

# Simple Strategies

The  
TracyHolly  
SERIES 

*for Living Lean and Staying Well*



*DigitalLean*  
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## **Simple Strategies for Living Lean and Staying Well**

by Tracy Kaye Holly CSNA Master

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*Simple*  
*Strategies*

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*Simple Strategies for Living Lean  
and Staying Well*

# Foreword

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This is a wonderful little book with a powerful punch. Think of a steam roller coming at you. You're pinned down and you can't get up. Spread yourself out. What a great way to lose weight! You're about to be rolled over by the truth.

Tracy Holly is great at dishing out the truth of good nutrition...literally. It is what it is. *Lean 'n' Mean & Fine 'n' Dandy!* Like muscle...*all or nothing*.

Tracy doesn't mess around with whole food. She says what she means and she means what she says. Straight-up. Just like nature and life itself.

But don't mistake her boldness for anything but well-researched information, expert personal advice and benevolent guidance reinforced with decades of genuine involvement and devotion. Tracy really understands what it takes to pursue a natural holistic philosophy of living and she lives it.

Tracy says, *"It's so simple it's stupid"*. I agree. *"Stupid is what stupid does"*.

Simple is a fantastic word, but in this book *Simply Put* means everything. *Simply Put* is what Tracy says and what Tracy says is what we need to do not only to lose *"fat"*, but to get healthy and stay well.

Thus, herein lies the solution to our greatest challenge. First we must accept *"what is"*. Focus on health. Next we must rise above the fears of our humanity and do whatever it takes to do *what needs to be done*. That is, do what it actually takes in the end, bottom line, to get healthy and stay well.

Of course one would expect any book written on the subject of *"weight management"* to be a comprehensive summary of what must be done to accomplish *weight loss*. But not so here.

Here you will find only the simple truth *Simply Put*, hiding in the corner, in the dark, all lonesome and naked. All steak with very little sizzle.

Dr. Cory Holly

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# Introduction

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**SIMPLE:**

not complicated, elaborate or artificial

**STRATEGY:**

a plan, method or series of stratagems for obtaining a specific goal

The trick to living lean and staying well is simple; you absolutely need to make good health and wellness a priority.

You have to want (willingness) to retrain (order) your bad habit patterns (repetition) and educate yourself (knowledge) to adopt a lifestyle that really works.

Good Health is summed up in a single 4 Letter Word. It spells W-O-R-K

## **Willing • Order • Repetition • Knowledge**

Throughout this book I will repeat many of my recommended simple strategies. My intention is to motivate, educate and stimulate you the reader, to really want to make a fresh start!

*Simply Put: Be willing to have order to repeat the knowledge!*

How can you operate at your peak potential and performance if you have poisonous blood running through your veins, excess body fat and disease in your body? You simply cannot.

To some an extra role around the tummy or a double chin is not cause for alarm, but in the eyes of medical science it is serious business. Obesity is costing us trillions of dollars in medical treatment and lost revenue. Excess fat is a liability; it increases risk of all-cause mortality and forces millions of people to live in a morbid state.

Morbidity in medical terms is defined as "*a condition or state of disease.*" Many will experience some of the more than 30 known complications associated with excess fat accumulation, including cardiovascular disease, diabetes, high cholesterol, high blood pressure, stroke, infertility and cancers, just to mention a few; all of which shorten healthspan, life expectancy and lifespan unnecessarily.

National statistics say that by retirement age, nearly two-thirds of our population lose at least one third of their muscle mass and replace it with body fat. Isn't retirement age supposed to be the most active and pleasurable time of your life?

It's important to remember that for most of us, it took years to put the excess body fat on...it never happens overnight! It won't come off overnight either. The key is to recognize that the body needs time to change its composition.

Many of us look at fat (adipose tissue) with remorse, allowing our emotions to override our intellect and objectivity. Adipose tissue is a living, breathing part of who we are. Our body does what it is metabolically designed to do given its genes, circumstances and environment.

If you are struggling with being over fat, it's time to stop abusing yourself with negative thoughts, inactivity and an unhealthy diet. If you don't make the necessary changes now, where will you be in 10-20 years from now?

Believe me it's not going to get better; it's only going to get worse, unless you do something about it right now. Though it may be overwhelming, it will definitely be well worth the effort you put in now!

*Simply Put: it's not what you do some of the time, it's what you do all of the time that will make or break the outcome of your health and fitness goals!*

This book will teach you more about yourself and how your own body works and most of all, how to live lean and stay well year round. I wrote this book to help you achieve your health goals so you too can live the life you were born to live.

Tracy Kaye Holly

# Chapter One

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## The True Measure of Wealth is Health

It starts by falling in love with yourself, literally! When you love someone how do you treat them? I'm sure with kindness, thoughtfulness and respect. I'm sure you don't want to hurt a loved one in any way, shape or form and I presume that you are always looking out for their best interests. Wouldn't you want to be by a loved one's side, to aid them in their time of need? Absolutely!

So why wouldn't you do the same for yourself? Really think about it. Fall in love with yourself, because today you might just be "overweight", but tomorrow you could be diagnosed with diabetes, cardiovascular disease or cancer. Treat your body with the respect it deserves. If you nurture it and support this process with activity, positive thoughts and a whole food natural diet, your body will gladly respond.

Good things take time, so be kind to yourself and give your body the time it needs to restructure, reshape and transform.

*Simply Put: Be patient with yourself!*

The percentage of body fat each of us carries is always relative to what we eat, when we eat and how we eat. Of course our expenditure of energy through physical movement also makes a big difference.

Emotions play a very large role in food addiction and eating disorders and require a strong defense. To do it right the requirements are knowledge, devotion and a strong sense of self-esteem and self-worth.



It takes time to learn and patience to put the right gears in motion. Many of us will have to undo years of negligence and abuse, but the remedy isn't nearly as complicated as putting it in motion day-in and day-out.

*Simply Put: Consistency is Key!*

The hardest part is staying on track. In practical terms this means eating, exercising, sleeping and living in sync with what has to be done, and should be done, as opposed to what you feel like doing.

The key to success is consistency. Never give up. Never stop. Never look back. Move forward and upward and most of all believe in yourself. Say this out loud, *"If it's going to be it's up to me!"*

***"Continuous effort- not strength or intelligence-is the key to unlocking our potential"***

~Winston Churchill

***"What and when we eat is often a function of what is eating us. If you're fat, you have issues"***

~Oprah Winfrey

## **What Body Type Are You?**



One legitimate form of Body Type analysis is called Somatotyping. It was originally introduced by William Sheldon PhD. He studied and researched thousands of individuals and revealed that the majority of people in North America tend to have a slow metabolic rate. Each one of us has a "*set point*" or what is known as a genetic predisposition.

It's estimated that only 20% of the population can't gain weight (fat or muscle) regardless of how much food they eat. This body type is known as the *ectomorph* or hard gainer.

The rest of us have to fight the battle of the bulge and tend to gain body fat without much effort. This is known as the endomorph body type. We are blessed (or cursed) with the ability to store unlimited amounts of excess energy known as fat.

A few are blessed with an ideal and balanced biochemistry. They seem to gain muscle quite quickly through weight training and appear more muscular than most due to a relatively low percentage of body fat. This lucky bunch is known as the mesomorph body type.

*Simply Put: Don't try to be something you're not.*

So, before you go ahead and design any workout or special diet program, get in touch with yourself and learn what your body type is. Don't work against your own grain.

## **How Hormones Affect Your Weight**

What is cortisol and how does it affect weight gain?

Cortisol is the "*stress hormone*" secreted by the adrenal glands (situated on top of each kidney). This hormone rises with stress of any kind whether imagined or real, including injury, extreme heat or cold, pain, viral infection, chronic disease, intense exercise, or the emotions of anxiety, fear, depression, grief, frustration and anger.

Cortisol directly influences the metabolism of sugar, protein and fat. Prolonged high levels of cortisol may contribute to anxiety, weight gain and unhealthy sweet and/or savory food cravings. If not managed correctly by the body, elevated cortisol can cause serious damage including adrenal exhaustion, diabetes, gallbladder problems and cardiovascular disease.

Prolonged high cortisol levels suppress the immune system, sexual function and libido. Elevated cortisol has been implicated as a causative factor in substance abuse, smoking, alcoholism, anorexia nervosa, impairment of memory and age-related neuronal damage. It's also associated with patterns of altered cardiac rhythm.

Insulin sensitivity is reduced during the release of cortisol. Chronic stress leads to continuous cortisol release resulting in insulin resistance and increased levels of circulating insulin.

## **What Is Insulin and How Does It Affect Weight Gain?**

Insulin is the hormone that is secreted by the pancreas (a gland located in the stomach cavity and just beneath the liver) that responds directly to ingested sugars derived from a variety of natural and refined carbohydrates. Amino acids (protein) also stimulate insulin release, although to a much lesser degree.

Excess carbohydrate intake in the form of sugar, bread, pasta, bagels, chips, cookies, breakfast cereals, etc... cause blood glucose (sugar) levels to rise excessively, and in response, the pancreas secretes more and more insulin. Eventually, the cell receptors of muscle and vital organs become saturated, non-responsive and may even shut down. Excess glucose and insulin then begin to accumulate in the bloodstream, becoming agents of disease and hostility.

*Simply Put: Exercise improves insulin metabolism and reduces cortisol released in stressful situations.*

High levels of insulin promote fat storage particularly around the abdomen and internal organs.

Ideally, we don't want to constantly flood the body with high-glycemic, low fiber, low water volume carbohydrates (sucrose, white flour) as this causes insulin to spike. It's much better to consume carbohydrates that are metabolized slowly and that release their sugars over a longer period of time (see the Glycemic Index Chart on pg 24).

This keeps glucose and insulin closer to a normal fasting baseline for a good anabolic (building up) effect, not too high or too low.

Insulin suppression reduces testosterone levels, impairs strength and limits performance, whereas high levels of insulin increase risk of disease and obesity. Remember, insulin inhibits the mobilization of stored fat. Balanced blood sugar levels are key.

One of the biggest triggers for night time eating is television.



Television does tempt those taste buds especially when you watch the cooking channel. Then there's the seemingly endless number of commercials that all promote fast and unhealthy junk food.

Instead of reaching for a bag of chips or a chocolate chip cookie, make yourself a delicious protein shake or go for a short brisk walk around the block. "*Forcing*" yourself to do something positive like this will distract your attention from the wrong food and really does make a world of difference. Try it and see what happens.

Every one of us is subject to temptation. When our desire for immediate gratification is conceived, it's very difficult to resist, especially when it's driven by emotion and the thought of obtaining pleasure in a state of pain or mental discomfort.

Temptation is hard to resist, as Mae West so eloquently put it,

***"I can resist anything but temptation"***

## **Staying On Track**

A strong defense is needed at this time; to do it right requires knowledge, devotion and a strong sense of self-esteem and self worth. It takes time to learn and patience to put the right gear in motion. Many of us will have to undo years of poor habits.

Staying on track becomes part of your lifestyle. Exercise is the anchor and nutrition is the chain attached to it. The ship is your body floating on the sea of life. Let your exercise routine slide and your diet will slide...guaranteed. Take control of your metabolism!

Induce a steady state of thermogenesis (fat burning), get physically active, eat nutritious food routinely, focus on quality and micronutrient density (vitamins, minerals and enzymes), use protein to your advantage, drink plenty of filtered water and take high quality supplements. Could it be that simple? Yes it could and it is.

The results will come because your mind is in sync with your body. When you live according to this practice the spirit of goodwill and self-control creates balance and harmony. Energy abounds, athletic activity is a joy and you feel good about what you've accomplished. You've always had the capacity to fulfill your dreams, but now you can really feel the energy and believe in the possibility.

***"There is no man living who isn't capable of doing more that he thinks he can do"***

~Henry Ford

*Simpy Put: Physical inactivity and poor nutrition are the primary causes of obesity.*

If we have the right information (education) and a desire to turn things around, almost anyone can change the composition of their physical make-up. First we have to come to terms with what we cannot change, as in our skeletal structure, the length of our bones and our height as adults. But the flesh attached to it is something we have some degree of control over.

We can tone, build or maintain muscle through exercise or let nature dematerialize us over time through stress and oxidation.

***Obesity is a disease of the mind and body.  
It is preventable and reversable.***

Whether you're 25 or 200 pounds over fat, it's never too late to change the way you live, feel, think and look. Your goals are within your own reach, so go about achieving them the right way.

You can live lean and stay well year round, but you must trust the science and ignore any negative emotions!

Weight (fat) management is about maintaining a healthy body composition, staying at your ideal body weight and balancing stress. It's about adding years to your life and life to your years.

*Simply Put: Long-term functional health should be the ultimate goal of any exercise or weight management program.*



[Photo by Sarah Pflug from Burst](#)

# Chapter Two

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## How to Achieve Your Ideal Body Weight

Optimum health and ideal body composition are not achieved merely as a result of counting calories. What you eat, why you eat, when you eat, how you eat and where you eat are key determinants of healthy nutrition. Much of the quality, vital energy and character of our food supply are lost as a result of long term storage and incorrect food preparation.

Food is powerful and made up of thousands of naturally occurring biochemicals. Food is a kind of natural drug. Think about it. Tobacco, coffee, alcohol, cocaine, heroin or cannabis are not essential to meet any known biochemical demands, but we do need the biochemicals in food as well as the energy it sustains us with.

Eating the wrong foods is a modern type of chemical addiction. Consuming the wrong foods routinely poisons our bodies, causing a multitude of serious health problems. Food directly influences hormonal responses, especially insulin. The effects can enhance our performance or negatively affect our day to day life experience.

***"What you see is who'll you be, what you set is what you get"***

As a result of consuming a diet high in refined carbohydrates (buns, bagels, muffins, pasta, breads, white sugar) and expending little or no energy through physical activity (couch potato-ism), chronic insulin elevation occurs. The technical term for this is hyperinsulinemia.



Some of us exercise on a regular basis but we still don't get the results we want and need for health. So what is the missing link?

Muscle contraction is the essence behind all movement and muscles require energy. High levels of insulin are brought down by forcing the body to consume blood glucose as fuel. As glucose levels decrease, insulin levels decrease. However, the diet must be right or you'll continue to struggle against a chemistry set in motion by the food you're eating.

*Simply Put: We must all learn to eat as hard as we train!*

## Supply Your Biological Demand

*"Diets don't work"* is the current theme of the day, yet millions of unsatisfied weight watchers continue to follow some of the most absurd and abstract dietary constructs imaginable. In the relative sense, most of us associate *"dieting"* with a restrictive low calorie food regimen designed to promote weight loss. Most people think of *diet* as something negative that causes pain and suffering.

### D-I-E-T

#### Discipline-In-Energy-Transfer

Apply the discipline in your genes. We need to choose the right foods that transfer the energy we need to function at optimum levels.

In the absolute sense *"diet"* relates to any course of nourishment. It defines what a person eats and drinks habitually. Everyone is therefore *"on a diet"*, so the better question is, *"Which one?"*

Everyone is "on a diet", so the logical question to ask in the context of health and fitness and biological function is:

***"Is my current diet meeting my unique biological demands and what can I expect in terms of outcome?"***

*Simply Put: It's not how much you eat but what you eat!*

For the best results strive to eat a minimum of 6 smaller meals per day (2 meals can be protein shakes) with emphasis on high quality protein, green leafy vegetables and whole, natural starches like brown rice, squash, lentils, yams, sweet potatoes, black bread, dates and figs. Choose heavy, concentrated sources of high-dense carbohydrates that burn evenly and slowly.

This approach to eating will keep your energy levels up. Your moods will stabilize and your cravings for sweets will diminish.

The trick to eating carbs and starches is...not to eat too many at one time, and not to eat them if you haven't done the physical work to earn them.

*Simply Put: Don't add gasoline if your tank is already full.*

Each meal should include some raw food including fresh fruit (morning) or greens and raw vegetables (lunch and dinner).

Calculate your individual daily protein requirements in grams based on your lean functional mass (not your total weight). This can be done by having a fitness assessment, or using a ballpark calculation provided in the upcoming section on protein.

## What is a Calorie?

A calorie is the amount of energy (heat) required to raise one gram of water one degrees Celsius. Don't be a slave to calorie counting!

*Simply Put: Instead of counting calories, count the quality of food.*

## What Are Essential Fatty Acids and How Do They Affect Weight Gain?

Fats and oils are made up of building blocks called fatty acids. Fats that we cannot make in the body but require are called essential fatty acids (EFA's). Essential means "*indispensible to life.*"

There are two special fats classified as essential to the body. They are omega-6 linoleic acid and omega-3 alpha-linolenic acid.

These two essential fatty acids need to be obtained from the food we eat or by supplementation because we cannot manufacture them inside the body. From these EFA's our bodies make important hormone like prostaglandins (super hormones).

Essential fatty acids and their derivatives are essential for circulation, hemoglobin production, skin function, recovery from fatigue, hormone synthesis, brain development and immune function. They also keep our aging brains and bodies youthful.

EFA supplements are also utilized in functional and alternative medicine to treat and prevent a variety of conditions including diabetes, inflammation, PMS, hormone, heart and circulatory disorders, chronic skin disorders, depression, autism and obesity.

Choose therapeutic oil blends rich in omega-3 alpha-linolenic acid. This EFA increases energy and helps promote healthy weight (fat) loss because EFA's help to balance your head and your heart.

*Simply Put: Not all fat is bad!*

## **Our Bodies Cry For Water**

It's imperative to understand that chronic dehydration plays a profound negative role in the state of our health. It is literally impossible for our bodies to function properly without adequate hydration. Water intake is crucial to the digestive process and also allows the body to dispose of toxins, waste and impurities.

We can obtain water directly through drinking filtered water, various fluids and eating high water volume foods. The reality is that most people consume dried packaged foods and over-cooked foods in abundance...so less water is available to cells and over time the body falls into a state of drought.

Coffee and caffeinated teas function as diuretics. They actually contribute to a chronic state of dehydration. Alcohol is metabolized in the liver and substantial amounts of water can be lost depending on the amount of alcohol ingested. The aftermath and symptoms of a "hangover" for example, especially the morning headache, are caused almost exclusively by water loss.

*Simply Put: Drink more water...Cheers!*



[Photo by Samantha Hurley from Burst](#)

Most of us feel hungry yet we are really thirsty!

Hydration is essential (remember what essential means?) to the excretion of all waste; therefore our intake of water must be, in the very least, equivalent to what we lose through daily output. Water is excreted through respiration, sweating, urine and in feces.

Few people consume enough water through food and liquids to compensate for what they lose, so many of us are chronically dehydrated. This interrupts the body's energy activities, delays excretion of waste and recovery and encourages a reduction in thermogenesis (fat burning). The net effect is that we feel heavy, sluggish, bloated and miserable.

*Simply Put: The solution to pollution is dilution.*

Drink water between meals and sip on it throughout the day at your desk and while driving or exercising. Drinking directly from a cup forces the simultaneous consumption of air and as a result some people experience gas and bloating. This can be avoided by using a straw. Invest in a water station; it will save your life.

The recommended intake of clean filtered water as an ideal is 30 ml (1 ounce) per kilogram of lean mass (not total body weight) per day, plus an additional 1-2 liters to compensate for elevated body temperature and any lost fluids caused by sweating due to physical labor, sports and workouts.

Drinking sufficient H<sub>2</sub>O will keep your body well hydrated, reduce fatigue and help prevent injuries during sport or in the gym. Best of all it assists in the process of shedding fat!

*Simply Put: Drink at least 2 liters of filtered water each day.*

If you perspire heavily because of very hot climate or exercise, drink an extra liter each day. Don't be stingy with water.

## **Consume High Fibre Low-Glycemic Carbohydrates**

Although not strictly classified as *essential*, fibre is extremely beneficial. It's an important bulking agent that aids in the systematic elimination of waste through the intestinal tract.

Many of us don't realize that fibre or roughage is a form of carbohydrate. It's the indigestible portion of plants that generally resists the action of digestive enzymes in single-stomached animals (like humans!).

However, it is now understood that through the action of certain bacteria in the large intestine, fibre can be modified and converted into short-chain fatty acids such as acetic, propionic and butyric acids that acidify the colonic contents resulting in water retention and fecal bulking. Fibre can also yield a small amount of caloric value once metabolized. Imagine that!

Fibre in its crudest form acts as a physical barrier to digestion, resulting in a slower release of sugar into the bloodstream. The fibre in steel cut oats for example, thickens the viscosity of the oats in the digestive tract.

Enzymes take longer to work on viscous fibre which slows digestion. Slower digestion results in a continuous release of energy and prevents insulin from rising above the ideal zone of health and function.

Fibre can be very useful in weight management as it greatly improves the transit time of waste through the colon, lowers the glycemic index of food and provides a sensation of fullness when eating.

### **Fibre: The Weight Watchers Dream**

Fibre has been called "*the weight watchers dream*" as it takes up space in the stomach, making us feel full. Normally the sensation of fullness brings food consumption to a halt, therefore food intake is less.

*Simply Put: When it comes to eating, high fibre foods slow you down.*

Compare the weight and density of white bread (chemically altered very low fibre) to a really heavy black rye bread. When it comes to elimination fibre speeds you up. Low fibre diets are typically high in fat and sugar and are associated with constipation and many gastrointestinal diseases.

For the bowels to work properly, a lifelong minimum daily intake of 25-30 grams, or about one ounce of dietary fibre daily, is required. The national daily average is only about 10 grams, 40-60 grams is ideal. In many third world countries fiber ingestion is double or triple ours.

### **Protein: To Come First**

Once we have established a good foundation of essential nutrients that act synergistically to allow growth and facilitate the use of carbohydrates, proteins and fats, then we really need to focus on the quantity of protein and emphasize the quality.

After water, protein is the most plentiful substance in our bodies. It constitutes about one fifth of our body and weight and is the major constituent of every living cell and body fluid except bile and urine.

Our bodies do not make or store protein like fat or glycogen, therefore a continuous supply of protein is needed for cell building and regeneration and to keep our cells in positive nitrogen balance.

When you focus on protein quality you can get by with less, but you still need a minimum amount. If you consume less than you require long term, you ultimately will force your body to breakdown lean mass from existing functional muscle, organs, cartilage and bones.

The body will use itself for fuel, especially under the influence of cortisol, which elevates under any kind of stress including exercise.

Remember, protein feeds the muscle. Muscle is the health engine and the more natural, functional muscle you retain the stronger your immune system will be.

*Simply Put: Less protein equals less power.*

That's why it's important to determine your biological need for protein based on your lean body mass and level of activity. Lean body mass is muscle, bone, organs, blood, etc...everything but fat.

You just have to feed the functional lean mass, not the fat, and the only true or reliable way to determine your lean mass is through body composition assessment, which is typically included in a complete Personal Fitness Assessment.

Find out how much protein you need per day by getting a Personal Fitness Assessment or use the following as a rough guideline.



## What is a Personal Fitness Assessment?

It's an assessment of your fitness capacity and should include an assessment or "test" of the following five biomarkers.

1. Muscle strength
2. Muscle endurance
3. Aerobic capacity
4. Flexibility
5. Body composition

Where do you go for a Fitness Assessment?

Check your local University Athletic Departments, Fitness Centers or contact a Personal Trainer. Google it!

## How Much Protein Do You Need?

Here's a simple way to determine how much protein you need per day. Let's say you weigh 145 lbs. or 66 kg. Estimate and subtract your percentage of bodyfat (say 20% for this example).

80 percent of 66 kg = 53 kg (your lean body mass). Multiply this figure by one (1) as a minimum, but if you're active, run, lift weights or play sports, multiply your lean mass (53 kg) by a factor of 2.

53 kg x 2 = [106g] of high-quality non-denatured protein

**Sedentary.....1g of protein per kilogram lean mass (daily)**

**Active.....2g of protein per kilogram lean mass (daily)**

The above protein guide is only an approximation but it's likely much higher than what you currently consume per day now, especially if you follow conventional mainstream dietary guidelines. *Protein comes first!*

## **What is the Glycemic Index?**

The glycemic index (GI) was developed in 1981 by David Jenkins and Thomas Wolever of the University of Toronto. It's a newer system for classifying carbohydrate containing foods according to how quickly and to what degree they raise blood glucose levels inside the body.

*Simply Put: A food with a high glycemic index raises blood sugar faster and higher than a food with a low glycemic index.*

The glycemic index method of classifying carbohydrates according to their effect on blood glucose replaces the older method of classifying carbs according to their chemical structure of either "*simple or complex*".

The glycemic index was created originally to help Type-II diabetics manage their blood sugar levels. But today health advisors, personal trainers, dietitians and weight experts now use it as a guide to treat obesity, reduce cravings, stabilize appetite and improve eating habits.

Another important carbohydrate knowledge tool is Glycemic Load (GL). GL rates overall glycemic value and takes food serving size into account.

*Please note: the terms blood glucose and blood sugar are the same in the context of glycemic index.*

## Glycemic Index Rating\*

Low.....	39 or less
Medium.....	40 to 60 inclusive
High.....	61 or more

## What is Glycemic Load?

The glycemic load (GL) is a relatively new way to measure the impact of carbohydrate consumption. It takes the glycemic index into account, but gives a fuller picture than the glycemic index alone.

Glycemic Index (GI) tells you how rapidly any food elevates blood sugar but it doesn't tell you how much carbohydrate is in a particular serving of food. We need to know both factors to understand the effects of eating a mixture of foods on blood sugar. That is where the GL comes in.

For example, the digestible carbohydrate present in watermelon has a high Glycemic Index (80), but there isn't a lot of it, so watermelon has a medium *Glycemic Load* (11-19).

The GL of a food is calculated by multiplying its glycemic index by its digestible carbohydrate content in grams, and then dividing that figure by 100. Fibre doesn't count because it basically indigestible.

In scientific terminology, each unit of the GL approximates the effects or impact of consuming one gram of glucose.

Let's say you want to measure the GL of a Golden Delicious apple. First you need to know the *Glycemic Index* of that kind of apple (40-GI).

\* *CHI Original Natural Food Glycemic Index Scale*

Next, based on the weight or portion size you're going to eat (120 grams total weight in this example), you need to know how many grams of digestible carbohydrates that amount of apple actually contains.

In this example the answer is 20 grams of digestible carbs (CD).

CD = Carbohydrate Density = amount of digestible carbs

### Calculation of Glycemic Load

Golden Delicious Apple

$$40 \text{ (GI)} \times 20 \text{ (CD)} = 800 \div 100 = 8 \text{ (GL)}$$

### Glycemic Load Rating

Low.....10 or less  
 Medium.....11-19  
 High.....20 or higher

In the above example we calculated the Glycemic Load of eating one Golden Delicious Apple, which is 8 and considered Low.

Let's say in addition to the apple, we enjoyed a tahini and banana sandwich on course rye bread. To calculate the overall glycemic load of the entire sandwich, first we need to determine the glycemic index of each individual food component.

We also need the individual weight in grams of each food plus the amount of digestible carbs. We would then use the same basic formula as above to come up with a Glycemic Load (GL) for the total meal.

## Glycemic Index (GI) & Glycemic Load (GL) Chart

Food*	Serving Size (g)	GI	GL
Carrot Juice	250	43	10
Apple Juice (unsweetened)	250	40	12
Linseed Bread	30	55	10
Spelt Bread (whole)	30	63	12
Muesli	30	69	16
Porridge Oats	250	49	11
Brown Rice	150	66	21
Plain Yogurt	200	36	3
Apricot	120	57	5
Banana	120	46	12
Grapes	120	43	7
Kiwi	120	47	5
Mango	120	41	8
Oranges	120	40	4
Papaya	120	59	10
Peach	120	28	4
Plums	120	24	3
Red Kidney Beans	150	30	7
Lentils	150	29	5
Whole Wheat Pasta	180	42	17
Beets	80	64	5
Carrots	80	16	1
Baked Potato	150	60	18
Sweet Potato	150	48	16
Sweet Cob Corn	80	48	8
Green Peas	80	80	3
Honey	55	25	10

*\*whole natural food only*

# Chapter Three

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## Exercise and Sleep

### A Healthy Body Composition Relies On Both

Did you know that physical activity and exercise are different?

Did you know that simply going for a walk isn't exercise? Neither is golfing, gardening, soccer, hiking, dancing or any sport for that matter.

Let me explain. Physical activity includes the science of exercise, but it also refers to any expenditure of energy brought about by any form of movement, including rolling over in bed. This includes a huge spectrum of activity ranging from very low resting levels to maximal exertion.

Exercise in contrast, although a component of physical activity, has a unique feature. Exercise is structured, organized and something you measure, like sets and reps, time and distance or VO<sub>2</sub>max. Exercise develops total physical fitness for the benefit of optimizing health and improving our performance. Think of exercise as an applied physical science that helps oppose disease, disability and sarcopenia (loss of lean mass including muscle, cartilage, ligaments, bones and organs).

*Simply Put: Exercise is the means, physical activity is the end.*

You strengthen and condition your body through exercise so you can use your body without limitation according to its natural design. When performed correctly, physical exercise provides excellent health benefits. But there's the catch. You can't buy or download fitness. Fitness isn't for sale. It requires discipline, a strong work ethic and responds only to resistance training, aerobic conditioning and stretching.

No single sport or physical activity provides total physical fitness.

Exercise and physical activity generate heat inside the body which has a natural thermogenic effect (fat burning). Exercise is also *anorexic*, which means that when you're exercising you're not eating. During exercise there's a tendency in most people not to feel hungry.

The effects of controlled exercise cause an expenditure of energy; this depletion of energy occurs inside the body and as a consequence, forces the body to utilize fat as a fuel source for energy.

The more you exercise the more calories you burn and will keep on burning throughout the day. For instance, if you burned 400 calories in one hour of exercise training it is theoretically possible to continue burning 50% of this amount (200 calories) over the next 8-10 hours.

Your metabolic rate is higher. If you exercised twice a day it would increase even more. You've altered how your genes express themselves and turned yourself into a fat burning machine! Well done.

Being physically active not only refreshes and strengthens the body, mind and spirit; it also improves circulation, lowers cholesterol, tones and builds muscle tissue, develops endurance, increases agility and stimulates the internal organs.

Moving the body helps you think more clearly. Physical movement reduces drowsiness and sluggishness. It opposes the emotion of depression. It eases tension, improves sexual function, increases self esteem and improves your overall sense of well-being. Above all physical activity and exercise helps you to live lean and stay healthy.

***"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save and preserves it."*** ~Plato 350 B.C.

If you play a sport like golf, tennis, ping-pong, bowling, hockey, baseball, basketball or lacrosse for example, you will use one side of your body more than the other. This is called asymmetrical sport.

Asymmetrical sports create systematic imbalance in the body that can cause a variety of injuries. So you can see why it's important to exercise the whole body for balance, strength and endurance.

Over a period of time, say, two or three years of participating in an asymmetrical sport, the side of the body that is not being utilized with equal measure will not develop or grow to the same degree. Muscle fibers adapt by necessity, if they are not used, they weaken or atrophy.

The continuous repetitive overuse on the *active side* (right or left) can lead to unevenness, imbalance and chronic injury in athletes.

*Simply Put: Most professional athletes train with weights to compensate.*

## **Resistance Training (Pumping Iron)**

When you exercise with weights including barbells, dumbbells, hand weights or ankle weights, you're trying to increase the size, strength or natural function of muscle. Muscle is the health engine.

The more quality functional muscle you build and carry on your body the *"higher"* your metabolism will be. As a consequence, you'll burn more calories (energy) even at rest. Your RMR\* goes up!

\*RMR (Resting Metabolic Rate) the amount of energy expended at rest



Weight training has played a significant role in my own life. I've trotted to the gym rain or shine, whether I felt like it or not. The presumption of knowing I'll definitely feel better when it's over is what sustains me.

I find it very comforting to meet other human wonders of the world, of all shapes and sizes that gather to increase their strength, endurance and sense of well being. A smile, a laugh and the sharing of stories are all part of a healthy gym experience.

This alone has helped me through many tough and trying times. The gym is a place to go to forget my troubles and to let out physical, mental and emotional anguish through strength training and moving my body to upbeat music.

The outcome is always the same; a stronger, fitter, better looking and better feeling physical self. My troubles may still be there, but my attitude is more positive, my energy level is higher and my immune system is stronger. And maybe, just maybe, the answers to some of my life's questions will have been answered.

A few considerations to remember when joining a new gym include convenience, hours of operation, personal trainers and program coordinators, group classes, showers, lockers, cardio equipment and extra features like a pool, sauna and steam bath.

Everyone has different needs so look and ye shall find. Find a gym that suits your needs so it is a place you want to visit 3-5 times per week.

*Simply Put: Great, healthy results can be had with an hour of exercise no less than three times per week.*

If it's impossible for you to get to a gym, you can invest in a home gym or purchase a few hand held weights with a DVD that includes training for various parts of the body. There are many sports store outlets that carry these types of products or check online.

Ideally you should exercise one hour 5 days a week, however, with busy lives and children this may be difficult to achieve. Great, healthy results can be had with only one hour of exercise three times per week. For example, you could train Monday, Wednesday and Friday.

I have talked to many women over the years and relieved them of the anxiety of pumping iron. Women will never get grossly large muscles like men in the magazines because we don't synthesize the same quantity of testosterone in our double X bodies as men (xy).

Yes, it is possible for a woman to gain large amounts of muscle, but she would have to train heavy and hard and take anabolic steroids. This is definitely not recommended, but to each their own.

When exercising with weights the most important aspect is diet and food quality. Too much of the wrong food can easily make a women feel big and bulky. It's not the weights alone, but rather the consumption of improper food, excess carbs and disordered eating.

So don't blame the weights, blame it on the improper food choices. Ask any fitness competitor and they'll tell you that diet is 80% of the equation.

*Simply Put: If you want to get toned and tight in a short period of time then a clean diet with weight resistance training and cardio is the absolute way to go!*

To reap the benefits that you and your friends will notice, it's essential to train with some intensity and when you purchase that gym membership, USE IT!

I guarantee it will be the best investment you'll ever make. I met my husband and some of my closest friends in the gym.

You'll see other members transforming their bodies. Ask them questions and recognize their hard work (who doesn't like to talk about themselves). If you see someone doing a specific exercise you'd like to add to your personal program it's best to ask an expert trainer to demonstrate the proper technique and execution. Don't watch someone hack away and be a copy cat. This is the cause of many gym injuries.

There are so many gyms and fitness facilities today, don't be shy, it's your life and health we're talking about. Go for it!

## **My Advice for Beginners**

If you have never truly exercised before, I suggest that you start off with a walk around your neighborhood, go a little faster and farther each week. You'll be surprised how quickly you progress and how good you feel.

I don't suggest running or jogging if you have weight issues, it's far too hard on the joints especially the knees. Just keep on truckin' with good nutrition and as you get the weight down you can pick up speed and then invest in a gym membership in your area.

Be patient with yourself, Rome wasn't built in a day! Changing your lifestyle takes discipline and hard work, however, rest assured that patience and persistence will pay off in no time.

Try a yoga or Pilates class, this helps tone and trim the core of the body which is essential to good health, improved breathing, better balance and good coordination.

### **Sleep: Restore the Power of Your Body**

Insufficient rest can cause fatigue and compromise productivity, but did you know that sleep deprivation can also result in mild personality changes, create problems in relationships and contribute to memory loss?

If you haven't slept well you're going to feel tired and sluggish and possibly irritable the next day. You'll probably also desire the wrong foods which will wreck havoc on your entire system.

Scientists believe that sleep disturbance is a common response to changes in our lives, such as trouble at the office or discord at home. Perhaps it's a symptom of peri-menopause or self-induced anxiety as a response to stress. For most of us, normal sleep patterns return after the daytime problem or source of worry goes away or gets better.

***"Man is ill because he is never still"***

~Paracelsus

The body can endure a sleep debt for only so long, after which if the debt remains unpaid, we suffer and experience the effects of mental and physical bankruptcy. A good, undisturbed sleep each night, with the bedroom window open if possible, is one of the best things we can do for our health, recovery and complete regeneration of the brain and central nervous system.

There are no hard and fast rules about how much sleep is enough or ideal, but to operate at peak efficiency during the day with a sense of vitality, adults should strive for at least 7 hours each night. Some of us can function on as little as 5 hours, while others perform better on 8-10 hours. Napping is also a wise practice.

I know many people who just abhor going to bed. They feel that sleep is a waste of time and a function of mortal weakness.

Perhaps, but like it or not, sleep is essential and a time to achieve balance and restoration. Sleep prepares us for the new day ahead and believe me, it's tough out there, so we need to be strong in order to cope with life and those curve balls that are thrown to us on occasion.

Sleep provides nourishment to the nervous system, relaxation to our muscles and rest for the mind. The body needs adequate rest and sleep to maintain optimum health and vitality.

## **Growth Hormone (GH) is the Fountain of Youth**

Did you know that deep sleep provides a stimulus for Growth Hormone release? GH is secreted from the pituitary gland. This gland is no larger than a pea and is located at the base of the brain. GH promotes body growth, fat mobilization and inhibition of glucose utilization. GH also stimulates growth in virtually all body tissues, including bone, muscle and organs.

Unlike many other hormones, GH has no single target gland, having a somewhat universal effect throughout the body.

GH is especially active during childhood and puberty, but is followed by a sharp reduction in most adults. Observations of this decline are based on representative samples of Western populations, most of whom are overweight, de-conditioned and sedentary. Do you see the connection? We should never compare ourselves to baseline.

Sleep is essential to weight management. When we sleep, we not only release GH, but the body efficiently reorganizes the basic structure of the human organism. For example, let's say our body was a library filled with books scattered about the floor and tables. It's chaos everywhere and nearly impossible to find the book you need. This would be very frustrating and possibly create anxiety, especially if you need to find a particular book ASAP.

Instead, imagine walking into a library where all the books are neatly organized on the shelves and in alphabetical order, tidy, comfortable and easy to access the book you are looking for. Less stress and more efficient!

*Simpy Put: Sleep brings order to neurological chaos.*

Adequate sleep also improves cortisol chemistry, the muscle wasting hormone. Cortisol is released from the adrenal glands (located on top of the kidneys). When we sleep the adrenal glands are at rest.

Other factors that inhibit GH release include elevated blood levels of fatty acids, decreased levels of amino acids, thyroid hormone deficiency, disrupted REM sleep, insomnia and hyperglycemia caused by eating sweets and high glycemic snacks prior to bedtime.

## Tips to Help Achieve a Restful Sleep

- Avoid alcohol, tobacco, sugar and rich foods before bed.
- A wholefood diet and regular exercise promote healthy fatigue.
- Take a warm bath before bed with relaxing essential oils such as lavender.
- Make your bedroom quiet, dark, comfortable and a restful place to sleep.
- Relaxation techniques such as yoga or meditation provide peace of mind.
- Go to bed at the same time each night, our bodies love routine.
- Ask a natural health practitioner about melatonin, calcium magnesium, Bach Flower therapies, Chinese herbs, valerian, St. John's passionflower and the many other natural remedies to induce sleep.

These products also work well for those who do shift work. By using the synergy of these helpful tips, going to bed can be a positive ritual. If there is any anger, blame, resentment, fear, guilt, jealousy or rage, let it go, tomorrow is another day!

Allow your mind and body to be at peace as you drift off to sleep....not always easy to do.

***"I'm just too tired to think about it right now, I'll think about it in the morning."***

~Scarlett O'Hara

# Chapter Four

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## The Stress Weight Gain Connection

### Cortisol and Emotional Eating Explained

Your job is hanging by a thread, your employer is a tyrant and your credit cards are maxed out. You and your spouse want to take a vacation in different directions. Your teenager wants to quit high school and become a professional snowboarder, or maybe it's the increasing tensions in the world, brought to you 24/7 on your TV screen, that is getting you down. Whatever it is, you are feeling really stressed out!

Not all stress is negative stress. Let's say you have just received a fantastic new job promotion, or you're preparing for a much anticipated family reunion, wedding, graduation or a special vacation. These are examples of positive stress that can still have a negative effect on your system and cortisol levels. Who'da thought?

Regardless of the source positive or negative, stress is a way of life. For some people, the effects go beyond feelings of anxiety and discomfort. For these people, stress means less sleep, facing each day ravenously hungry or adding unwanted weight gain to their list of worries.

While the immediate response to acute stress can be a temporary loss of appetite, for some people, chronic stress causes an increase in appetite - leading directly to stress-induced weight gain.

Response to stress, as defined by Canadian physiologist Hans Selye, is a built-in mechanism designed to protect us from damage. Selye defined human reaction to any form of stress as General Adaptation Syndrome (GAS) and proposed that GAS consisted of three stages of progression.



## The Three Stages of GAS:

1. Alarm Phase
2. Adaptation Phase
3. Exhaustion Phase

Diseases and injury mainly appear in the exhaustion phase, when due to depletion and lowered resistance, the body loses the ability to manage or adapt to the effects of stress. Adaptogens, supplements proven to help the body adapt to stress, can help our bodies cope with the stress of rigorous training schedules and workouts.

*"The only people who don't have problems are those who are in the grave"*

~ Norman Vincent Peale

## Emotional Eating

Emotional eating is linked to stress through cortisol and insulin levels. On a basic level more stress can lead to higher cortisol levels leading to high insulin levels leading to food cravings.

Cortisol rises with stress of any kind whether imagined or real including injury, extreme heat or cold, pain, viral infection, chronic disease, intense exercise, or the emotions of anxiety, fear, depression, grief, frustration and anger.

Elevated cortisol and negative mood may reflect greater vulnerability to stress and cortisol inadvertently affects appetite. Cortisol can increase insulin, which certainly stimulates appetite. The bottom line is this, if you're an emotional eater, you will likely have trouble keeping weight off, particularly in the abdominal area.

The hormones released when we are stressed include adrenaline, which gives us instant energy, along with corticotrophin releasing hormone (CRH) and cortisol. While high levels of adrenaline and CRH decrease appetite initially, the effects usually don't last long.

Cortisol works on a different timetable. Its job is to help us replenish our body after the stress has passed, and it hangs around a lot longer. It can remain elevated for many hours, increasing appetite and ultimately driving you to eat more, especially convenience foods and sugar.

While this system works fine when our stress comes in the form of physical danger, when we really need to "*fight or flee*" and then replenish, it doesn't serve the same purpose for today's wide variety of stressors.

In other words, since your neuro-endocrine system doesn't know you didn't fight or flee, it still responds to stress with the hormonal signal to replenish nutritional stores. This is what makes you hungry.

Following those stress signals can lead not only to weight gain, but also the tendency to store what is called "*visceral fat*" around the midsection. Excess numbers of fat cells deep within the abdomen are linked to an increase risk for both Type-II diabetes and heart disease.

To further complicate matters, the fuel our muscles need during the fight or flee response to stress is glucose, or *Simply Put: sugar*. This is one reason we crave carbohydrates (sweets) when we're stressed out.

In order to move the sugar from our blood to our muscles, our body requires insulin. Insulin is the hormone that opens the gates to the cells and lets the sugar in. Its like a biological gatekeeper. High levels of sugar and insulin set the stage for the body to store fat. So people who are under stress, metabolically speaking, will gain weight for this very reason.

## Lighten Up and Tighten Up

Today our typical response to stress is to sit and stew in our frustration and anger, without expending any of the calories or food stores that we would if we were physically fighting our way out of stress or danger, such as animals in the wild or a soldier on the battlefield.

During the first couple of days following a stressful event, cortisol signals your body to crave high carbohydrate foods. Once you comply, you quickly learn a behavioral response that you can feel almost destined to repeat anytime you feel stressed. We are creatures of habit.

Now for the good news. Whether your urge to eat is driven by hormones or habits or a combination of both, research shows there are ways to interrupt the cycle, break the stress and stop the weight gain.

To live your authentic life and desired dreams you absolutely need to make health and wellness a priority. Here are some simple strategies to living lean and staying well. Follow these tips and you are well on your way!

- Exercise for one hour, 3-5 times per week
- Drink 2-3 litres of filtered water daily; add fresh squeezed lemon or lime or liquid chlorophyll
- Carry filtered water with you always
- Cook/prepare your own meals; try to avoid eating in restaurants as much as possible

- Eat 5-6 small meals a day to include high quality protein, protein is the anchor and protein comes first.
- Don't skip meals; always have snacks prepared in your car, purse, briefcase, etc...
- Snack on protein, whole grain and high fibre foods
- Try to avoid cigarettes, too much alcohol and caffeine drinks
- Stop drinking soda/pop and canned/bottled beverages
- Remember to take your vitamins/minerals and other supplements daily
- Devote time to relaxation, reading positive literature and listening to music on your stereo, iPod or MP3 player.
- Take a brisk walk after dinner/spend more time in nature
- Take the stairs instead of the elevator or escalator
- Don't buy processed, refined food, if it's not in the cupboard you won't be tempted
- When you have a minute, put your feet up
- Don't lose sleep

*Simply Put: If there's a will, there's a way!*

Throughout this book I have shared with you my simple strategies for living lean and staying well. My objective is for you to become aware of your own body, to learn how it works and understand why it hasn't been responding as it can and should.

There is an art to living lean and staying well. Living lean is more than being thin and eating a sound wholesome diet. Living lean means to lean out your whole life, by choosing to "*trim the fat*" from your life.

Like people who weigh you down or treat you with disrespect. Maybe you need to clean out your closet. Get rid of stuff you never use. Lighten your load and you'll find wellness. Shrug it off!

Living lean and staying well is a process. Let go and let health!

You are the master of your own life and body. Treat both with kindness and you'll be rewarded with the wealth of good health!



# Chapter Five

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## Nutrition Supplements

### The Art and Science of Living Lean and Staying Well

Vitamins are organic substances necessary for life and when consumed in or along with foods, they are taken into the body and become constituents of enzymes necessary for activating thousands of bodily functions.

Individual needs for vitamins vary greatly, depending on inherited characteristics, biochemical individuality, environmental factors and the type of foods you eat.

Vitamins have no caloric value and you are short changing yourself if you think that your diet can supply you with everything you need, even if comprised solely of organic plant and animal based foods.

I've peered into many a kitchen cupboard only to find dozens of vitamin bottles half-empty (or half-full); the fact is that many consumers are not taking their vitamins consistently!

They either forget or fall away from the routine for whatever reason. Others follow trends running from one magical remedy to the next, always searching for that special elixir to fix their health problem or lift their energy level. This hit and miss approach, however, just doesn't work with nutrition or exercise. In this regard consistency is key. It's that simple!

I have learned over the years what I need to do to live lean and stay well year round. In this next section I will share with you some of the most important vitamins and supplements that I take on a daily basis and highly recommend as a strong foundation.

## **A Strong Foundation**

It's important to purchase quality supplements from a reputable manufacturing company; that way you know for certain that what is on the label is in the bottle. I always include the following supplements as a foundation of my daily supplement program.

I suggest you find a good local Natural Health Food store and ask the health advisor there to recommend what brands and amounts to take of for your specific needs. Shopping online is also quite acceptable.

## **Essential Fatty Acids**

We need two good fats called the essential fatty acids, omega-3 and omega-6. We can't make these fats ourselves so we have to obtain them from an outside source, from our diet or in supplement form.

EFAs mediate energy between tissue and organ systems through the body. EFAs are essential for blood circulation, hemoglobin production, membrane (skin) function, recovery from fatigue, hormone synthesis, cell division, brain development, immune function, anti-inflammatory response, muscle growth, tissue elasticity and neuron plasticity.

## **Calcium/Magnesium**

Team heart and soul. This elegant mineral combination is alkaline forming and extremely effective for calming and relaxing the nervous system. A nice combo for muscular development and workout recovery. Cal/Mg helps keep our teeth and bones strong and resistant against decay throughout life. Cal/Mg helps prevent osteoporosis and fractures.

## Multivitamin and Mineral Supplement

This micronutrient complex combination provides the essential vitamins and minerals required for the maintenance of good health and the prevention of disease. A multivitamin and mineral supplement is simple and easy to take. Take this product 1-3 times per day, depending on your lifestyle and the formula you select. Choose powder or capsule.

## Whey Protein Isolate

Become one with your blender! Protein is a component of muscle, collagen, elastin, keratin, bone, connective tissue and cartilage. You can't even think without protein. Protein counters the catabolic or muscle wasting effects of disease, by helping maintain a positive nitrogen balance. It strengthens the immune system response which collapses in disease. The best idea is prevention through nutrition and exercise.

Whey protein isolate has an extremely high biological value (BV). Its score of 120 means that more nitrogen is retained in human cells when compared to all other proteins, including other plants and animals.

*Simply Put: Whey protein isolate is the best bang for your buck when it comes to digesting and utilizing a clean protein.*

Protein abolishes sweet tooth cravings, balances mood, fights fatigue and challenges the battle of the bulge. A protein shake is the only *whey* to go, personally, I simply can't imagine my life without them.

Look for a protein isolate that provides about 20-25 grams per serving size. If you want more protein per shake add another scoop. We are biochemical protein factories designed to synthesize protein from protein. Don't be afraid of something you need.



Protein shakes make the perfect pre- & post-workout meal, a satisfying lunch, a delicious afternoon pick me up or a soothing and calming bedtime snack. The best time to take your vitamin supplements is with your protein shake. Pump it up. Make it a habit.

*Simply Put: Shake'n'Take*

## **Hemp and Seed Proteins**

Hemp protein is derived from the hemp seed which contains about 22 percent protein. Hemp seeds are of course a great source of EFAs and GLA (unlike many seed oils). All plant proteins have a relatively low biological value (75-55) but plant proteins provide excellent amino acid diversity. They create opportunity for quality *macronutrient* intake.

Feel free to mix hemp protein compounds with whey protein isolate in your shake. This will provide the virtue of various healing factors in hemp without losing the high BV of whey protein isolate. Try it!

## **Vitamin A**

Retinol or pre-formed Vitamin A is the *anti-infection* vitamin. It empowers the immune system and plays a vital role in the health of your eyes, skin, hair, membrane tissue and in the development of teeth and bones. Vitamin A is an essential to health as handwashing.

## **Beta Carotene**

Pro Vitamin A functions as an antioxidant and helps protect cells from free radical damage. This carotenoid converts to retinol in the body, provided your thyroid is in good working order.

## **Vitamin B (Complex)**

This anti-stress vitamin complex works as a network of metabolic co-enzymes, helping enzymes carry out their functions, especially in the metabolism of carbohydrates, fats and proteins. B-vitamins assist with cell reproduction, energy transfer and nerve tissue stability.

Vitamin B-12 is the anti-fatigue vitamin and is vital for energy production and muscle growth, maintaining a healthy nervous system, neuronal function and must be present for proper mental concentration, memory and balance. Take by injection, capsule, sublingual or intranasal. Ladies, get your dose!

## **Vitamin C**

This anti-scorbutic nutrient is the single most important vitamin to take. Vitamin C fights infection, maintains protein collagen, strengthens tissues, prevents easy bleeding and speeds up wound healing. It's one of the best water-soluble antioxidants around. It protects the body from uncontrolled free radical damage and regenerates cell structure.

Vitamin C also helps the body to absorb other nutrients, especially iron. Look for calcium ascorbate powder. Add some to a shake or glass of freshly squeezed juice. Calcium ascorbate is gentle on the stomach.

*Simply Put: Whatever you do, take Vitamin C every day, never leave home without it!*

## **Vitamin D**

The sunshine vitamin plays a dual role as both vitamin and hormone. Vitamin D increases the absorption and assimilation of calcium and phosphorus. It's essential for teeth and bone formation during growth periods and works in harmony with many other vitamins and hormones.

## Vitamin E (Compound)

Vitamin E (d-alpha tocopherol with mixed tocopherols) is the antioxidant vitamin that retards cellular aging due to oxidation. Vit E protects lungs and is a big player in sexual function and energy production. Vit E helps maintain insulin sensitivity. It can be purchased in the form of natural mixed tocopherols, which is closer to how this compound exists in nature.



[Photo by Sarah Pflug from Burst](#)

## Simple Protein Shake

Instead of reaching for a high carbohydrate snack, stabilize yourself with protein! This shake will definitely pick you up and give you energy that will carry you through until your next nourishing meal.

The taste, texture and thickness of your shake will depend on the amount and type of fruit you use as well as the volume of water. For short distance travel, you can make a protein shake ahead of time and store it in a thermos. Try using a shaker cup. Just add water .

*Simply Put: When you drink your shake, take your vitamin supplements.*

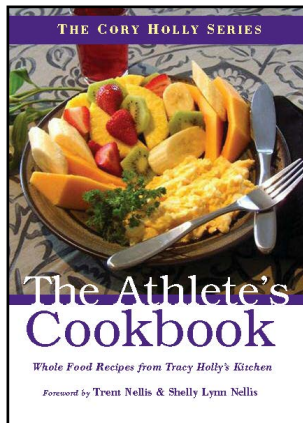
*Shake'n'Take!*

## A Simple Protein Shake Recipe

- 1 1/2 cups (375 ml) filtered water
- 1 serving whey protein isolate
- 1 serving hemp protein (or mixed plant protein blend)
- 1 T (60 ml) EFA oil
- 1 cup fresh or frozen fruit (papaya, berries, mango, banana)

First add water to the blender. If you like your shake really cold add a few ice cubes and then fruit. It's okay to use frozen berries from the freezer. Blend all the ingredients at medium to high speed until all the ingredients homogenize into a nice, smooth creamy texture.

This is a very basic protein shake. There are a multitude of ingredients you can add to increase its power and strength. Cheers!



Read the Athlete's Cookbook for more delicious recipes.  
Visit [CoryHolly.com/bookstore](http://CoryHolly.com/bookstore) online.

# Afterword

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Thank you Tracy for creating this motivational, honest and straight to the point book. In today's industry, finding the truth in the approach to optimal health and wellness can be a daunting journey. It's refreshing to read a no-nonsense approach to healthy living. It will take work, time and effort, but are you worth it? You bet!

As a Mom of 2 kids under the age of 5 and running 2 businesses, my life is about as busy as it gets. To find the time to eat, exercise and even have a good nights sleep can be a challenge - I get it! I'm living it! BUT I don't let it hold me back.

To be a good Mother, wife and business owner I need to put ME first and if I don't, everyone suffers. Everyday my kids watch me exercise whether it be resistance training or a quick session of cardio and often times they join me (or sit on me). The kids are a part of all our meal preparations, fresh juicing, gardening and optimal health devotion.

If you simply just don't *"have the time"* to eat real food and exercise, a serious lifestyle overhaul is badly needed. Sit down with your family, flip through this book together and make a plan to create a lifestyle where exercise and healthy eating is incorporated into your daily living. Organization is key.

By following the simple steps Tracy has laid out for you in this book, failure is not an option. Guess what?! You have a choice to live healthy or to live sick. This book will not only change your life, it could save your life. This book isn't just about weight loss, it's about being healthy from the inside out. It's about learning instead of just doing because knowledge is the key to success.

I am so thankful there is now a *'Simply Put'* easy to follow book on the market because this information is invaluable to anybody and everybody. The art of re-creating your body is priceless and immediately rewarding. Love yourself and get motivated to be the best you can possibly be.

**Katie Greenwood CSNA**



## **About the Author**

Tracy Kaye Holly CSNA Master is the Executive Director and Public Relations Officer for the Cory Holly Institute. She is a health & fitness activist and is a great believer in alternative natural medicine.

In addition to being a whole food cook, mother and grandparent, Tracy works as an emcee and coordinates national health & fitness symposiums including the annual CHI Conference & Trade Show and Camp Hawaii. Tracy also manages student administration for all CSNA students and graduates.

Tracy is the author of *The Athlete's Cookbook* and lectures to women's groups, children groups and at trade shows on topics related to sports nutrition, health, wellness and fitness. She also assists Cory in the organization and editing of all CHI published courses, books and articles.

Tracy writes for several national health & fitness magazines. She narrates the *He-Said-She-Said* segment of *Sports Nutrition Update (SNU)*, teaches Latin, Ballroom & Bollywood dancing as a professional and both judges and competes from time to time in Masters' level Ms. Fitness and natural bodybuilding.

Tracy is also gifted in the area of dance choreography. She works with athletes to improve their rhythm through dance and designs posing routines for competitive natural bodybuilders.