

The 10 Compounded Core of Nutrition and Exercise for the Working Class

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The three biggest imbalances of the American diet are too much sodium, too much calcium and too many omega six. To offset these we need to intake more magnesium which offsets the sodium, more potassium which offsets the calcium and omega 3 which offsets the omega 6. Outside of that... No refined sugars. No consumption of animal products over 20% of diet (grass fed only). No vegetable oils (deep fried foods) and exercise (no exceptions).

True health is the focus on the cause not the cure with knowledge that the medicine is from the plate not the pill.

Typically everyone is at a different place and as a result has different goals. I'll give some general tips, because I'm certainly glad to help everyone. There's more than enough information to be shared, abundantly. Everyone deserves health—looking good isn't as big of a deal as feeling better about ourselves and creating longevity.

First things first. Know the difference between simple and complex carbs. Sugar from fruit is okay. Cutting out refined sugar, white flour and gluten will help cut down the visible fat. Replace bread with a 100% flour-less sprouted whole grain living food bread. Food for life is a great brand. Speed up the metabolism with specific whole foods that do this naturally. Eating/snacking five to ten times per day with smaller amounts more often preferably with a whole foods plant based diet. No deep fried breaded foods. No refined sugars, no animal products, no vegetable oils, and exercise (no exceptions). If you must have meat then 20% of your diet should be meat, 4oz servings as a side- grass fed red meat, free range chicken/eggs and wild caught fish. Those are ALL meat. Five percent of your diet should be dairy. Spend a couple extra dollars and get the organic pastured dairy. Also almond, hemp, and cashew milk is recommended. And of course organic produce and preferably NON-GMO everything.

Should I work out on an empty stomach? For years, this has been one of the most common questions I've been asked by people looking to lose weight. According to some research, it makes total sense to train in a fasted state on some workout days, and I can tell you from first-hand experience that fasted high-intensity



cardio-like interval speed bursts produces superior fat-loss results.

It may go against the golden rule of meal timing—that your biggest meal should come right after your workout—but for one day a week, change things up and keep your body in a fasted state a little longer (one to two hours) after you finish a short bout of sprints. And for athletes on a low-carb diet, the effects will be even more pronounced. Just make sure that your intensity is high and your duration is short.

In fact, intensity and duration are inversely related. After all, you can only sprint for so long, right? So, it follows that if you're training for an hour, your intensity must be reduced to allow you to last that long. That's not what we want here. Remember, on a low-carb diet, you should be doing about five to ten minutes of high-intensity work with the option of following those interval speed bursts with some light cardio for another 30 minutes or so.

Intensity is the key to losing fat and staying lean because it triggers the release of hormones that preserve muscle (i.e., growth hormone and testosterone) and help unlock stored fat (i.e., epinephrine). If possible, do your best to perform your interval speed bursts (and most of your workouts in this program) first thing upon waking in the morning after an overnight fast. If your schedule only allows you to work out later in the evening, make sure to wait three to four hours after a meal before training for maximum fat burning. This will ensure that insulin is low and your body more

readily taps into its fat stores as a source of fuel for your workout

Research has suggested that carb intake before or during an exercise session can blunt the expression of several metabolic genes following exercise. Insulin may play a role here. Another way to think of it is that providing nutrients to the body makes it experience exercise as less of a stressor than fasted-state training. Why should it adapt or compensate when all the fuel it needs has been provided?

So should you exercise in a fasted state all the time? No. But you certainly can on certain days, like when carb intake (and thus insulin) will be low. Fasted exercise means that you're working out when your blood sugar and glycogen stores might be a little low. This often makes fasted workouts more challenging—you simply don't have enough fuel in the tank. But again, you should only be exercising at a high intensity for only five to ten minutes here, which will exert the perfect amount of energy.

The cool part about fasted exercise and higher-intensity exercise is that both train your body to become a better fat-burning machine. And they've even been shown to have favorable effects on muscle building compared with training in a fed state, especially where strength training has been employed.

Can't make it through a fasted workout? Don't stress, but don't go fueling up on a full dish either! Eat a small amount of protein (some protein powder in water), and you'll benefit your metabolism, and help burn fat, all at the same time.