



The Biggest Winner

Clayton Skaggs, DC – Medical Director

I am frequently perplexed by the irony of many of today's trends. For example, the amazing attention and popularity of a television show about the "biggest Loser." Now of course, the program spins this positively as helping these people improve their lives. Yet the clear undercurrent is highlighting, very dramatically, the characteristics of these Losers!?



Similarly, the insane amount of money put into marketing for drugs and diseases is staggering and equally questionable. Now, I certainly appreciate the intent for helping people, however, consider this: if we simply ate more vegetables, fruits and unprocessed foods, increased physical activity, improved rest and relaxation, we could reduce cancer, heart diseases and diabetes by 50-70%! Yet, very little, or no attention, or funding, is given to these simple lifestyle issues. These media exposures, driven by reflexive marketing principles and human impulse, abruptly cross over from ironic to insulting.

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What will it take for society to revel and celebrate winners and truth seekers, to recognize and pursue simple remedies such as healthy eating and exercise mixed with tinctures of rest, relaxation and patience. I know, it is not as entertaining as seeing excessively obese people crying, because they now only weigh 400 pounds; or taking this cool purple pill that will lower your cholesterol, raise your testosterone and reduce your depression with only the possibility of side effects which may include increasing cholesterol, decreasing testosterone, increasing depression and being fatal.

Here's the type of story that I think should be televised and promoted. One of our CIHP clients, who has actively trained and followed good nutrition for 3 years, was recently thrown from a horse. She landed on a fence and fractured her back at three levels. Although she has had significant pain, she is recovering and should return to regular activity and training. Her physician commented that had she not been in such tremendous shape, her spinal cord would have been likely severely injured... she could have been paralyzed! We could call these stories, "The Biggest Winner!"

Cardio... Is It for You?

Perry Merlotti, B.Sc. – Coach

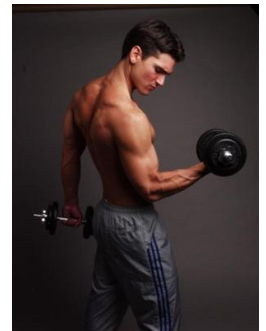
Coming into 2012, I am sure a lot of you are wondering, "What is the best way to combat those sneaky holiday pounds?" Most of you would probably think getting on a treadmill and running for miles would do the trick. If this is you, then you would be mistaken. Although some forms of aerobic training do have their benefits, steady state cardio is not the answer for fat loss.

Aerobic training has many negative side effects that outweigh the positive ones. One of the main reasons aerobic training is not the optimal choice is because doing cardio at a steady state increases cortisol, the hormone released when the body is under stress. Having your cortisol level elevated for a prolonged period of time causes your body to start storing fat instead of burning it, and, breaking down muscle. I know many of you are saying “Isn’t your body under a great deal of stress when you’re strength training?” The answer is yes. However, you are also increasing anabolic hormones and therefore building muscle when strength training.



Another negative effect associated with aerobic training is increased exposure to dirty electricity... from cardio machines like treadmills!!! Dirty electricity is a very harmful form of electrical pollution. You can’t see, smell, hear, taste, or touch it. Dirty electricity negatively effects cortisol, thyroid, and insulin response leading to worse health and body composition. It also compromises the immune system and depletes antioxidants.

It is not all bad news. Strength training provides many benefits for your health. It helps you burn more fat, increase bone density, increase insulin sensitivity, reduces the risk for injury, and allows you to have better posture with an increase in lean muscle mass. Also, strength training allows you to become more flexible. If you want to supplement some other types of exercise into your workouts to speed up fat loss, there are some alternatives to steady state cardio. Instead of jumping on a treadmill and running for nothing, you can do a German Body Composition weight training program, partake in a Strongman Workout, or just hit the track for some sprints.



A German Body Composition program consists of 20-30 sets of alternating upper and lower body exercises. Strongman workouts include tire flipping, pulling the sled, pushing the prowler, and farmers walk, to name a few. While doing Strongman workouts, you can improve your grip strength and posterior chain while losing body fat in a relatively short period of time. A properly planned sprint workout can take your fat loss to the next level. So before you head out the door to shed a few pounds, make sure you have a proper plan of attack to combat your fat loss goals! If those reasons aren’t enough to have you stop doing cardio, this one might catch your attention. Aerobic Training is suggested to accelerate the aging process and also decreases reproductive size and function. Now who in the world wants any of that to happen to them... Yikes!

Dieting for Fat Loss

Tony Soaib, B.Sc. – Senior Coach

Everyone knows someone that is “on a diet”. And with the new year having just started there are even more dieters. The fact of the matter is that the vast majority of them are going to fail. Keep reading to find out how you can improve your chances of winning the fat loss war.

If you have a lot of fat to lose here are some nutrition principles to get you started:

- **Eat a lean protein at each meal (beef, poultry, seafood)**
- **Limit carbohydrate sources to vegetables and low glycemic fruits (berries, cherries, apples, peaches)**
- **Limit fat sources to nuts and healthy oils (olive oil, macadamia nut oil, fish oil, coconut oil, organic butter, avocado)**
- **Drink only water, unsweetened teas, or coffee**
- **Eat a wide variety of foods**
- **Comply with the above rules 90% of the time**

These are just principles; you are able to tailor the diet to fit your needs. As stated earlier these principles will lead to fat loss for the beginning dieter with a lot of fat to lose. But they are also the basis for a healthy lifestyle whether or not your goal is fat loss.

Once you are past the beginner stage of dieting and your fat loss has slowed you will need to make a few adjustments. The first thing to do would be to implement a protein goal. All the reasons for and details about protein goals can be found in the August 2011 CIHP Newsletter. But, the quick version is each day men consume 1.5-2 grams of protein per pound of bodyweight, and women .9-1.2 grams of protein per pound of bodyweight. The next step is to add a fish oil goal to your plan. One to one and a half grams of fish oil per percent body fat will do the trick. Make sure your fish oil is pharmaceutical grade, toxin free, and refrigerated.



Using the above guidelines a 200 pound male with 16% body fat will be eating 300-400 grams of protein and 32 grams of fish oil each day. A 150 pound female with 20% body fat will be eating 135-180 grams of protein and 20 grams of fish oil each day. For the best results, this should be split evenly between 5-8 meals. One more tip you can implement at this stage of your diet is to have your last meal at least two hours before bed. This will lead to elevated growth hormone and faster fat loss.

If you are looking to take your fat loss even further there are still a few more things you can do. The first tip comes from PhD and author Leigh Broadhurst: "...put 3 rounded tablespoons of ground cinnamon and ½ to 1 teaspoon of baking soda in a 32 ounce canning jar. Fill the jar with boiling water and let it steep at room temperature till it's cool. Strain or decant the liquid, discard the grounds, put a lid on the jar, and stick it in the fridge. Drink one 8-ounce cup of tea four times per day." Cinnamon has been shown to lower blood sugar, help manage insulin, and thus lose fat.

Another step you can take is to limit protein sources to white meat and white fish. This is a simple way to lower your caloric intake without having to do anymore calculations. White proteins will be by nature less calorie dense than other protein sources. One more tip would be to cut all fruits at this time. Even though it's nearly impossible to get fatter from too much fruit, you will be unable to achieve your leanest physique with it. This last phase of fat loss is restrictive but, it's not long term. When you reach your fat loss goal you can slowly taper back to following the principles laid out early.

Dieting for fat loss, no matter what anyone tells you, is not always easy or fun. There will be times when you'll feel run down, when you don't feel like training, or when you feel like you can't eat one more chicken breast. There will be times when you have to suffer. But, if you stick with it you'll be pleased with the results.

CIHP NEWS

Running Mechanics & Injury Prevention

Join us for an informational talk about how your body moves while running and how to prevent injuries. Presented by: Big River Running Company's Ben Rosario and CIHP's Drs. Emily Barks,DC, Jason Biondo,DC, and Jacob Stegmaier,DC.

When: Thursday, January 26th at 7:30pm
Where: CIHP
Cost: FREE



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