation. Who should be the judge of this? You.

After all, it is your body. You are more “in tune” with your body than anyone else. When you can train instinctively, you have arrived.

Muscles and Their Respective Exercises

Now that you have an understanding of *reps* and *sets*, how they should be performed and what you should experience, let's talk about the various muscles and groups that you can exercise. I'll also give you a more detailed list of exercises from which to choose at the end of this section.

For each muscle or group the many variations of exercise are grouped into two classifications – simple and compound.

Simple exercises use only one joint. For example, a bicep curl involves bending only the elbow. Simple exercises are the ones that can sculpt and shape your body.

Compound exercises use more than one joint. The bench press uses the elbow and the shoulder joint to perform the movement. These are the exercises that are important in building strength and size.

When exercising with weights, your goal is to specifically work one muscle or group of muscles with compound and simple exercises to obtain your desired results. Think of the body as being divided into parts.

MAJOR MUSCLE GROUPS OF THE BODY

For each body part, I will list the muscles involved. My video will take you further. On the video, I will describe each exercise and show you how to perform it properly. Seeing each exercise performed will give you a better understanding of proper speed and proper form when you do the exercises. This will enhance your ability to perform. The visual plays a tremendous role in PRC. I urge you to view the video and to use it as a reference as you progress in your program.

MAJOR MUSCLE GROUPS:

Upper body

- **Chest**
- **Upper back**
- **Shoulders and arms**
- **Torso**
- **Abdominals**
- **Lower rib cage**
- **Lower back**

Lower Body

- **Quadriceps
(front of the thigh)**
- **Hamstrings
(back of the thigh)**
- **Buttocks**
- **Calves**

Exercises for the Chest

The chest is composed of a group of muscles called the pectorals (pecs for short). Please note that the simple exercises for the chest are your fly (hugging) motions and the compound are your pushing (pressing) motions. Choose one fly motion and one pressing motion rather than two fly or two pressing motions, since this will not stimulate all the functions of the pecs.

Exercises for the Back

For a complete back routine, one exercise from each group, erectors and both simple and complex upper back, should be performed at each workout.

Any exercise can be used as long as you include one exercise for each motion, and you should change regularly to different exercises that perform the same movements. For example, if you do dumbbell shrugs one day, do barbell the next, changing your grip, weight repetitions, etc.

Upper back. The muscles in the upper back is probably the most complex group of muscles and the most overlooked, since you cannot see them. Yet most sports and exercise activities can easily cause damage or injury to this area, especially sports like

BASIC CHEST EXERCISES:

Simple Exercises

- **Dumbbell Flys**
- **Pullovers**
- **Cable Crossovers**
- **Pec Deck**

Compound Exercises

- **Barbell/Dumbbell (Press on flat, inclined or declined bench)**
- **Push-Ups**
- **Dips**

golf and tennis. It's no small wonder that back injuries rank high in reasons to visit a physician. The back needs to be worked in a systematic fashion that not only strengthens the muscles but also creates balance and symmetry. This is of utmost importance, since a primary purpose of these muscles is to support the spinal cord and column.

Many smaller muscle groups make up the back. We will use exercises that will stimulate these as well as the larger muscle groups. As you've already learned, to make any program effective, you must use the least number of exercises that stimulate all the functions of the muscles, without duplication of the exercises. The muscles that make up the back are the trapezius, latissimus dorsi, rhomboids, teres major and minor.

UPPER BACK

Simple:

- **Shrugs**

Compound:

- **Chin-ups**
- **Pulldowns**

ERECTORS:

Simple:

- **Hyperextensions**

Compound:

- **Dead Lifts**

Exercises for the Lower Torso

Lower torso (abdomen). This is the most misunderstood area when creating an effective program to work the whole mid-section. To do this properly, you must first know that there are not only external abdominal muscles, but internal abdominal muscles that cannot be seen but greatly affect the shape of the mid-section proper. Everybody wants a flat midsection. People think sit-ups will flatten their midsection. However, done improperly, they will make your midsection wider and cause back problems.

Always use a combination of the exercises to work the whole mid-section, not one part. Use crunching and sit-up movements as well as rotational and side bending for the obliques. This will create a balanced torso that will show dramatic improvement immediately.

To have a nicely shaped midsection, follow these suggestions:

- *Avoid eating large meals* that cause you to feel stuffed. Overeating stretches the abdominal wall, causing it to relax because of the quantity of food and the additional supply of blood in your organs. Eating large meals also causes fat to deposit around the midsection.

**Torso Reduction and
Shape:
The Perfect
Midsection**

ABDOMINAL EXERCISES:

- **Breathing
Technique**
- **Crunches**
- **Vacuum
Techniques**
- **Partial Reps**
- **Rotational/Side
Bending**

- *Breathe properly.* The diaphragm is your main strut support between your midsection and your back. Keeping this muscle fit is important. Proper deep breathing techniques as well as relaxed breathing techniques are a must. During the exercises use your abdominal muscles to force and assist diaphragmatic function on breathing.
- *Always tighten abdominals and push toward your spine before starting each rep.*
- *Move slowly.* Quick movements will recruit the hip flexes and use momentum but fail to exercise the abdominal cavity.

Exercises for the Shoulders/Arms

The shoulder consists of a muscle called the deltoid, which is composed of three parts:

- anterior (front)
- lateral (side)
- posterior (back)

The function of the deltoid muscle is to elevate the extended arm forward, out to the side and backward.

Biceps. When asked to make a muscle, the bicep is the one most people think of. The action or movement of the bicep is to bend the arm at the elbow, or bring the hand toward the shoulder. As the name implies, the bicep has two parts (or heads) – an inner and an outer. Since it attaches to the shoulder and elbow joints, it does play a role in shoulder and elbow injuries.

Triceps. The triceps, which form the bulk of the back of the arm, are composed of three parts (or heads). This is the muscle some women describe as the “waving” muscle because when they wave, the back of the arm waves more than the hand. This muscle, which makes up two thirds of the upper arm, can make the arm appear big and flabby if it is not toned.

SHOULDER EXERCISES:

Simple:

- **Dumbbell FLys**

Compound:

- **Dumbbell Presses**
- **Barbell Presses**

BICEP EXERCISES:

Simple:

- **Dumbbell/Barbell**

Compound:

- **Chin-ups**

TRICEP EXERCISES:

Simple:

- **Cable Pushdowns**

Compound:

- **Dips**
- **Close Grips**
- **Push-ups**

Exercises for the Lower Body

The lower body consists of the buttocks and legs. Buttocks consist of the gluteal group: maximus, medius, minimus.

The muscles in the front of the upper leg are the quadriceps, made up of four heads.

The back of the upper leg is composed of a group of muscles called the hamstrings. When the hamstrings are not functional, they are notorious for destroying even the greatest runners or track and field experts.

The sides of the upper leg are made up of the abductors on the outer part of the thigh (the potential saddle bag area) and the adductors, located on the inner thigh. Bring each leg toward the other. The buttock and upper leg is a complex area, with movements to flex the thigh, flex the knee, extend the thigh, extend the knee, move the thigh to the side, and bring the thigh back to the midline. It also rotates the foot in and rotates it out.

Exercises that are effective for all the movements are compound exercises involving the knee joint and hip joint simultaneously, such as:

- squatting motions where the feet are stationary and the body moves.
- pressing motions where you use a machine and the body remains stationary while the feet move.

BUTTOCKS AND LEG EXERCISES:

Simple:

- **Leg Extensions**
- **Leg Curls**
- **Calf Raises**

Compound:

- **Squats**
- **Leg Press**

These work the muscles differently. They are literally two separate actions working those particular muscles and invoking different muscular reactions from various muscle groups in the lower leg and back. For example, a press will affect the muscles in the lower leg differently when the feet are moving and the body is stationary, than when the feet are stationary and the body is moving. By using slight variations in foot positions, you can focus on various aspects of your inner or outer thighs and buttocks.

Two “simple” exercises that specifically work the quadriceps and hamstrings are leg extensions and leg curls done on machines, using slight foot variations in and out to work the inner and outer thighs. The lower leg consists of the calf muscles and is exercised by calf raises.

Following is an expanded list of exercises for each body part as well as the various levels of weight training and the guidelines to follow.

Guidelines to Follow during Workout

** A new set should be performed every two to three minutes.*

1. Training times should range from 30 to 90 minutes. Always stretch the body part that you are working.
2. Always control the positive phase of the repetition, as well as the negative phases.
3. Repetition range should be between 5 to 15 per set.
4. Determine proper rep range or sets per body part by listening to your body. Body monitors:
 - Burn
 - Pump
 - Increased energy
 - Fatigue
 - Feeling of well-being
 - Muscle soreness (24 to 48 hours after)
5. Always vary your exercise program, including different exercises, number of sets, reps, order of exercise, heavy and light workouts.
6. Each body part should be exercised one to two times in a seven day period.
7. Use three to five exercises per body part with a total number of sets between 9 to 12. (Three to four sets per exercise.)
8. Stop your workout when you start losing the pump, losing strength or notice the muscle you are working is getting smaller right before your eyes.
9. Workout sessions per week should be no less than three and no more than five.

Exercise by Body Part

Biceps

- Dumbbell Curl
 - Standing
 - Seated
 - Incline
- Barbell Curl
- Machine Curl
- Preacher Curl
- Cable One
- Hammer One
- Reverse One
- Concentration One
- Chins

Triceps

- Close grip
- French Press
 - Lying and seated
 - Dumbbell/EZ curl
- Pushdown
 - V-Bar
 - Rope
 - Straight bar
- Kickback
 - Dumbbell/cable
- Machine tricep
- Dips
- Push-ups

Chest

- Barbell Press
 - Flat bench
 - Incline bench
 - Decline bench
- Dumbbell Press
 - Flat bench
 - Incline bench
 - Decline bench

Chest (continued)

- Dumbbell Flys
 - Flat bench
 - Incline bench
 - Decline bench
- Pullovers
 - Cable
 - Dumbbell
- Cable Crossovers
- Pec Deck
- Push-ups
- Dips — leaning

Back

- Chins
 - Palms away from you
 - Palms facing you (wide grip and close grip)
- Lat Pulldowns
 - Front palms facing close
 - Behind the neck
 - Straight arm
 - Standing (wide or close)
 - Front palm side grip
- Pullovers
- One-arm Rows
- Bent-over Rows
- Long Pully Rows
- Hyperextensions
- Upright Rows
- Shrugs,
 - Barbell/Dumbbell

Shoulders

- Military Press
 - Behind the neck
 - To chest
- Military Press, Dumbbell
- Flys
 - Front
 - Side
 - Back
- Upright rows
- Cables
 - One arm standing
 - Both arms bent over

Legs

- Squats, front and back
- Leg Press
- Hack Squat
- Leg Extension
- Leg Curl
- Lunges
- Calfs, standing and seated
- Straight Leg Deadlift

Abdominal

- Crunches
- Partial reps
- Rotation/Side Bending

Levels of Training

Just like school where you have grades of higher education, in body building there are levels of attainment.

A big reason why most people fail to change their body is because they never change or develop or graduate to a more intense routine. If you don't intensify your routine your body adapts to your original routine, and you stagnate with little or no results.

Outlined over the next few pages are levels of intensity that you must go through in order to achieve maximum benefits.

Level 1: Beginner/Novice

Level 1Circuit Conditioning
Length of Time1-2 months
Length of Session.....45 minutes
Number of Sessions3 per week
Number of Reps10-15
Number of Sets.....8-10 sets, one per body part
Stretching15 minutes
Cardiovascular15-20 minutes

Level II: Intermediate (Getting Stronger)

Level 2Circuit (Conditioning - Toning)
Length of Time.....2-3 months
Length of Session.....45-60 minutes
Number of Sessions3 per week
Number of Reps10-15
Number of Sets20, two different exercises per body part

Level III: Advanced (Looking Good)

- Level 3Toning Symmetry (Split Routine)
- Length of Time3-6 months
- Length of Sessions.....45-60 minutes
- Number of Sessions.....3 per week
- Number of Reps.....8-15
- Number of Sets20-25
- Per Session6-8 sets per body part
2-3 body parts per session
with at least two different
exercises (should know at least 4
different exercises).
1 set per muscle.

TEST

- 1) Define burn
- 2) Define pump
- 3) Experience both
- 4) You must assess your body with a written “game plan” discussed with a trainer on how you plan to reshape your body. If your game plan calls for more lower body, days one and three can be used for that. Always work weaker body parts twice per week.

Level IV: Advanced (Looking Fantastic)

- Level 4.....Symmetry and Shaping
- Length of Time.....6 - 18 months
- Length of Session.....45-60 minutes
- Number of Sessions4 per week

Number of Reps6-15

Number of Sets8-10 sets per body part

At least three different exercises

Half of the sets taken to failure.

These are sample programs and should complement your physique. Therefore certain body parts may be worked harder or more times per week (not more than twice). Strong body parts may only be worked once lightly per week.

Level V: Expert/Champion (World Class Athlete)

Level 5 Perfection of Symmetry and Shaping

Adding or Losing Muscular Size

Length of Time.....Lifetime

Length of Sessions1-2 hours

Number of Sessions4-5 per week

Number of Reps5-15

Number of Sets.....10-20 sets per body part

3-5 exercises per body part

80% of sets taken to failure

CARE OF THE HUMAN FRAME

Stretching

The final type of exercise, stretching, was saved for last because it helps the physical body heal itself and aids the body in recuperation. This section on stretching also includes other types of care that your physical body needs.

Your physical conditioning is made up of two elements: that which increases the body's physical demands and that which helps the body heal to become stronger. For example, Mario Andretti putting his car through its paces represents demands. Coming in for a pit stop represents the repairing process. If both are not carried out, something is going to blow. The same is true of your body. If something "blows," you don't want it to be your heart. The remainder of this section is devoted to the "pit stop process."

Why do we need to stretch? Muscles must maintain some type of tone. Muscle is always in a state of contraction, which maintains its tone even when the muscle is relaxed. From time to time muscle must be stretched in order to function properly.

Of course you need to know which muscles and joints to stretch. The most prevalent joints to stretch are your spinal joints; pelvic joints; knee, ankle, shoulder, elbow and wrist joints. It is interesting that the major muscles covered under the weight training program discussed previously are all the musculature that need to be stretched. Here are some guidelines for stretching.

Stretching Rules

1. Make stretching part of your morning ritual like brushing your teeth. Since this will require about 10 to 20 minutes, you must allow additional morning time. Morning is recom-

mended because that's when your muscles are the least flexible and your joint range of motion is limited. If there is an area of concern, spend more time with that area. It's a good idea to stretch again before bedtime.

2. Take a hot shower to warm up your muscles. This will cause your muscles to relax before you start stretching. Shower massages are a great tool to use to focus specifically on an area of complaint.
3. Always use deep, relaxed breathing when stretching. Your breathing is a good indicator of how far to stretch. If you can't breathe normally and deeply, you are stretching past the normal zone of relaxation. This will cause your muscles to tighten rather than relax. You will notice that when you inhale and then exhale, your muscle will relax and elongate on the exhalation phase. Each stretch should be held for three to four repetitions, relax, then repeat again. This can continue if you choose.
4. Never perform ballistic or bounce-type stretches, especially in the morning, since this may tear ligaments, muscles and tendons, causing further joint damage.
5. Always start your stretching lying down on a comfortable surface to reduce the effects of gravity. Then proceed into a kneeling or sitting position and then into a standing position.
6. Let your mind blend with the muscle that you are stretching, coaxing it to relax. Literally think about and see your muscles relaxing.
7. Use a pillow behind your neck and a roll or pillow behind your knees. This will take stress off your lower back and your neck. This is optional but will help if you have pain in these areas.

I have developed a stretching routine that stretches out the major muscle groups within 10 to 15 minutes. I highly recommend this routine to anyone. My video shows the stretches performed properly, with safety tips for each.

Therapeutic Methods

This is by far the most essential ingredient and must be part of every exercise program. From time to time, through trauma or accident, you will injure yourself. You may have some muscle ache, or you may find yourself with severe radiating pain. I've had both. These conditions will require attention so that proper healing can take place. If you fail to get proper attention, your body will develop permanent damage. This will lead to pain, weakness, and lack of flexibility, and result in conditions such as tendonitis, myositis, bursitis, and subsequent joint degeneration and arthritis.

Whether you exercise or do the simplest of household chores, under the effects of gravity you will eventually develop a joint problem or soft tissue condition. Nerves course through your joints, using them like freeway tunnels and bridges. When the joint becomes damaged, it creates a condition similar to traffic jams and pileups on the freeway.

This leads to nerve interference and nerve damage. Proper care from the onset is vital to preventing premature aging of a joint due to this particular injury. I'm going to describe the different methods for care of your frame and how you can benefit from such care. Remember, a soft tissue injury can cause nerve, muscle, ligament, tendon, cartilage or disc damage. This can eventually lead to joint damage.

The purpose of soft tissue is to protect your bones and allow proper movement and function of your joints. Therefore a soft tissue injury may affect many types of tissue and may require many modalities. Following is a brief overview of therapeutic methods to improve these conditions. They are presented as *physical therapy*, *kinesiologic procedures* and *joint manipulation*.

Physical Therapy

Physical therapy methods, in this instance, mean any type of modality performed with the use of a machine and do not include those methods performed by hand. Physical therapy methods more commonly used today are methods that:

- increase circulation such as ultrasound, diathermy and moist heat.
- decrease circulation such as ice, elevation, and compression.
- reduce muscle spasm or exercise the muscle by electrical means, such as electrical muscle stimulation.
- employ traction to stretch joints, ligaments, and muscles such as traction machines or gravity devices.

Kinesiologic Procedures

Kinesiologic procedures are hands-on procedures that perform the same functions as those just mentioned and more. They are far superior when complete correction is necessary. What you can do with a machine, compared to the skill of a qualified therapist, places a distant second. Machines are useful and have their place, but when it's time for skilled hands to take over, machines are secondary. These soft tissue procedures are called by many different names, such as:

- massage
- trigger-point therapy
- pressure-point therapy
- neuromuscular re-education

Joint Manipulation/Adjustment

It is appropriate that I am writing this section just after the 100th anniversary of the chiropractic profession. Chiropractic, founded by D. D. Palmer in 1895, has stood the test of time and has become the largest natural healing art in the country. It is said that you cannot stop an idea whose time has come. This idea was a miraculous find. D. D. Palmer realized what no man had before him — that nerve interference, especially at the vertebral areas, caused many health problems.

Let me explain how joint problems develop and how chiropractic works. The joints of your body are subject to trauma from the effects of gravity, motion, and body position. When motions, force, weight, and body position, combined with the effects of gravity, are greater than the joint can handle, the joint becomes damaged.

A severely damaged joint is called a dislocation. When a joint is damaged to a lesser degree, it is called a subluxation. When this occurs in the spine, it is called a vertebral subluxation. The purpose of chiropractic is to remove vertebral subluxation.

When any joint is subluxated, especially vertebral, nerves that travel through the joints are vulnerable to injury via several mechanisms. The nerves, which supply life energy to muscles, blood vessels, organs such as the stomach and liver, and systems in the body such as the immune and reproductive, create abnormal function.

These nerves may affect or distort your senses, causing pain, numbness, or problems with balance, hearing, taste, or smell, to name a few. As you can see, nerve irritation, trauma, or damage have far-reaching effects, since the purpose of your nerves is to link the brain with the body so the intelligence that runs your body can communicate freely without neurological interference.

This is why chiropractic works wonders with conditions such as:

- Asthma
- Fatigue
- Sports injuries
- Whiplash
- Occupational injuries
- Headaches
- Back pain
- Digestive conditions

I experienced chiropractic first-hand. I was born with a back condition called spondylolisthesis. From my early teens on, I had bouts of lower back pain so severe that I could not move and would be bedridden for days. After my first chiropractic adjustment, I noticed immediate improvement. The rest is history. Since my graduation from chiropractic school in 1977, I have seen many conditions respond to chiropractic, even when I doubted that it would work.

Without chiropractic, I could not be as healthy as I am today, period. Without chiropractic, you will not be as

**The purpose of
Chiropractic is to
remove vertebral
subluxation.**

healthy as you can be, period.

I hope this section gave you a better understanding of chiropractic and your health as it pertains to ...

The Ultimate Machine

The Ultimate Ride

Your Body!

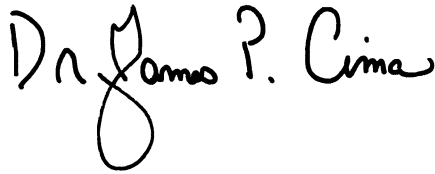
IN CLOSING

I hope that you enjoyed reading this book as much as I enjoyed writing it. I also hope you found much valuable information and new insights within the pages. Not only do I hope you found value, but that you are going to do what it takes to accomplish your goals.

Plan to read this book (and view the video if you have it) at least three times over a two to three month period. This time frame will allow you to experience on your own what I have talked about in the pages of the book.

If you need clarification or help, be sure to call my Palm Beach Gardens office. I'd like to hear from you.

Until next time,

A handwritten signature in black ink that reads "Dr. James P. Cima". The signature is written in a cursive, flowing style.

James P. Cima, D.C.

**MAY YOU GET WHAT YOU WANT
AND
WANT WHAT YOU GET**

About the Author

Meet the “doctor of the future.” He is James P. Cima, D.C., a Florida chiropractic physician specializing in nutrition who has dedicated his life to developing the health philosophy of Thomas Edison, the “Wizard of Menlo Park.”

“The doctor of the future will prescribe no medicine but will interest his patients in care of the human frame, diet, and the cause and prevention of disease.”

— Thomas Alva Edison

Yes, Dr. Cima has dedicated his life to enhancing the health of others, thus allowing them to enjoy a superior quality of life. He is a well-known and highly respected author, with books on Temporomandibular Joint Dysfunction and the Cranial Concept, Biochemical Bloodwork Evaluation I, and Biochemical Bloodwork Evaluation II.

As a sought-after public speaker, Dr. Cima has lectured on nutrition and Craniopathy throughout the United States .

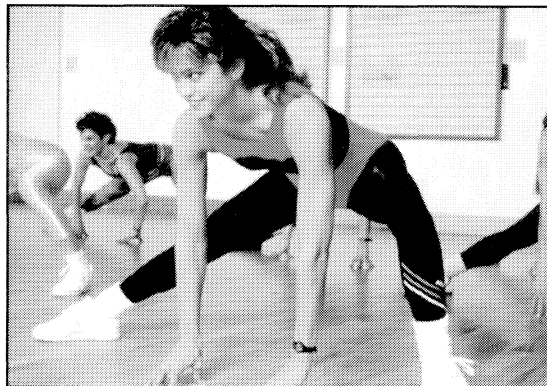
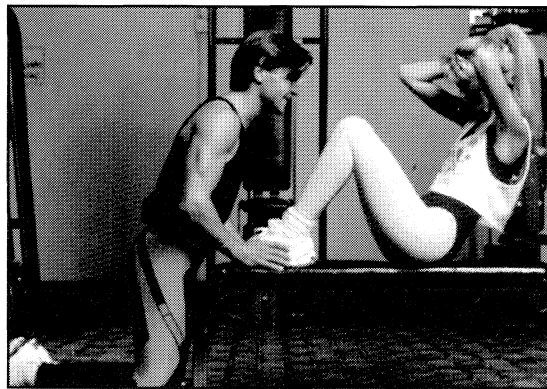
Having studied and practiced Thomas Edison’s nutritional philosophy for over two decades, Dr. Cima is still amazed by the results he sees in his patients. They come to him with a wide variety of injuries, illnesses, and diseases. They leave his health facility with renewed health, vitality, and restored recuperative powers.

A visit to Dr. Cima’s Executive Health Facility of the Palm Beaches is a must for anyone anxious to improve his or her physical being. Dr. Cima’s philosophy is based on a premise, increasingly coming into favor in the medical community, that “the power

that made the body heals the body.” He truly believes that balancing the mental, physical, and chemical aspects of a person leads to optimum health.

James Cima practices what he preaches! Carefully balancing the life of a busy chiropractor, speaker, and author with the most important role of husband and father of four active children, he also makes sure he sets aside time to work out and otherwise care for his physical and emotional well being. He urges you to do the same.

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How to Eat More and Lose Weight *and Never Diet Again!*

**by Dr. James P. Cima
with Elizabeth G. Hirst, Ed. D.**



Is it really possible to eat more and lose weight, especially when the trend is for people to try to restrict calories? When you look at what you weigh and what you eat, it doesn't make sense that something that good could be true. But it is! I know people who are 20 to 60 pounds overweight who have been on so many fad diets that even when they try to restrict calories to 1200 or fewer per day, they still gain weight. Yet when I put them on a

proper nutritional and exercise program to increase their calories, gain muscle and reduce their fat and water weight, they lose inches, change their physique, and increase their health and energy beyond their wildest dreams!

If you want the body you only dream about, then don't only read this book many times, but study the principles as well. This is the only Total Package to weight loss.