



ISSUE
15

IS *this* YOU?



from DAN'S
HAND

DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

Working out in the gym but seeing no results? Hmm...is it possible that your diet could be the culprit?

A 39-year-old woman by the name of Theresa came to me a little over a year ago imploring me to help her to figure out why she couldn't lose that last eight pounds; she had been trying unsuccessfully for six months. She was in the gym six days a week, working out with a personal trainer doing cardio and weight resistant training. She was doing everything right—or was she?

Although she busted her hump in the gym, when I asked her about her diet, I discovered she made just about every mistake you could make: No breakfast, no recovery shake after a workout, no high protein bed time snack, skipping meals, and the coup de grâce—she was only eating about 1150 calories a day! But she said, “I feel good?” Ugh! Her Basal Metabolic Rate is about 1400 calories a day. Throw in all of her daily activities, not to mention exercise, and her total daily calorie expenditure was around 2500 calories!

Theresa was in a constant state of starvation, so her body stored more calories as fat. Her body had adapted a physiological response to convert protein and carbohydrates immediately to fat. Those nutrients have other very important purposes. Her body adjusted to the diet she forced it to have, so in an effort to find balance, her body and mind adjusted too. She felt fine, but on the inside a war raged on. In order for her body to accommodate all of her daily activities, along with cellular reconstruction, it pulled the nutrients it needed from other parts of her body—tissues, glands, organs or bones. Yes, her

body temperature was a steady 98.6 and she had clear mental thought, but other parts of her body had to suffer. Her body held on to that last eight pounds with a vengeance.

It became impossible to lose that last eight pounds because Theresa's body was simply not getting enough calories to satisfy all the other demands she imposed on herself. So how did Theresa change her life?

The Solution

I recommended Theresa simply add about 10% more calories a week into her diet for about six weeks until she reached at least 2000 calories. To add 850 calories a day over night would have caused her body to store those extra calories as fat; adding calories back into her diet had to be a slow process. Everything takes time. In addition, she started eating breakfast, eating every 2.5 hours and always recovering within 30 minutes of her workout with a Recovery Shake.

Ta da! Theresa is 10 pounds lighter today. She has more energy than ever and is bringing in a greater variety of foods accompanied by a greater variety of nutrients. She looks great, feels great and she says she doesn't catch colds any more. This could be you too. Don't starve yourself! Take hold of your life and make a real commitment to yourself.

Eat Well!

PROJECT: PFC MISSION STATEMENT

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Eat Well. Live Well (and Long).