

COFFEE POT THOUGHTS

- **As a Certified Personal Trainer, I can only recommend a plan of no less than 1800 cal per day for an adult male. Fasting played a major role in my fat loss results. There were days my calorie intake was close to 0. I can only share my experiences with fasting, I can't recommend you should fast. Ask Dr. Harris!**
- **Fasting and Keto are both tools that play important roles in my lifestyle and nutrition. Fasting and Keto are not my entire lifestyle and nutrition.**
- **I feel the most important thing I can do in my life is help those around me. This requires caring for my body and giving it what it needs to perform through natural ways of healing! Staying away from "Big Pharma" unless absolutely necessary!**
- **We wouldn't be where we are without modern medicine! That being said, check out the documentary, The Crime of the Century, by Alex Gibney!**
- **Rolling out inhibited muscles changed the way my body functions and the way I live life ...**

I haven't done resistance training in over 18 months. My focus has been on removing scar tissue, adhesions, trigger points and working out inhibited muscles. I have spent over 4 years working on myself. Over 1 year to work through my biceps, 6 months on my calves, 6 months on my hamstrings, and going on 9 months on the pecs. I couldn't squat properly, but now I can. This was the result of inhibited muscles!

- Walking on the treadmill is a great way to establish being in the gym! It provides barriers with your own space. You can set your own goals and intensity. Incorporate music, sports games, movies or whatever it takes to put yourself in a different mindset.
- For resistance training, I watch videos of others doing the correct form of exercises before walking into the gym. I then visualize myself doing the exercise with my eyes closed just before I attempt it.
- Sugar, I Love You! One night last month, I was guilty of eating a Pound of Oreos. That's the whole Mega Stuffed Family Package! I'm supposed to be the one living the Ripped Lifestyle!?!?! Right!?!?!?

It's obvious I can't eat like that every night or I would pile on excess calories and the other shit that comes along with it. In my case, I rarely ingest bad oils and never eat fast food. Excess calories come from those sugars. Even though I shared my Oreo story, I try to eat sweets that are homemade or at least from a bakery.

Why do I binge on sweets? 1) Dopamine Release! I feel like I'm rewarding myself at the end of the day! I look forward to it! 2) Sugar is addictive. I convince myself it's a good idea. I'm not giving into will power. 3) I sleep deeper when I eat carbs before bed 4) Some days I run short on my calorie intake, I only eat 2 clean meals, and I convince myself I need to hit my macros to gain muscle. 5) When my blood sugar is low (60s) I forget details and space out. Sugar brings the alertness and memory back!

Incorporating Fruit (Bananas, Strawberries, Blueberries, and Grapes) to my diet helps fill my cravings for sugars.

- I always follow a situation like the pound of Oreos with at least a 24 hr fast, sometimes 72 hrs. Fasting is the perfect reset for my body. I lost 2.5 lbs of body fat during a 5 day fast. Most say, "That's it?" I continued to lose another 5 lbs the following 4 weeks eating clean out of the fast for a total of 7.5 lbs in 5 weeks.
- Will power is a muscle! The more you use it, the stronger it gets (Dr. Harris). I have been fasting for over a decade. My body understands how to react when being put into ketosis.

Will power is great to a certain point! Having the ability to know when to slow down and recover is just as important. I'm happy with what I have achieved through my journey but there is no doubt I could have stopped and taken some advice along the way!

I have pushed myself into heat stroke while in the sauna recently. I've encountered three separate occasions where my nervous system began to shut down. I have lost use of the flexors in my forearms for a month. I have spent countless hours repairing muscles due to repetitive use.

- After the weight loss in 2012, I have been sick on one occasion, not alcohol induced. That was in June of 2021, just after my first scan. You can see from the results, this was close to my heaviest. Eating a lot of sweets and not exercising. For a 24 hr period, I couldn't even hold down water. I began to take small sips and fasted. I was fine 24 hours later. If you need more on why, ask Dr. Harris!
- I prioritize quality food. I invest in my body. I cut costs by preparing my own food the majority of the time. I know exactly what is going in my food. I don't have to worry about tipping 20% for service. Planning and prepping the food is the hardest part. If it is ready, I will eat it! If fruit is available, I will choose it over candy!

- Don't have enough time or money?

Sitting aside 2 hours once or twice a week can be hard to find but once you do, you can thank yourself for the time you spent waiting/driving to get food. Staying busy, making lists, and accomplishing tasks are a major part of keeping my mind off of food.

The products I have shown you may compare in costs to fast food places but the quality is unmatched. To get these products in a nice restaurant, it will cost. Learn to cook your own food!

- Sleeping 9 hrs most nights has been pivotal to how my body has changed. As well as waking up and going to sleep at the same time, 10:30pm - 7:30am.

I dealt poker for over a decade. For a three year stretch, I was working in the box over 50 hrs a week. I was sitting in a chair destroying my body with repetitive movement. I would work 10 - 16 hrs without standing up to use the restroom. I would dehydrate myself so I was there to make all of the money.

I made the decision to work my way out of the lifestyle.

- Sitting is the new smoking. Get out of the chair often, stretch, and walk! Work in the yard, walk around your block, park in the back of the parking lot, just keep your body moving!
- To be eligible to take the massage license exam, I had to take 500 hours of instruction along with 50 hrs of massage therapy work on the general public. To pass my exam, I had to answer 100 questions, on the computer, with multiple attempts. Nothing to do with human touch.

- When graduating from massage school, I would have told you I hold no tension in my legs. I can not believe how naive I was. The body has a way of absorbing the tension and taking the path of least resistance.
- Pain pills such as oxycodone and oxycontin work with the brain to basically cut the body's signal of pain. Long term use creates mental and physical addiction. The medication plays a part in limiting awareness along with the awareness of pain. Short term memory loss is prevalent. Dehydration from the opioids alone takes a toll on the body if not properly hydrated.
- Skin Care - Old Spice was always my go to for body wash. I had no idea the amount of alcohol it contained! I experienced issues of dry skin on my arms. I assumed I was dehydrating myself with caffeine but that wasn't the case. I switched over to a product by the name of Alba Botanica. They have a whole line of skin care products that can be found at HEB ... well not the Texas City location of course! Thank you to Bessie for the details in my cut and putting me onto Alba!
- Meeting Macros vs Eating Healthy - My current meal plan is broken into 6 meals. If I get busy, I may skip a meal or two. I will be in a caloric deficit if I don't consume the missed calories. Sometimes I resort to empty calories. It is so easy to convince myself I am benefiting by meeting my caloric goals when I am giving my body foods packed with salt and that spike blood sugar. Am I better living clean or gaining muscle mass?

- Sunlight - I make sure to get 15 - 30 mins of sunlight everyday. Especially to the eyelids. Don't directly look at the sun. No shirt/socks/shoes, basketball shorts held up to expose quads. If I am working in the yard for hours in the sun, I wear jeans, long sleeves, a bucket hat. Vitamin D is actually a hormone. The ray needed to release this hormone can not be transferred through glass. Tanning beds won't help the Vitamin D release. The good feeling you get in the first few minutes of sun exposure is most likely serotonin. It will later convert to melatonin for sleep. Laying in the sun all day can be exhausting! Look up Dr. Harris' podcast on sunlight for more info!

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