

# Session Five: Super Charge your Nutrition Plan

## **FACT: Nothing burns fat better than healthy muscles.**

A healthy human body is made up of over 50% lean muscle.....over 600 muscles! Muscle not only defines the way your body looks, it controls your metabolic rate.

In your quest to realize your fitness goals, it's common to lose focus on the real things that really matter, such as your health and well-being. Thus, you end up neglecting your overall state of health. Cutting down on your daily calorie intake does not necessarily assure a effective fat loss.

When your muscles are not properly cared for through consistent, effective exercise or if they are undernourished, your muscles will deteriorate. When that happens, you will gain fat and your health begins to fail.

## **How do you properly care for your muscles?**

The best way to get the most nutrients is to combine supportive, nutrient-rich whole food sources; "super foods" with a whole food nutrient complex such as Prograde's VGF+25. Both sources have a direct impact on the overall health of your body and at the same time will optimize your fat burning ability when combined with an effective workout program.

VGF+25 provides your body with the nutrients naturally found in whole foods. These are the nutrients your body was designed to use in order to heal, promote and maintain optimum health. The cells of your body were intended to absorb and be nourished by natural food. Because your body recognizes VGF+25 as food, nutrients are readily absorbed and utilized for nourishment and balance.

Here's a quote from a special report put out in 2006 by the Harvard Medical School's School of Public Health: "Diet alone cannot provide everything. It's difficult to get enough of certain nutrients from food." Fact: In order to obtain the full spectrum of vitamins and mineral, you would have to eat about 5,000 calories a day.

**So Do You Really Need to take a Supplement? Absolutely!** It's no longer a question! A whole food supplement will fill a lot of holes that if left empty will hinder your body's ability to burn fat efficiently. Supplements compensate for important nutrients the average American diet often lacks This is particularly important when attempting to lose body fat. The balanced nutrition provided by VGF+25 helps stabilize your body's chemistry, raising your metabolism and increasing your body's ability to absorb vital nutrients – all without added calories!

Sensible supplementation promotes fat loss without losing muscle by supplying the essential nutrients necessary to increase or maintain lean muscle tissue.

**The Result:** Your body is more prepared to fight illnesses and has the raw materials necessary to achieve a lean, fit physique.

In a perfect world, we would eat perfectly balanced meals that contain just the right amount of each vitamin that we need for optimal health and well being without adding calories that lead to weight gain. Whole food supplements serve as buffers in the event that your diet does not meet your daily requirements. At the very least, a whole food nutrient complex such as Prograde's VGF+25 is insurance against unavoidable dietary shortcomings no matter how you eat.

**The Nutrients you Need for Optimum Health and Fitness**

Did you know there are 45 known essential nutrients (nutrients must come from outside, sources) 13 kinds of vitamins, and at least 20 kinds of minerals that are required in specific amounts for the body to function properly?

## Macro and Micronutrients

### Macronutrients

(have calories)

Proteins

Carbohydrates

Fats

### Micronutrients

(do not have calories)

Vitamins

Minerals

Water

Vitamins and minerals are simply catalysts that allow metabolic processes to take place. Vitamins and minerals act on the macronutrients you take in – the proteins, carbs and fats in your diet. So if you're not taking in a balanced diet of proteins, carbs and fats, the vitamins and minerals can't do their job.

## Enzymes

Enzymes are required for your body to function properly. Without enzymes you wouldn't be able to breathe, swallow, drink, eat, or digest your food. You must have enzymes to help perform these tasks. Each metabolic reaction is started, controlled, and terminated by enzymes. Without enzymes, no metabolic activity will occur.

When you were young, you had an abundant supply of enzymes. You felt great. Your energy level seemed never ending. You had "enzymes to burn" which kept you running at tip top efficiency. Over the years as you eat overcooked and processed foods, you are using up your natural supply of digestive enzymes. So, as you age, digestion becomes more difficult for your body. The reason we are running out of enzymes is a LIFESTYLE PROBLEM. Our poor dietary habits, fast food obsessions, and excessive intake of fat and sugars, all require excessive amounts of enzymes to digest our foods.

## Amino Acids

Amino Acids are the "building blocks" of the body that make up proteins. Protein substances make up the muscles, tendons, organs, glands, nails, and hair. Growth, repair and maintenance of all cells are dependent upon them. Next to water, protein makes up the greatest portion of our body weight. A deficiency in even one of the 20 will severely compromise your health.

## Essential Fatty Acids (EFA's)

Essential meaning your body can't live without them. These are the "good" fats needed for a heart health, a healthy nervous system, and especially a healthy brain (the human brain is around 80% fat). Protein alone does not build muscle. EFA's are the starting point - or the mortar and brick - for manufacturing all other fatty acids and hormones necessary to build strong lean muscle while increasing stamina required for building lean muscle EFA's also helps to decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time

## Phytonutrients "Antioxidants"

Antioxidants are cell protectors. They protect cells from the damage caused by unstable molecules known as *free radicals*; the devils that roam around your blood stream, causing damage to cell walls. Free radicals also accelerate the aging process. Also, over a long time period, such damage can become irreversible and lead to diseases like cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause.

Why is this important to you? Resistance Training increases oxygen intake from 10 to 20 times over the resting state. This greatly increases the generation of free radicals. Antioxidants play the housekeeper's role, "mopping up" free radicals before they get a chance to do harm in your body.

## Super Foods

Mother Nature's perfect foods are the best sources of essential nutrients, antioxidants, major contributors of fiber; fight disease and help you feel satisfied on fewer calories. Even if you were to choose supplements over whole foods, you just cannot make up for the thousands of phytochemicals found in fresh produce. If you concentrate on eating foods that have a lot of nutrients and phytochemicals, you're setting yourself up for a leaner body and healthier life.

**1. FRUITS** - Strawberries, raspberries and blueberries are very high in antioxidants. Blueberries release phytochemicals that speed up the communication between brain cells and help them make dopamine, a key chemical linked to reward and pleasure. Apples are also high in antioxidants and plant nutrients, reducing the risk of some cancers, diabetes, asthma and heart disease.

**2. VEGETABLES** - Broccoli is high on every food expert's list. Along with other cruciferous vegetables, such as kale, Brussels sprouts, cauliflower and cabbage, broccoli contains cancer-fighting compounds called indoles and glucosinolates. Tomatoes are high in lycopene which may help prevent prostate cancer and breast cancer. Dark, leafy green vegetables have a pigment called carotenoids that enhance the body's immune response. The pigment protects skin cells against dangerous ultraviolet rays. These foods are rich in vitamin A and antioxidants. Their anti-inflammatory powers also help block pain.

**3. FISH.** - salmon, mackerel and bluefish (cold water fish) - contain high levels of omega-3 fatty acids. The brain needs these substances to maintain many complex functions. The body requires these specific fatty acids to take care of the heart and protect against stroke.

**FYI: Benefits Omega-3** Helps your body store less fat. In addition, the fat you do store is more readily and easily converted into energy and burned during activity. Increases Size of your cells' fuel-burning furnaces so your metabolic rate rises and you burn more calories every minute of every day. Omega-3's also help your body produce testosterone, the hormone responsible for building new muscle = promotes muscle recovery. If you are not big on fish, consider supplementing these essential nutrients with Prograde's EFA Icon.

**4. WHOLE GRAINS** - There are many whole grains available - couscous, quinoa, bulgur wheat and wheat berries - that provide healthy stores of vitamin B and tons of fiber. (AVOID PROCESSED – enriched – means manufacturers remove the fiber and minerals – just kept the “starch” of the grain, acts similar to sugar when digested – NOT good for fat loss).

### **FYI: Benefits of Fiber**

- ~Keeps you regular - prevents constipation by moving bodily waste through the digestive tract faster, so harmful substances don't have as much contact with the intestinal walls
- ~Traps carbohydrates to slow their digestion and absorption. Stabilizes blood sugar – keeps insulin levels stable – eliminates cravings and prevents body from going into fat storage mode
- ~Lowers Cholesterol – reducing risk of heart disease - fiber binds to dietary cholesterol, helping the body to eliminate it. This reduces blood cholesterol levels, which, in turn, reduces cholesterol deposits on arterial walls that
- ~Reduce risk of obesity - fiber-rich foods are more filling than other foods--so people tend to eat less. Because insoluble fiber is indigestible and passes through the body virtually intact, it provides few calories.

The typical American eats only about 11 grams of fiber a day, you need 25 to 30 grams of fiber a day.

**5. NUTS** - Almonds and walnuts contain powerful anti-inflammatory properties. High in fiber, protein and antioxidants, nuts may reduce the risk of diabetes and may prevent certain cancers. Also, the healthy fats in nuts prevent the accumulation of bad fats in the artery walls. Walnuts and flaxseeds (seeds that have a nutty flavor) contain omega-3 fatty acids, which are good for the heart and brain.

**6. OLIVE OIL** - Extra-virgin olive oil is a wonderful source of good fat (monounsaturated) and powerful plant nutrients. The oil has antioxidant and anti-inflammatory properties and decreases bad forms of cholesterol while boosting good cholesterol.

**7. BEANS AND LENTILS** - High in protein and fiber, beans and lentils contain potent levels of antioxidants. The nutrients in these foods help burn body fat and stabilize blood sugar.

**8. YOGURT** - Yogurt is a rich source of protein, vitamin A, calcium and PROBIOTICS good bacteria that keeps gastrointestinal tract in BALANCE. Since 80% of your body's immune system is located in your intestinal tract, probiotics can be part of your first line of defense against adverse effects of stress, illness and aging. Calcium forces fat out of cells and into the bloodstream, where it's more quickly oxidized, or burned off. If your body doesn't get enough calcium, fat cells retain the fat and can grow steadily. Many women don't get enough: Only 14 percent of women ages 20 to 50 get the minimum Recommended Dietary Allowance (RDA) of 1,000 mg of calcium, and only 4 percent of women over 50 meet the 1,200-mg goal.

**9. GREEN TEA** - This beverage is touted for its anti-bacterial and anti-viral effects, and its benefits keep expanding. It's good for the heart and immune system, improves blood flow, is high in antioxidants that fight inflammation, has mood-elevating properties and prevents the absorption of fat. Drink 2 to 3 servings of fresh brewed tea a day.

**10. WATER** - you can survive for 6 weeks without food – you wouldn't last a week without water! **Water helps the body metabolize fat!**

Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water can actually reduce fat deposits.

**Here's why:** The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize (burn) stored fat into usable energy for the body. But, if the liver has to do some of the kidneys' work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

**Drinking enough water is the best treatment for fluid retention.** When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extra cellular spaces (outside the cells). This shows up as swollen feet, legs, and hands. The best way to overcome water retention is to give the body what it needs – plenty of water. Only then will stored water be released. Excess salt can also be the cause of water retention.

**Water helps rid the body of waste.** During weight loss, the body has a lot more waste to get rid of all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

**Water can help relieve constipation.** When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But when a person drinks enough water, normal bowel function usually returns.

**How much water is enough?** Average - drink 8 eight-ounce glasses a day (appx. 2 quarts). However, the overweight person needs one additional glass for every 25 pounds of excess weight. Water should preferably be cold. It is absorbed into the system more quickly than warm water. Limit fluid intake after 7pm. Otherwise, you will find yourself going to the bathroom throughout the evening.

**No matter WHAT your GOAL is – Your results are dependent upon how well you are taking care of your body.**

Mother Nature's foods are the foundation of a healthy diet.  
It is recommend that you consume at least 7 to 10 servings of fruits and veggies a day

### **3 Problems....**

Sadly only 10 percent of us are able to follow this advice.

- It difficult to eat this many servings of fruit and vegetables on a consistent basis.
- What if you are a picky eater?
- **Challenge:** How to do this while eating less in order to promote fat loss?

**FACT:** You just don't get enough of the essential vitamins and minerals you need for optimum health through diet alone. You would have to eat 5,000 calories a day, that's about 20 pounds of food!

Because we are most likely not consuming the necessary dosage of nutrients that our bodies need to stay healthy, we need to take some form of nutrient supplement. However, traditional vitamin supplements do not provide us with natural fruit and vegetable extracts, essential fatty acids *or* phytonutrients.

**Prograde's VGF+25 Whole Food Nutrient Complex** the simplest way to ensure your nutrient levels are at optimal levels 24 hours a day.

**The Bottom Line:** Your body cannot burn fat in a malnourish state. A complete Whole Food Nutrient Complex provides your body with the materials necessary to promote a positive, physical change

Get maximum benefits from your nutrition.

Experience the amazing benefits for yourself!

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