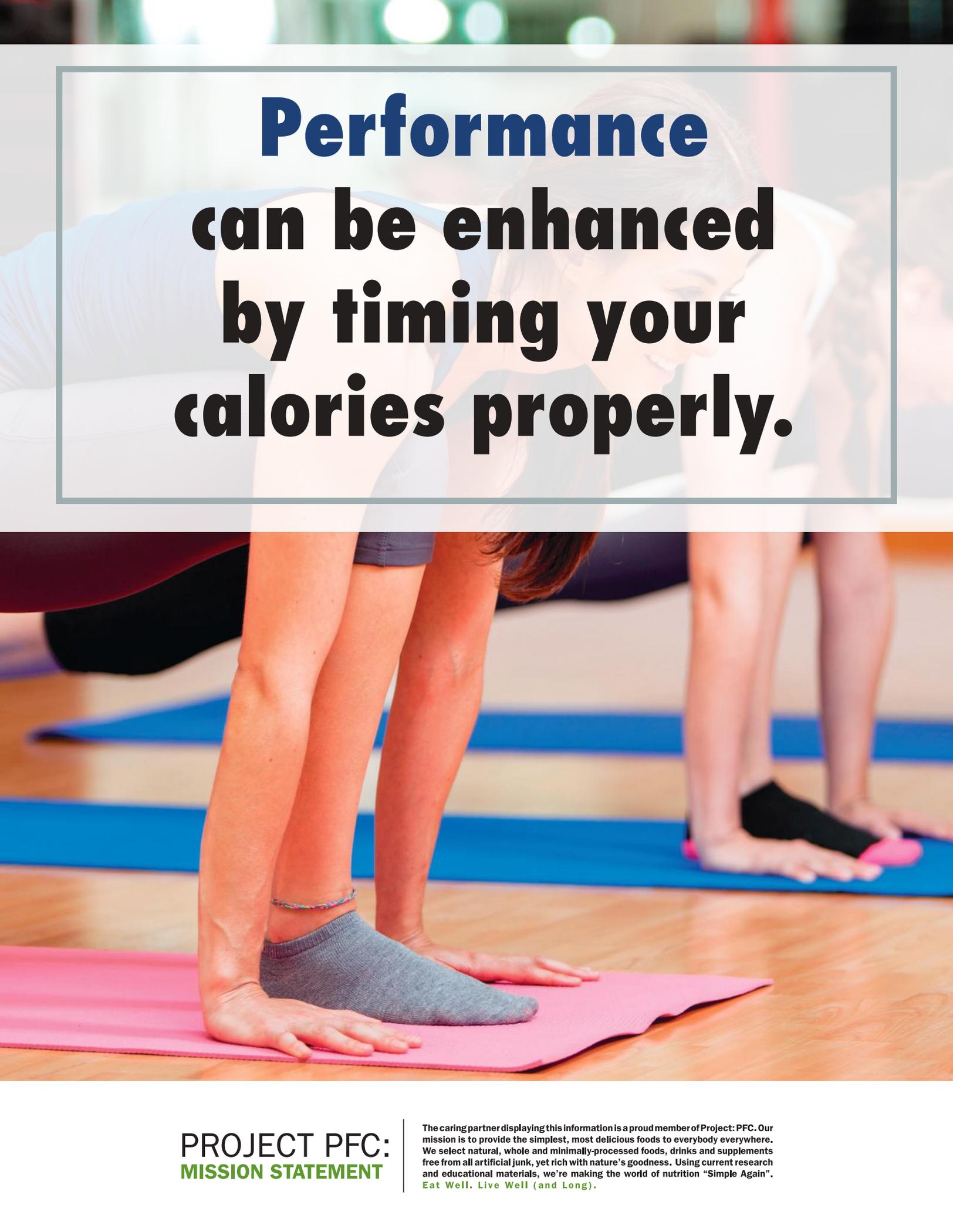




Trying to **lose fat?
Replace the amount of
calories that you burned
during your workout
within 30 minutes.**

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Eat Well. Live Well (and Long).



**Performance
can be enhanced
by timing your
calories properly.**

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**If you miss an
opportunity to drink
a **Recovery Shake**, you
may have just wasted
your workout.**



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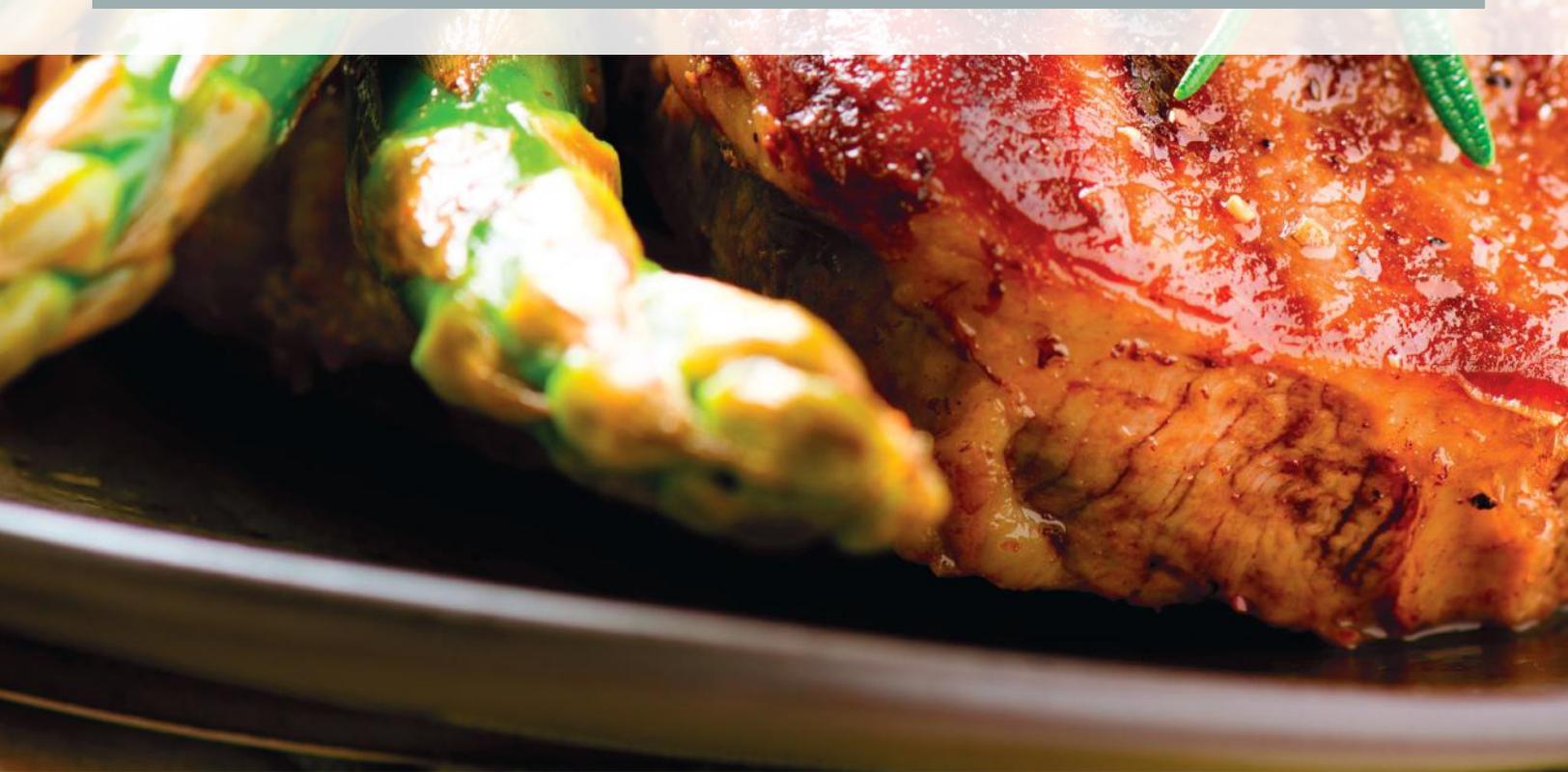


**30 little minutes is all you
have to maximize your
Recovery and get natural,
fast-acting carbs back into
your body.**

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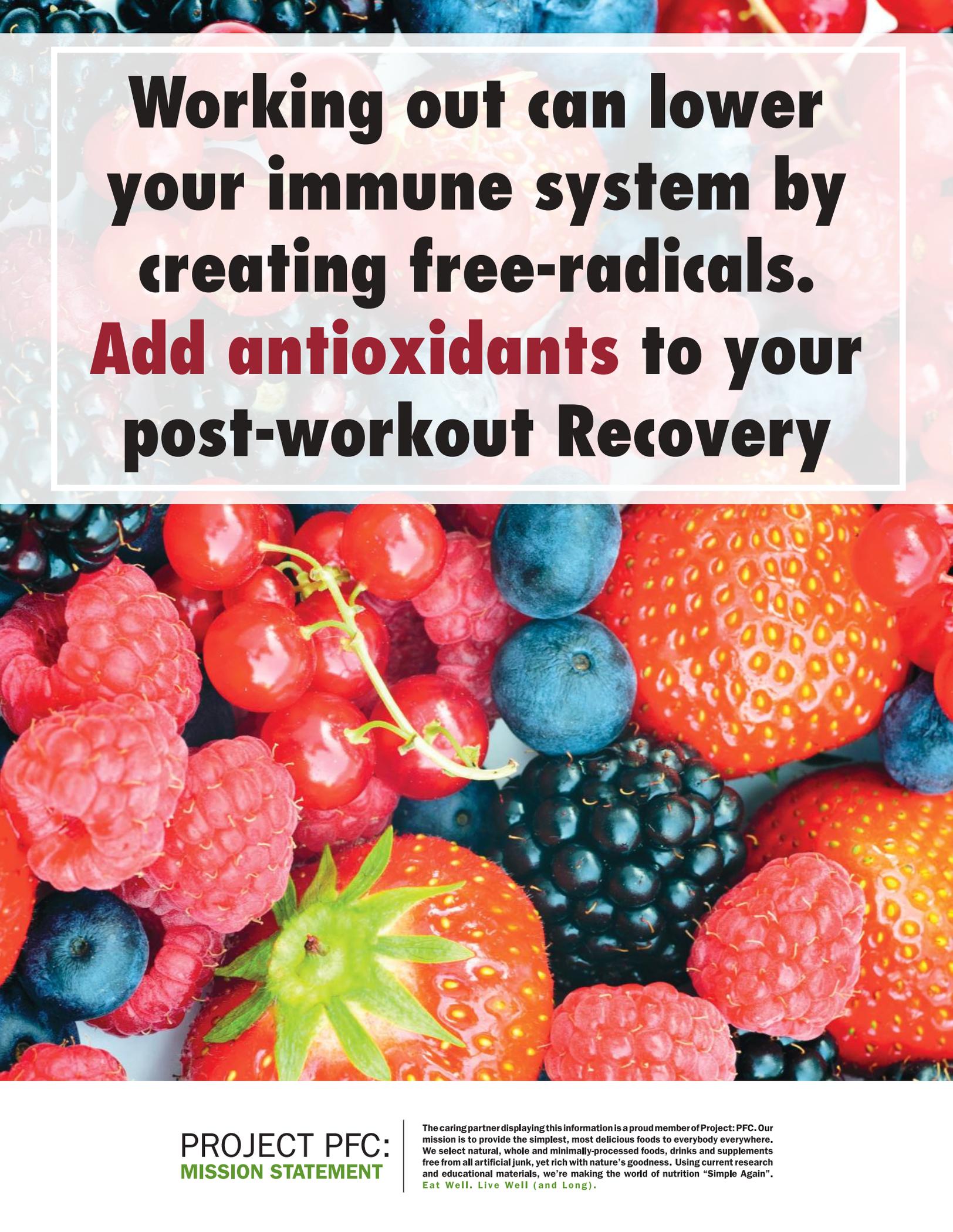
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**Eat a natural,
whole-foods meal
(containing carbs,
protein & healthy fat)
about an hour after
post-workout Recovery.**



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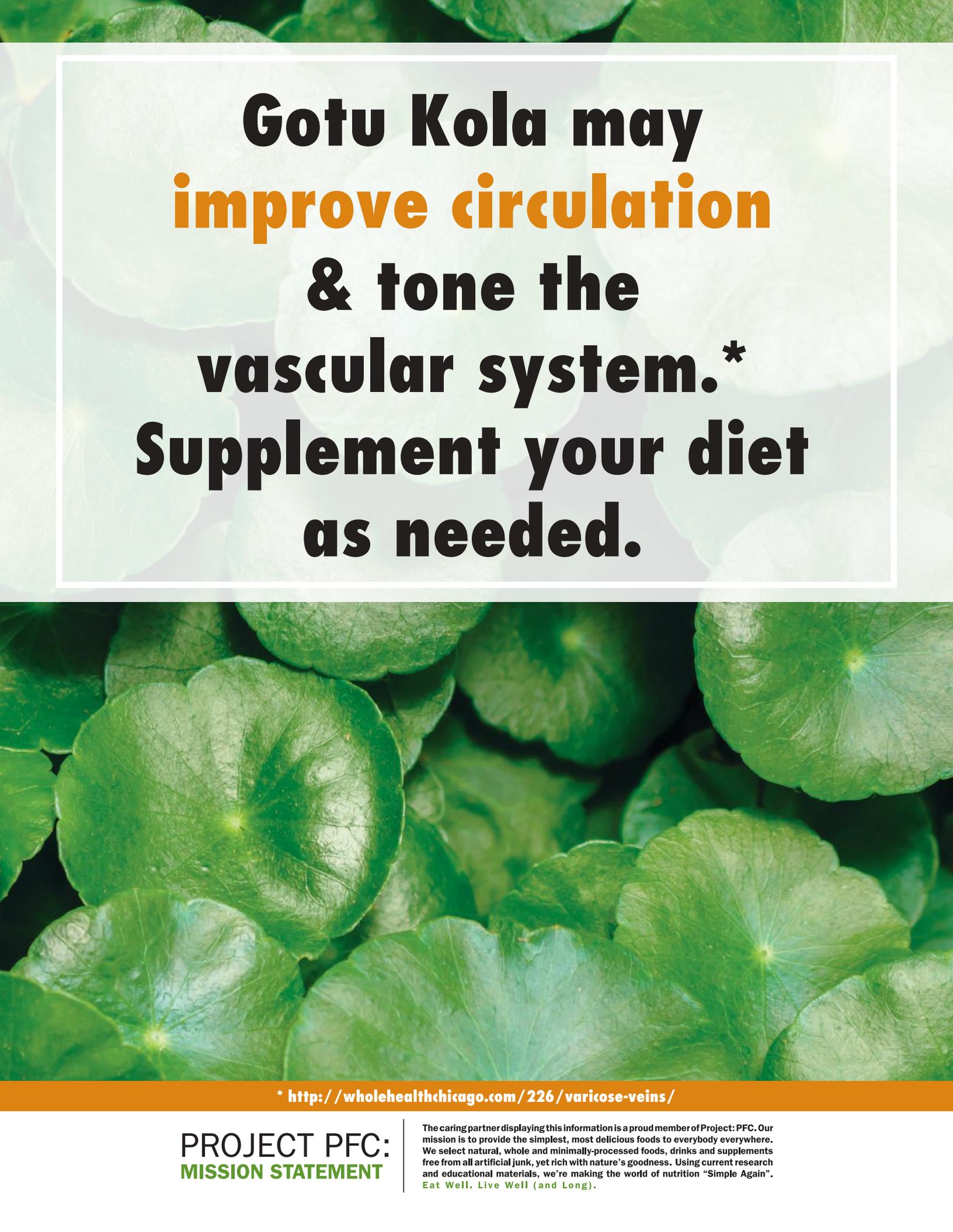
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**Working out can lower
your immune system by
creating free-radicals.
Add antioxidants to your
post-workout Recovery**

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**Gotu Kola may
improve circulation
& tone the
vascular system.*
Supplement your diet
as needed.**

* <http://wholehealthchicago.com/226/varicose-veins/>

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**Ginkgo Biloba
may help keep you
mentally alert
by increasing blood flow
to the brain.*
Are you using Ginkgo?**



[*http://www.ucdmc.ucdavis.edu/welcome/features/20070321_ginkgostudy/](http://www.ucdmc.ucdavis.edu/welcome/features/20070321_ginkgostudy/)

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**Eat your largest meal
of the day 2-3 hours
before you workout.**



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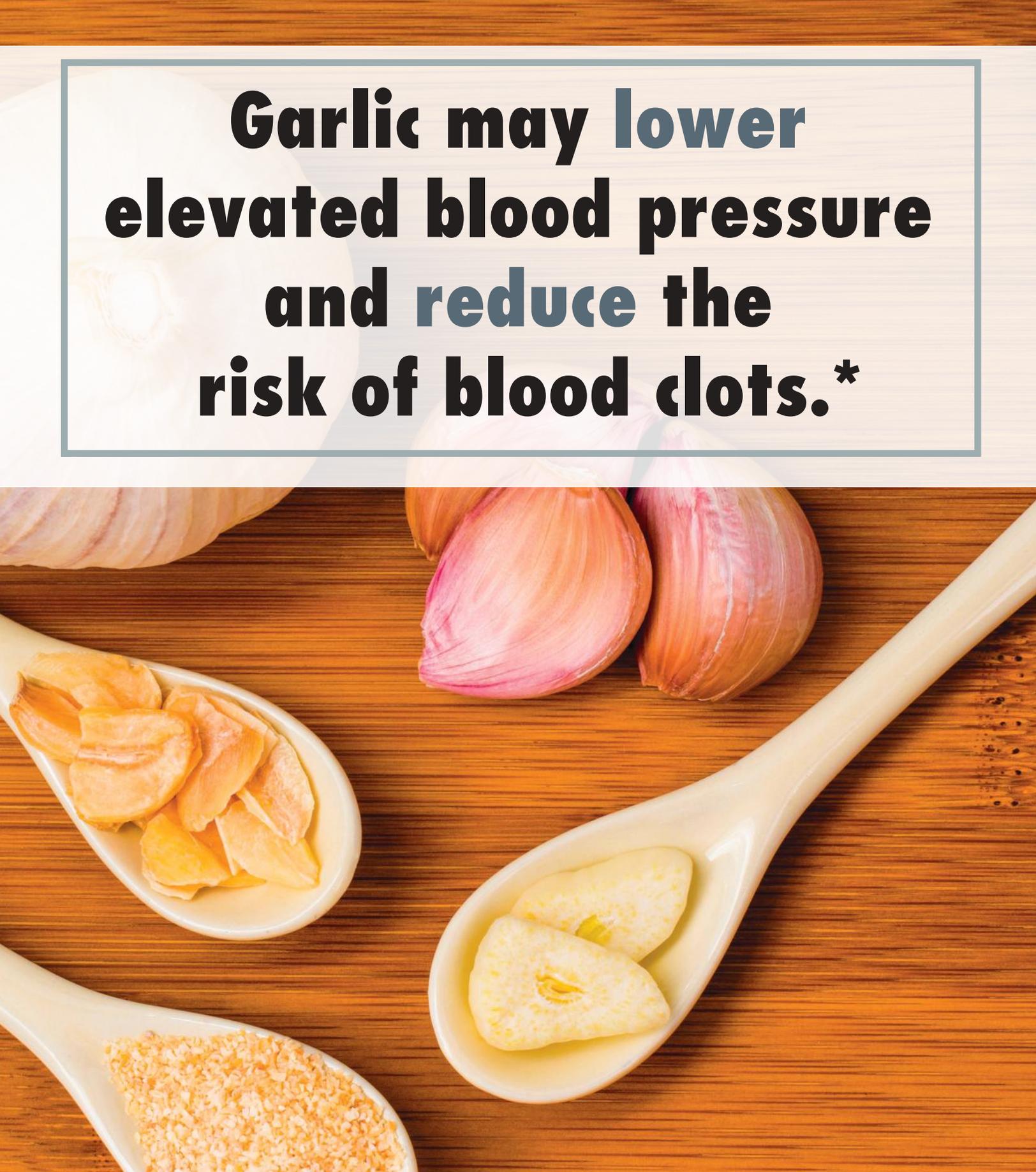


**Consume about half
of your daily calories
within a 4 hour window
of your workout.**



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A photograph of various garlic preparations on a wooden surface. In the background, there are several whole garlic bulbs, some with their papery skins partially removed. In the foreground, three white ceramic spoons are arranged. The top-left spoon contains sliced, dried garlic pieces. The bottom-left spoon contains a pile of finely minced garlic. The rightmost spoon contains two slices of fresh garlic, showing their internal structure. The text is overlaid on a white rectangular box with a thin blue border at the top of the image.

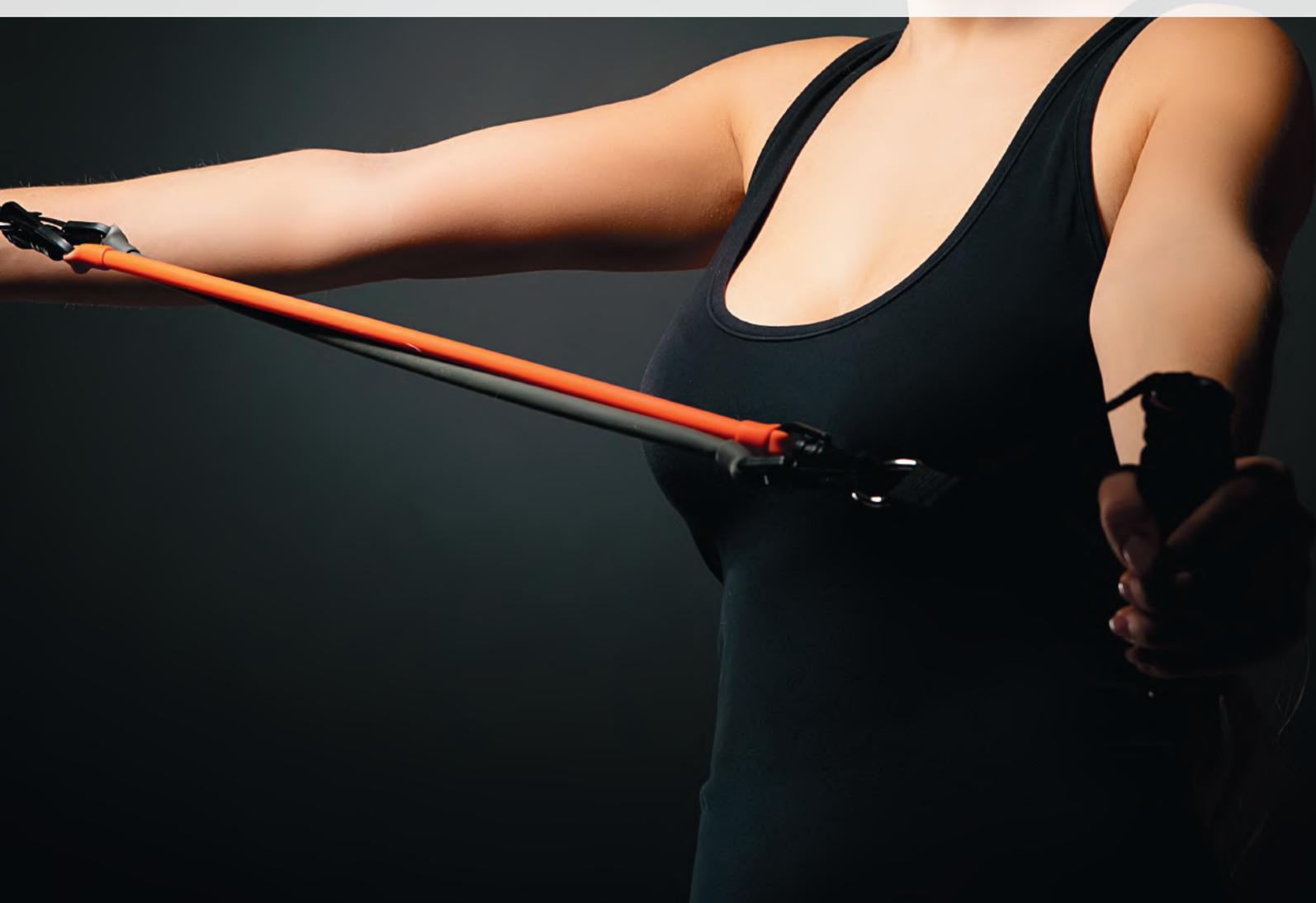
**Garlic may lower
elevated blood pressure
and reduce the
risk of blood clots.***

* <http://www.nlm.nih.gov/medlineplus/druginfo/natural/300.html>

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**Using bands, instead
of free-weights may
help sculpt your body
up to 3x faster.**



* <http://www.toneveryinch.com/toneveryinch/fitbie/works>

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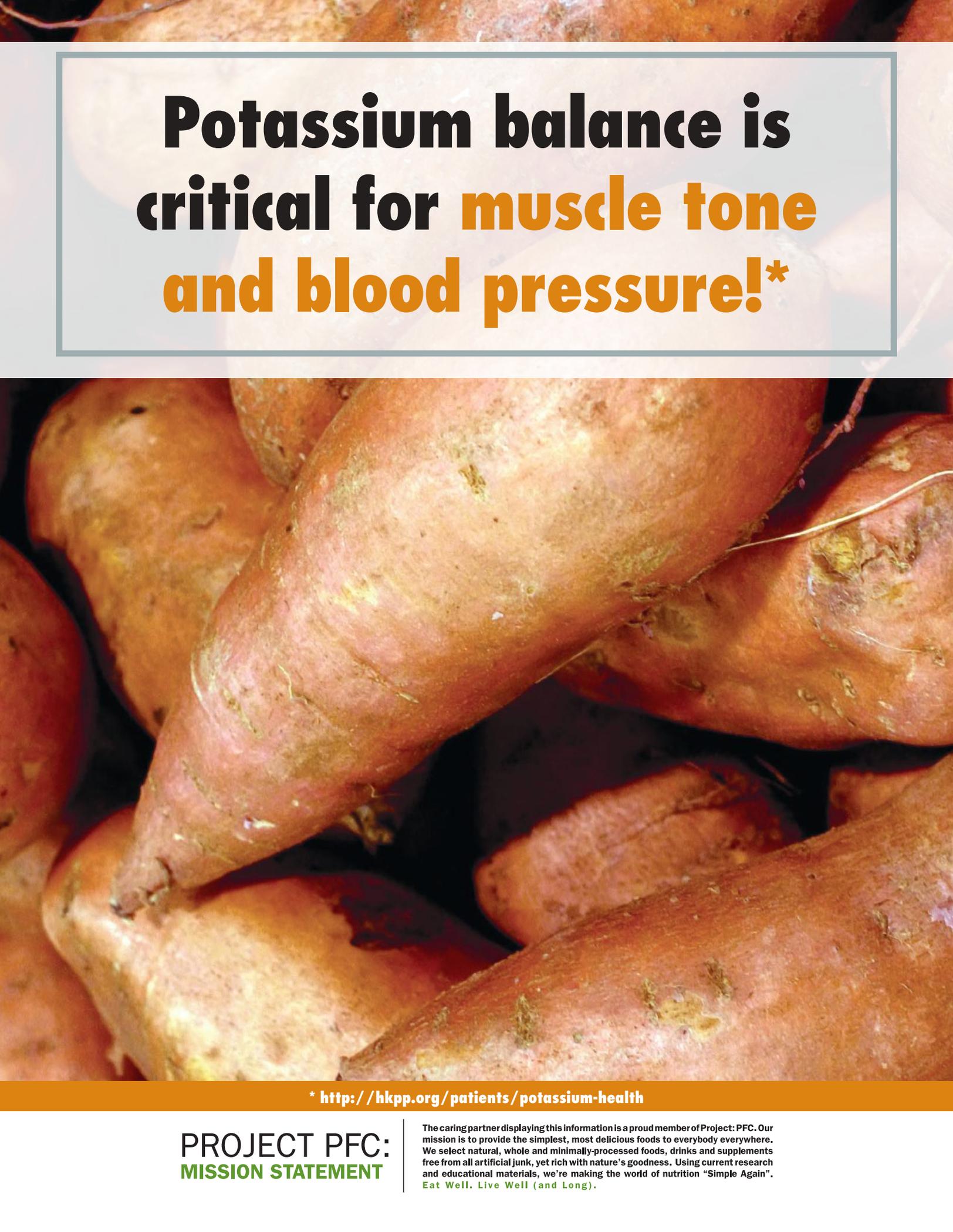


Eating chocolate may help calm your cough.*

* http://www.naturalnews.com/038721_chocolate_cough_cacao.html

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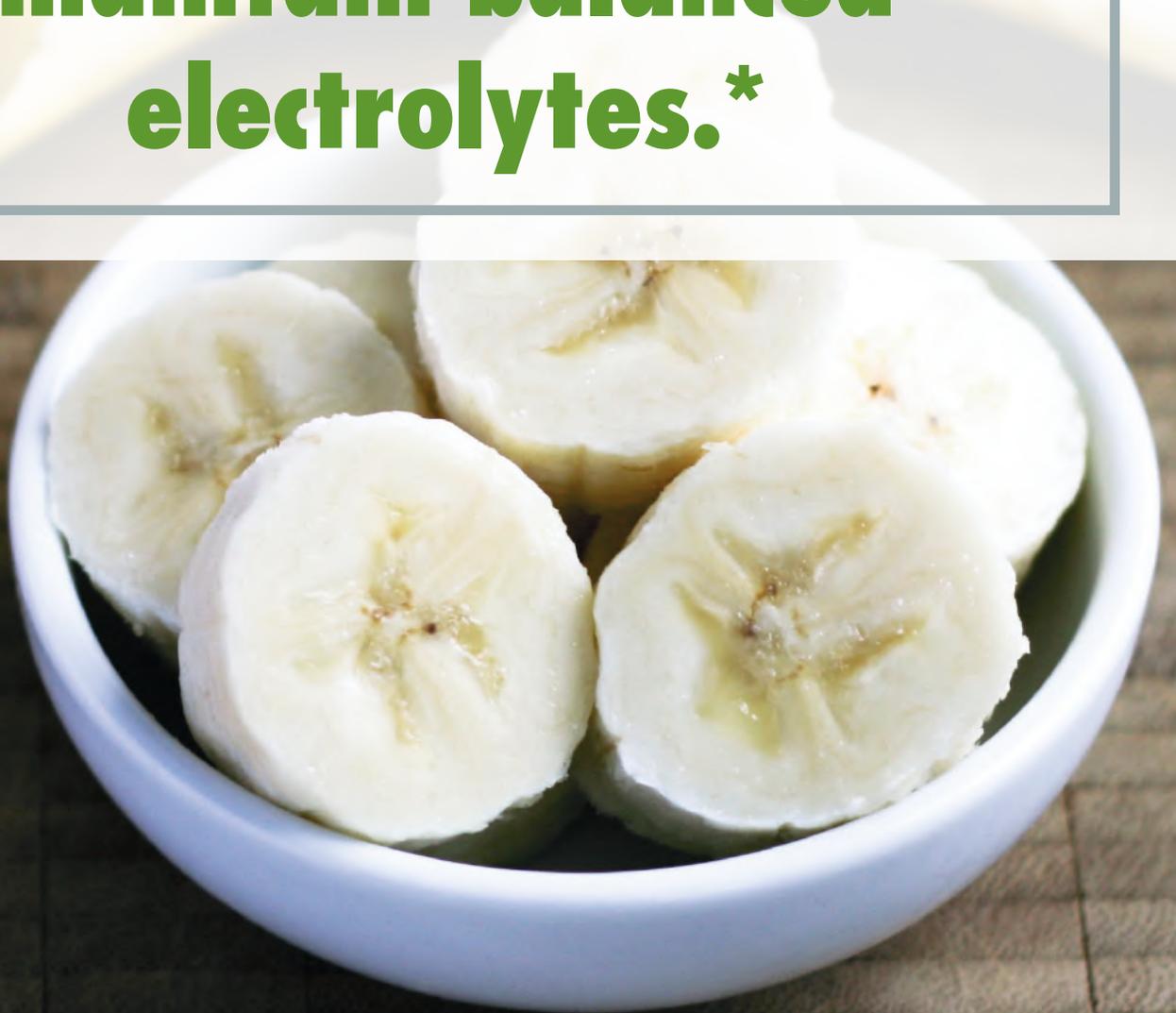
**Potassium balance is
critical for muscle tone
and blood pressure!***

* <http://hkpp.org/patients/potassium-health>

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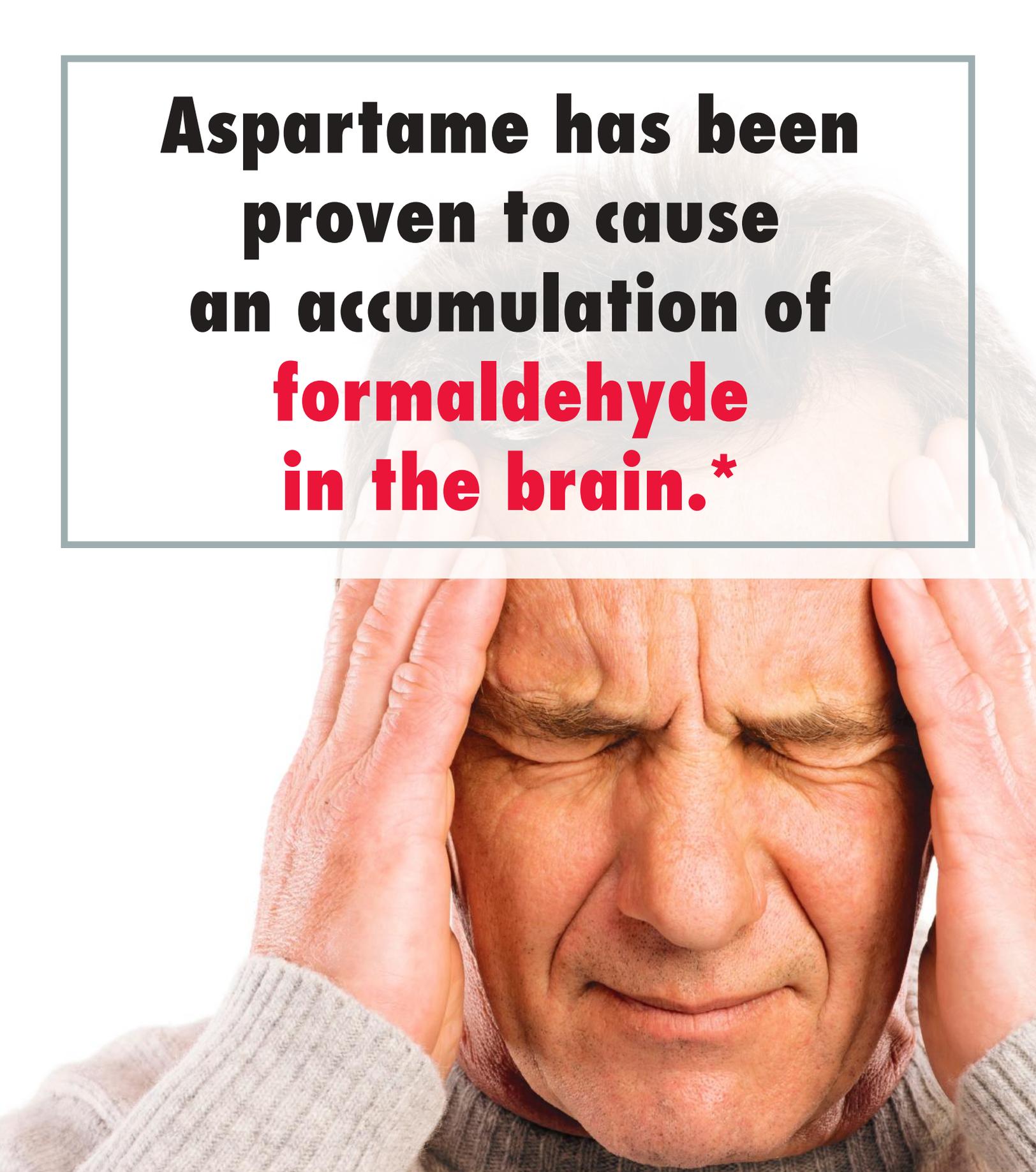
**Americans consume
about half of the daily
potassium needed to
maintain balanced
electrolytes.***



* <http://hkpp.org/patients/potassium-health>

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**Aspartame has been
proven to cause
an accumulation of
formaldehyde
in the brain.***

* http://www.fda.gov/ohrms/dockets/dailys/03/Jan03/012203/02P-0317_emc-000197.txt

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TIP: Maximize the health benefits of garlic by crushing it and letting it sit before cooking.*



* <http://www.whfoods.com/genpage.php?tname=george&dbid=136>

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TIP: There are several Smart Phone Apps to help you monitor your diet and help keep you informed.

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**TIP: Plan date
night with dancing.**
**Dancing is great exercise
and a lot of fun!**

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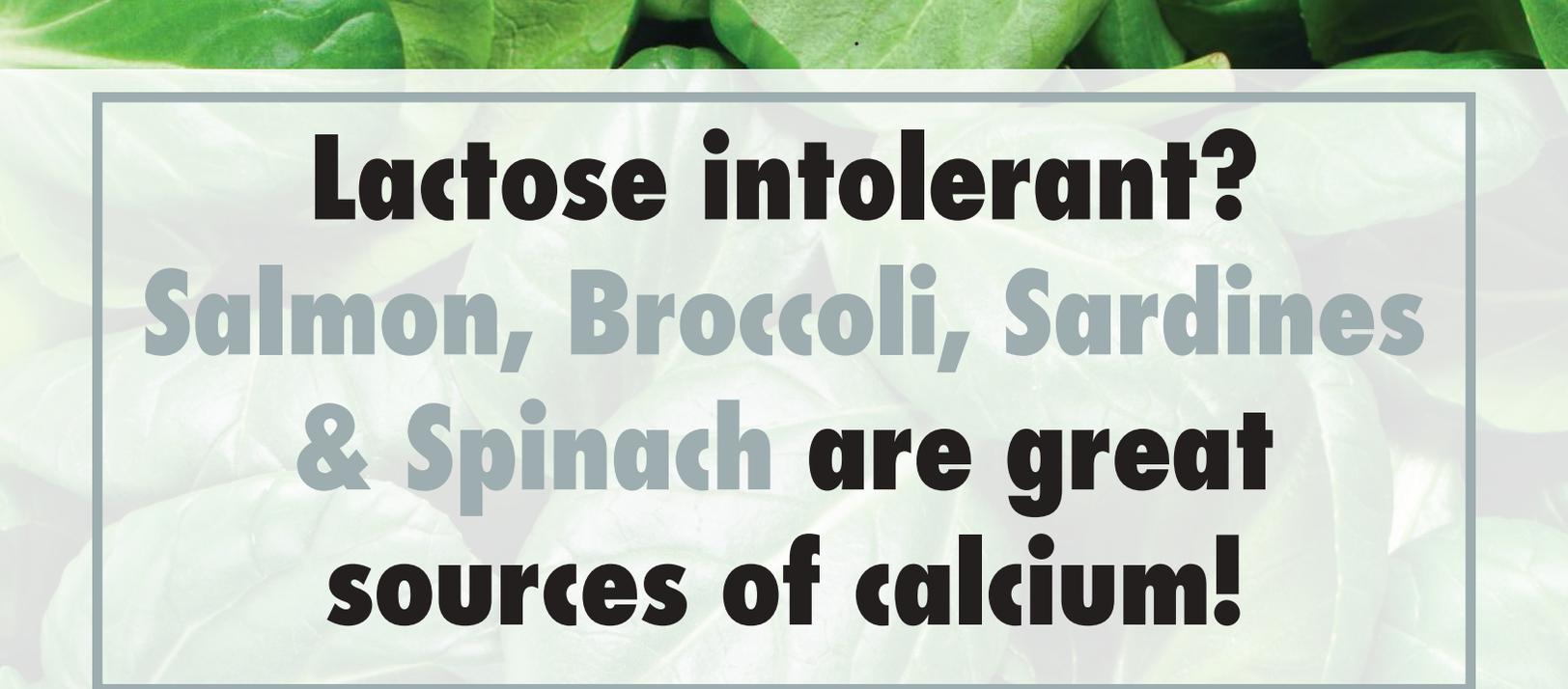


**Green Tea may
reduce the risk of breast,
colon & prostate cancers.**

* <http://www.cancer.gov/cancertopics/factsheet/prevention/tea>

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Lactose intolerant?
Salmon, Broccoli, Sardines
& Spinach are great
sources of calcium!



* <http://www.nutripromag.com/major-minerals-calcium-ca/>

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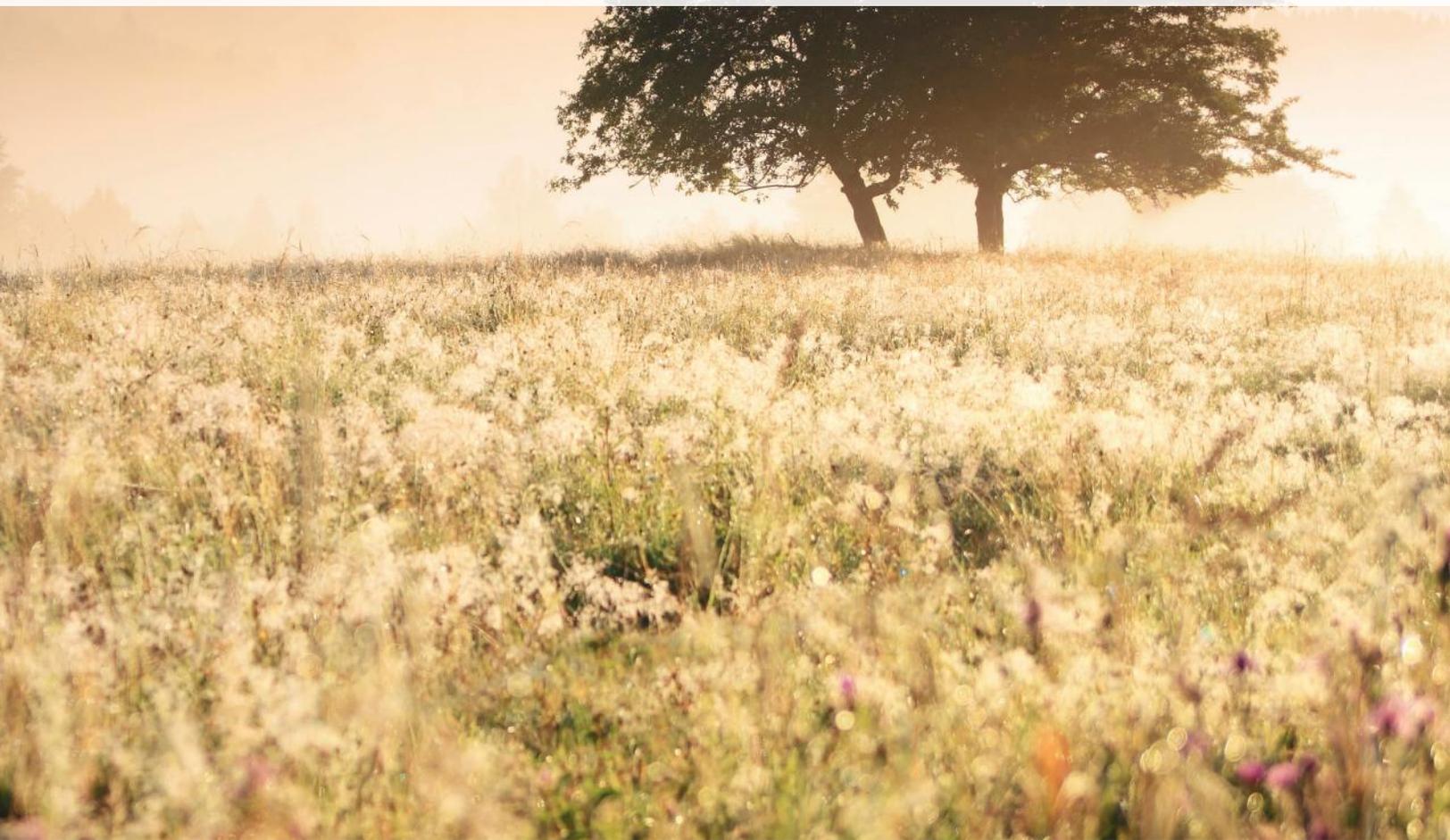
**Switch to Organic &
Free-Range Meats & Dairy.
They say you are what
your food eats.**



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Dioxin-like PCB's are highly toxic compounds that are environmental and persistent organic pollutants.*



* <http://www.who.int/mediacentre/factsheets/fs225/en/>

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**Farm-raised Salmon has
16x the dioxin-like PCB's
than is found in
wild salmon.**



* <http://www.ewg.org/research/pbs-farmed-salmon>

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Eat farm-raised Salmon no more than once a month.



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