

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

How To Get The Maximum Benefit From Your Exercise Program

My exercise program is phenomenal when I actually do it. Can anybody relate? I can cut out the sweets and put away the hydrogenated oils with ease, but getting me up early to exercise is my greatest health challenge. Oh, I love it when I do it, or as one of my best friends says I love it when I'm through it. My mind is sharper, decision making is easier. Even as I say all these things, I'm a little embarrassed that it's such a struggle, but it is the truth. However, if I do it, I want the most out of it. And that's the topic for this week's Tuesday Minute.

How can we get the absolute maximum benefit out of our exercise experience? When I am coaching people on how to optimize their workout, I consider several approaches, but to better illustrate these approaches allow me to broadly categorize people into three groups. Of course the three groups can certainly have some overlap; and we might identify people in more than one group, but it is a good place to start.

Group one: These are the people who seem to burn fats better. This group may start slow in the early part of their work out, but do well in longer workouts. They may be long distance runners who have good stamina because they can access the main source of energy – namely fats. Since they already burn their fats well and we want to help maximize their workouts, let's see if we can maximize their energy production.

In this case, I like to add 5 grams of D-Ribose to some form of bio-available protein. I like the filtered whey proteins that are casein-free, if they are not sensitive to whey. Ribose is a naturally occurring 5 carbon sugar used by every cell in the body to synthesize and rebuild energy.

Ribose is the most fundamental building block of ATP, which is the primary source of energy for every muscle cell in the body. ATP is called the "energy currency" of the cell. You can see why D-Ribose has been used for people with heart issues and fibromyalgia. It helps the muscles function at a higher level. I love the way I feel after exercise and a D-Ribose - whey drink. Sometimes I like to add a scoop of Nitro-Greens for extra chlorophyll.

Group Two: These are people who tend to have a more "shallow endurance", and are generally heavier in stature. These are people who are accustomed to burning sugar as their main source of fuel and like to snack on carbohydrate foods all day long. People in this group can really feel the effects of L-Carnitine.

L-Carnitine is like a fork lift that carries fat into the cell and delivers it to the mitochondria for fuel. But even if you don't have a metabolism problem, L-Carnitine is one of the few nutrients that you can really feel after about 30 minutes.

I use one tsp or 3 grams of L-Carnitine with 4-8 oz of water and about 4 oz of juice. The fruit sugar helps it get into the system faster. It is tart, but boy is it worth it. Drink it about 30 minutes before exercise. Midway through your workout you will really feel your second wind.

The third group: are people who crave salt, often wear sunglasses inside, and have a tendency to get injured easily. This group of people has weak adrenals. You can use the Health Assessment Questionnaire for more adrenal indicators, see category 4 section F. This group feels great when they push it, but their cortisol gets too high or too low and ultimately they will get injured.

For high cortisol levels we use ADHS. For low cortisol levels we use ADB5plus.

One of my favorite books on this subject is called "In Fitness and in Health, Everyone is an Athlete" by Dr. Phil Maffetone. Dr. Maffetone almost killed himself running a marathon in New York. After learning where he went wrong and rebuilding himself, he has trained hundreds of world class athletes. His book is a must for everyone who wants the most out of their workout.

So now that we've highlighted the three groups, keep in mind when putting it into practice you can try each of these supplements for about a week and see which gives you the greatest performance. Remember they are nutrients and completely safe even if you do all three approaches together.

Personally, I like to fine tune things, so if I am going to run 4 or 5 miles, which is a lot for

me, I will use the L-Carnitine to make sure I can access fat stores. If I am doing a pre-dominant weight resistance workout, I will use the D-Ribose and protein drink. If I am feeling emotionally stressed out or I've had a really physical week, I may add some adrenal support to which ever program I am focusing on.

As you may know, extreme heat or cold is also a stress on the body and should be compensated for. Sometimes we only focus on psychological or emotional stress, but physical stressors can have a profound effect on our performance.

As a side note: if a patient feels worse after exercise or complains about feeling more tired instead of energized, it is generally a tip off we need to do some liver cleaning and rebuilding. I would recommend the 3 Step Detox program. On the web page you can watch a Tuesday Minute on the 3 Step Detox for more detailed information. If the liver isn't working it's difficult to gain too much ground in terms of optimal health.

So here's the take home message this week. Many of your patients will appreciate your input in the area of exercise. Who doesn't want to get the most out of their workout? The knowledge you share with your patients can help them get better results with less risk of injury and ultimately optimize their overall health.

Thanks for checking in. I'll see you next Tuesday.