

## Nutritional Strategy

Everyone is advised to eat a well-balanced meal every 3 hours everyday. Each meal should consist of a little lean protein, a little simple carbs, and more of fibrous complex carbs.

Let us first talk about the importance of eating approximately every 3 hours, or 5 to 6 meals a day. There is that thing called your metabolism. When you complete your last meal of the day and go to bed for the night, your body shuts down. Many bodily functions slow down as you sleep. This includes your metabolism. In fact, your metabolism slows to approximately 20% of its normal functions.

When you awake in the morning, it continues to function at that rate until it is forced to wake up and get back to work. When your metabolism starts to dwindle you throw more food into your stomach. This gets your metabolism roaring again.

In the morning, you must give yourself food as soon as possible so that your metabolism can begin to function. If you are one of those who skip breakfast and waits for lunch, you are keeping your metabolism at a slow rate for over 17 hours. At this point your body believes that it is starving. This causes a few things to happen. First, your body will lead you to slow burning foods, i.e. fat, and a quick source of energy SUGAR. That is why you crave those things when do not eat often enough. Also, when your body believes it is starving, it will try to hoard the next meal you eat and store it as fat instead of burning it off as energy. Fats are lipids and burn very slowly. This is quite handy in times of famine. It is how you can survive days without food. When you go long stretches without food, your body believes we are in a time of famine so it will do whatever it takes to survive. You essentially make your body a fat storing machine. If you combine this with a low calorie diet, you are in real trouble.

Once you do eat your morning meal, you want to continue eating every 3 hours to avoid the above effect. After doing this for a while

you will train your body that it will be fed on a regular basis and that it is okay to release stored fat to be used as energy. By eating every three hours or so you are also ensuring that you are getting the proper amounts of proteins, carbs, fats, vitamins and minerals. It is very difficult to do this when you do not eat enough throughout the day.

### *Calories*

To put this simply, calories are your fuel. They are derived from three sources - - protein (4 calories per gram), carbohydrates (4 calories per gram), and fats (9 calories per gram). These are also known as your macronutrients.

### *Protein*

Next to water, protein is the single most abundant nutrient in you body. Delivering a constant supply of protein throughout the day is essential for lean body mass and your total body transformation. Unlike carbohydrates and fats, your body does not have a protein reserve that it can draw from whenever needed. Some of you may not realize how other macronutrients differ.

We store fat in the form of adipose tissue and carbohydrates in the form of muscle glycogen. We cannot store protein. If a steady supply of protein is not consumed daily, the body will steal it whenever needed. Guess where this needed protein gets stripped from? Lean Body Mass... A.k.a. muscle breakdown!

Lean proteins are the building blocks of muscle. Without protein lean muscle cannot be made. We have established that lean muscle burns fat and raises your basal metabolic rate (BMR). It is essential to weight loss to have a good amount of lean muscle. Eat your protein to achieve this.

Protein is not just needed for muscle growth and repair but also for blood, hormones, enzyme production, and immune system function. A steady intake of protein is essential for virtually all growth in your body

just to survive. We are continually regenerating cells in bones, muscle, and skin, etc. In fact, about every 4 months our bodies consist of newly regenerated cells.

To maximize your results, you need protein available at ALL times. This will mean feeding yourself every three hours with some sort of whole foods.

### *Carbohydrates*

This is the most misused macronutrient in the bunch (it is the most abused as well as the most neglected. Carbohydrates are sugar. If you know your digestion, then you know that the end product of all carbohydrates is glucose? What is glucose? You guessed it - a sugar. The main uses for carbohydrates are muscle fuel and brain function.

Most people tend to think of carbohydrates in terms of simple and complex. To get the most out of your nutrition, start thinking in terms of Glycemic Index. G.I. is a reference number assigned to foods in accordance to the speed of their digestion and absorption. The higher the G.I. number, the faster the absorption process will be. You should make all of your carbohydrate choices relatively low in G.I. (60 or less) if you are really going to succeed at a total body transformation.

Starchy complex carbs (whole grain breads, raggi, oatmeal, whole wheat, potatoes, sweet potatoes, etc.) are the energy your body MUST have to take part in an intense daily regimen. Starchy complex carbs form chains of sugar molecules inside the stomach. Its counterpart, simple carbs (white breads, pasta, rice, rava), form a bunch of single sugar molecules. Because the starchy complex carbs form chains of sugar molecules, it takes a while for the sugar molecules to absorb through the stomach wall. This slow absorption prevents a rush of sugar from entering the bloodstream which in turn prevents a rush of insulin from entering the bloodstream.

Eventually the sugar does reach the bloodstream in the form of glucose. It is that glucose that gives you the energy you need to carry out your activities effectively without jeopardizing muscle mass.

Without starchy complex carbs, your body must go elsewhere for energy, namely glycogen from muscle tissue.

Simple carbs, on the other hand, absorb VERY quickly through the stomach wall which causes your blood sugar levels to rise quickly. Your body's defense is a large spike in insulin to bring down the blood sugar levels. Unfortunately, insulin causes most of that sugar to be stored as fat. This is why carbs are okay if they are the right kind.

Fibrous complex carbs (Vegetables, fruits, seeds and nuts) provide the body with essential vitamins, minerals, and anti-oxidants that aid in tissue repair and bolstering the immune system. You need these to stay healthy and stay in the game.

### *Fats*

Fats are vital in many of your body's functions. The problem is they add up so fast calorically (9 calories per gram) that you must moderate your intake to avoid getting a little on the chunky side. Also, not all fats are created equally. You should stay away from trans fatty acids. But, you DO want to include a daily intake of linoleic and linolenic acids. Make sure you are getting enough of these fats.

### *Water*

We are all one third water! Your muscles are about 70% water! Do we need to say more? Water is vital in regulating body temperature, utilizing water soluble vitamins, flushing toxins, digestion, nutrient transport, and nutrient absorption...to just name a few. The best part - water is non-caloric. So drink it and drink a lot of it.

### *Suggestions*

Now that you have a basic understanding of your essential nutrients, let us calculate how much of each you will need to maximize your results. The basis of the following has a lot of science and research behind it.

### *How Many Calories*

Everybody has their own BMR and activity level. But, for a total body transformation, a good place to start would be taking your bodyweight and multiplying it by 12. This will work for about 80% of you. Some of you will need to add or subtract in accordance to your body's response. After 3-4 weeks, you will have your caloric range dialed in.

### *How much Protein*

Start with 2 gram per kilo of bodyweight. Now, again, everyone has their own metabolic individuality. Some will need more to maintain lean body mass and some few of you will need less, though. Alternatively, instead of fixating a number to your bodyweight for protein, a better measure would be to take up to 50% of your total caloric intake in protein. This will be more moldable to individual purposes, yet still fit into our scientifically proven parameters. Please remember that the human digestive system cannot process more than 35 grams of protein at one time in peak conditions.

### *How much Carbohydrates*

As far as carbs are concerned, we want to provide enough to fuel daily activity, and other body functions without excess to be converted to bodyfat. A simple recommendation is carbohydrates should make up about 35-40% of your total caloric intake.

### *How much Fats*

When following a diet high in lean proteins and moderate in carbohydrates, your fat will naturally get taken care of. So, there is  
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really no need for calculation. You still want to make sure you are taking in a steady supply of the natural fats daily.

### *How much Water*

We have already emphasized the importance of water. Drink at least 50 ml of water per kilo of bodyweight per day would be a good measure. This quantity must be increased if there is a lot of sweating or other dehydrating conditions.

### *Calculations*

Example: Let us calculate the nutritional requirements of a 150 lb. (67.5 kilos) person with a moderate to high BMR.

Calories: 150lb. x 12 = 1800 calories a day.

Protein: 1800 calories x 0.50 = 900 calories of protein per day/4 calories per gram = 225 grams of Protein per day.

Carbohydrates: 1800 calories x 0.35 = 630 calories of carbohydrates per day/4 calories per gram = 158 grams of carbohydrates per day.

Fat: 1800 calories x 0.15 = 270 calories of fat per day/9 calories per gram = 30 grams of fat per day.

*Note: 1 kilo = 2.224 Lbs*

Once you have attained your starting caloric range, divide it into 6-8 meals and spread them out across the day. Just make sure you are eating every 2 - 3 hours.

### *Resting Metabolic Rate*

Everyone has their own metabolic individuality which allows them to burn a specific amount of calories in a day just to survive. This is your Basal Metabolic Rate, or BMR. Activity level, amount of lean muscle stimulated, nutrient partitioning agents of food, and thermal effects of

supplements are just some of the variables that will affect the amount of calories you can burn.

Your Resting Metabolic Rate (RMR) is the rate at which you burn energy or calories at rest. At rest means that amount of calories you would burn if you lay in bed all day and did not move. It takes energy (calories) for your body to maintain all its normal daily functions (i.e. heart beating, breathing, digestion, etc.). By figuring out your RMR, you are determining the number of calories your body needs to just function. Healthy people do not lay in bed all day, however. If you get out of bed and do anything, you need to up your caloric intake. This is especially true if you are an active, person.

Below you will find the equation used to determine your RMR.

Males:  $66 + [6.22 \times \text{weight (lbs)}] + [12.7 \times \text{height (inches)}] - (6.8 \times \text{age})$

Females:  $55 + [4.36 \times \text{weight (lbs)}] + [4.32 \times \text{height (inches)}] - (4.7 \times \text{age})$

What affects your Resting Metabolic Rate?

Muscle - More muscle increases your RMR

Age - Your RMR decreases with Age

A decrease in your RMR can be due to genetics

The weather - Living in a cold environment can increase your RMR.

Small Regular meals will increase your RMR.

### *Conclusion*

After reading this you say to yourself, I just cannot eat that much food, or, I try to eat five times a day but I am too full, please trust that this will change.

At the beginning of your new nutrition program, your metabolism is still used to your old way of eating. It is still bogged down and not functioning at its optimal level. It still wants to burn food slowly and

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store it as fat. Now you are giving it more food to process slowly. You will feel full for a while. It takes time to re-train your metabolism that it is okay to burn and process food quickly and not store it as fat. This usually takes anywhere from 1 to 5 weeks depending on the individual. Remember this when you want to give up and go back to eating 1 to 3 times a day. Now you are right back right were you started.

The above strategies are scientific, time-tested and proven techniques. Be leaner, and healthier.

*Note: When making food choices, it would be a good idea to get your hands on The Nutrition Almanac or some other similar book. It is essential to learn the macronutrient breakdown of different foods in order for you to make the most of your nutritional plan.*