



A holistic Approach

# LEAN & HEALTHY ...AT ANY AGE

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# ABOUT THE AUTHOR

Adriana Albritton is the Founder of A FIT WELLNESS and FITNALL.com. This Colombian native is a Fitness Wellness Mentor. She holds a Master's degree in Forensic Psychology, several NASM certifications in Personal Training and Fitness Nutrition, and has competed at a national level with the NPC as a Figure Competitor.

Adriana was involved in the mental health field over the years. She specialized in populations involved with the criminal justice system, treating perpetrators of crime as well as victims. She witnessed the negative effects that an unbalanced mind has on the body and its surrounding environment. Later on, she recognized the awful repercussions that an unbalanced body has on the human psyche.



Nowadays, Adriana enjoys steering clients towards healthier lifestyles. She helps them to lose body fat and get fitter by providing individualized meal and routine planning. She assists them in recognizing cognitive distortions and sabotaging patterns, and prompts them to utilize their full potential. Adriana, with A Fit Wellness and her blog FitnAll.com, integrates the purpose of achieving a healthy mind along with a fit body, while cultivating a healthy internal environment.

## Chapter 1

# OUR ATROCIOUS REALITY

Are you fully conscious of our current state of affairs??? It is sad to say but our society is not a healthy one. Take the time to look around and analyze the situation. Stop and observe people around you. Watch what is presented on the news from a detached perspective. Lamentably, you will realize that the United States has become a very unhealthy country, not only overweight but diseased.

## Out of Shape

Consider the following datum: the Center for Disease Control and Prevention (CDC)'s published results from the 2013–2014 National Health and Nutrition Examination Survey (NHANES) shows a sad picture. The survey measured people's BMI (body mass index).

The BMI is a mathematical calculation that estimates body fat levels based on height and weight. According to BMI measurements, being overweight means having a BMI of 25.0–29.9, being obese a BMI greater than or equal to 30.0, and extremely obese a BMI greater than or equal to 40.0.

I am aware that BMI calculations are not the most accurate of measurements to assess body fat. For example, when dealing with athletes and people with higher than normal muscle mass levels (even when having low body fat), their BMI comes up as overweight and even obese. However, the majority of the population can get a generally accurate estimation since they are not on an athlete's physical level.

The results indicate that almost 33% of U.S. adults aged 20 and over are overweight, around 38% are obese, and 8% are extremely obese. This denotes that almost 80% of the population do not have healthy body proportions.

What is even scarier is that one third of youngsters (ages 6 to 19) in the US are considered to be overweight, and 1 in 6 are classified as obese. This kind of state at a younger age is incapacitating and sets a debilitating standard for their life to come, not only physically but mentally and emotionally. The serious issue is that generally the majority of obese adolescents stay obese as adults.



## Sick

When looking at the numbers related to the population's health, the picture doesn't get any better. The CDC's 2015 report stated that between 2009-2012 around 49% of the population



used at least one prescription drug and around 22% used three or more prescription drugs. Also according to the data accumulated, the most frequent pharmaceuticals prescribed were analgesics, antihyperlipidemic agents, and antidepressants.

These statistics declare that around half of the population receives medication for one diagnosed medical condition. Plus, in total almost three fourths of individuals living in the United States receive medical treatment.

When evaluating the stats from the most prescribed pharmaceuticals, they show that most people deal with some kind of pain, high levels of lipids in the blood (high cholesterol), and feelings of depression. Generally, these conditions are linked to unhealthy lifestyles such as being overweight, having a poor diet, lack of exercise, low self-esteem and self-worth, poor coping mechanisms and an impoverished mind-body-soul connectivity.

## Time for Change!

The statistics show an exorbitant amount of people who are suffering, dealing with physical complications, and being medicated. Besides being shocking, it is heartbreaking.

It is time to face the atrocious reality that our nation faces nowadays. Our sick and overweight state is the result of detrimental lifestyles, our day to day decisions, our habits. Let's avoid sedentarism, a processed and junk-filled diet, and a negative toxic mindset. It is time to feed our bodies nutritious foods regularly, exercise most days out of the week, work of keeping a positive mindset and a loving thankful spirit.

## Chapter 2

# PREPARE FOR SUCCESS

Do you want to lose body fat and get fitter, and now are ready to make changes in your life? It is great that you realize that new habits need to be implemented. Change is hard and it is more comfortable to stay in the status quo. So, I want to congratulate you for making the first step.

One of the main reasons why fat loss is not achieved or sustained is the lack of planning. It is important to set yourself up for success, which is why preparation is key. You have to lay the groundwork in order to embark on this whole process and make practical preparations. You do not only need to prepare your body, but your mind and spirit as well.

## Assess Your Body

It is time to make preparations related to your physical state. You need a starting point. It is highly advisable to take an honest look at your current state and log your findings.

- **Pictures:** You should take front and back pictures of your full body.
- **Measurements:** Measure your chest area, waist, hips, and legs.
- **Current Weight:** Weigh yourself to get your startup point.

## Get Your Tools Ready

- **Identify your Caloric Needs:** You need to figure out how many calories your body needs in order to lose body fat. There are many websites and apps that can do the



calculation for you. Just make sure that the one you use allows you to input all your essential info (age, weight, height, sex, and activity levels).

- **Meal Planning:** Once you have your suggested personalized caloric intake, you are ready to change your diet. If you can get an individualized meal plan, it is much better since it is more accurate.



- **Clearance:** It is always a good idea to have a general overview of your health. It is generally recommended to see your primary physician before starting any exercise

program as a safety precautionary measure. Most people get cleared to start a training program. In actuality, most physicians recommend it as part of your lifestyle. Once you have a clearance, you are ready to go!

## Assess Your Fitness Level

It is also helpful and recommended to have a general idea of your fitness level. It will provide a quantifiable baseline, a starting point. In that manner, you will be able to see the progression of your physical state, as well as of your aerobic and muscular levels. You can do something very simple: time the number of correct sit up, pushups, and jumping jacks that you can do in one minute, and record those numbers.

## Get Your Environment Ready

- **Eliminate the Junk:** It is very hard to follow a meal plan when your kitchen is packed with foods, or food products, that are not part of a healthy plan. If the temptation is nearby, it is harder to resist. Go through your kitchen cabinets and refrigerator and get rid of all the processed unhealthy food you have. Eliminate all products with white flour, such as white bread, white rice, white pasta, baked goods, soda, sweets, artificial sugars, commercial juices, potato chips, and snacks.
- **Healthy Shopping:** Go to the supermarket and buy organic produce, healthy carbs, as well as organic pasture-raised, grass-fed butter, or wild-caught meats. Try to stay away from processed foods.
- **Necessities:** If you have a gym membership, you are set. If you are planning to join a gym, it is time to do your research and join one. If you are going to exercise in your house, you need to buy some basic items (buy a mat and free weights: a set of 7 and 12 lbs weights if you are a beginner, or a set of at least 20 lbs if you have previously worked out).
- **Attire:** Get workout clothes and sneakers. If you have wore your sneakers for over a year, it is time to get new ones. You want to be fully supported.

# Address Your Mindset and Spirituality

Besides preparing your body and environment, you must prepare your mind and spiritual life. Set up your goals, your vision, your sources of inspiration, and evaluate your negative thinking patterns.

- **GOALS:** The first thing is to work on your goals. You must have defined goals. The goals of wanting to lose weight or being healthier are too vague and difficult to implement. You should instead frame them in concrete measurable words. For instance, plan to lose 10 pounds of body fat, plan to decrease two dress sizes, or plan to have your blood pressure or sugar levels within normal ranges, and give yourself a deadline. You are more likely to achieve your goals if they are specific, assessable, and have a time frame.
- **VISION:** A vision for your future is highly beneficial in order to allow your plans to flourish. Having a vision means to imagine vividly where you want to be as if your goals have already materialized. Engage emotionally while you imagine and really feel it.
- **INSPIRATION:** Find sources of inspiration that are going to help you stay on track. For instance, sign up to a blog, read books, listen to audiobooks, and/or watch videos that are aligned with your goals. At the same time, stay connected to people who inspire you and serve as a source of motivation.

## LET GO OF NEGATIVE THINKING PATTERNS

- **Let go of the all-or-nothing thinking:** This black-or-white thinking is extremist and can be quite sabotaging. For instance, you don't have to spend hours at a gym to see changes or cheat on your dinner meal plan because you made the wrong choices

during lunch. Taking a misstep does not mean that you have to change routes all together.

- **Let go of limiting thinking and excuses:** “I’m too busy... I don’t have energy... I’m too fat, not athletic enough, too old, too sick to exercise... This is too hard.” Limiting thoughts and excuses are not part of an achieving mindset. You must acknowledge them and remove them from your repertoire.

## Chapter 3

# A HOLISTIC APPROACH

When striving to attain a lean, fit, and healthy body, it is essential to incorporate a multifaceted approach to achieve long-lasting outcomes. Eating healthy and training hard are only parts of the solution; your thoughts, your emotions, and your spiritual life complete the equation. You must take a holistic approach: train hard, nurture your body, keep your insides clean, and keep your mind and spirit centered in order to obtain your ideal body.

A holistic perspective views matters as a whole, as interconnected systems, rather than addressing individual parts. You are not just a body; you have a mind and spirit. A holistic approach incorporates the mind and spirit, rather than just dealing with the body. Habits that affect the body, like having a healthy diet and exercising, are supplemented by practices that influence the other components of your being.

## Incorporate a Holistic Approach

The essential component of a fat loss journey is the incorporation of habits that address your body. You must exercise, have a nutritious diet, and a clean internal system. I will deal with these aspect in the following chapters. In conjunction to that, you should also engage your mind and spiritual parts.

### **Address your Mind:**

- **Self-monitoring:** Be more conscious of your behaviors and thoughts, and track them.
- **Cognitive Restructuring:** Be mindful of your thoughts and underlying beliefs. Modify black-or-white thinking, faulty beliefs, and self-defeating thoughts for more rational, adaptive healthy thoughts.



- Aromatherapy: Use natural essential oils to create and enhance feelings of well-being.
- Positive Consumption: On the daily basis, read, listen or view positive materials to remain optimistic and centered.
- Prayer: This religious practice helps individuals to achieve a deep rapport with his or her object of worship to attain a calmer good-hearted disposition.
- Social Support: Establish a social system (family, friends, colleagues, a coach or a mentor, or a support group) to help with motivation and needed resources.



A holistic approach to fat loss and fitness incorporates practices for the mind and spirit in addition to changes in your diet and activity levels. Obviously, if you do not take care of the physical part, other tools will be in vain and you will not achieve your desired results. Use diverse tools to stabilize your weight, achieve higher performance, and allow your health to thrive long-term.



## Chapter 4

# EXERCISE

## Cardiovascular Activity

By now you know the importance of being active, of having a regular exercising routine. But are you really meeting the basic requirements of activity?

The government has established activity guidelines for the maintenance of a healthy body. It is recommended that:

- Adults partake in **aerobic activity of moderate intensity for at least 150 minutes a week (five 30 minutes sessions) or vigorous intensity for 75 minutes a week.**
- Children and adolescents be actively engaged for at least 60 minutes a day, aerobically for at least 3 days a week and the same for muscle strengthening activities.

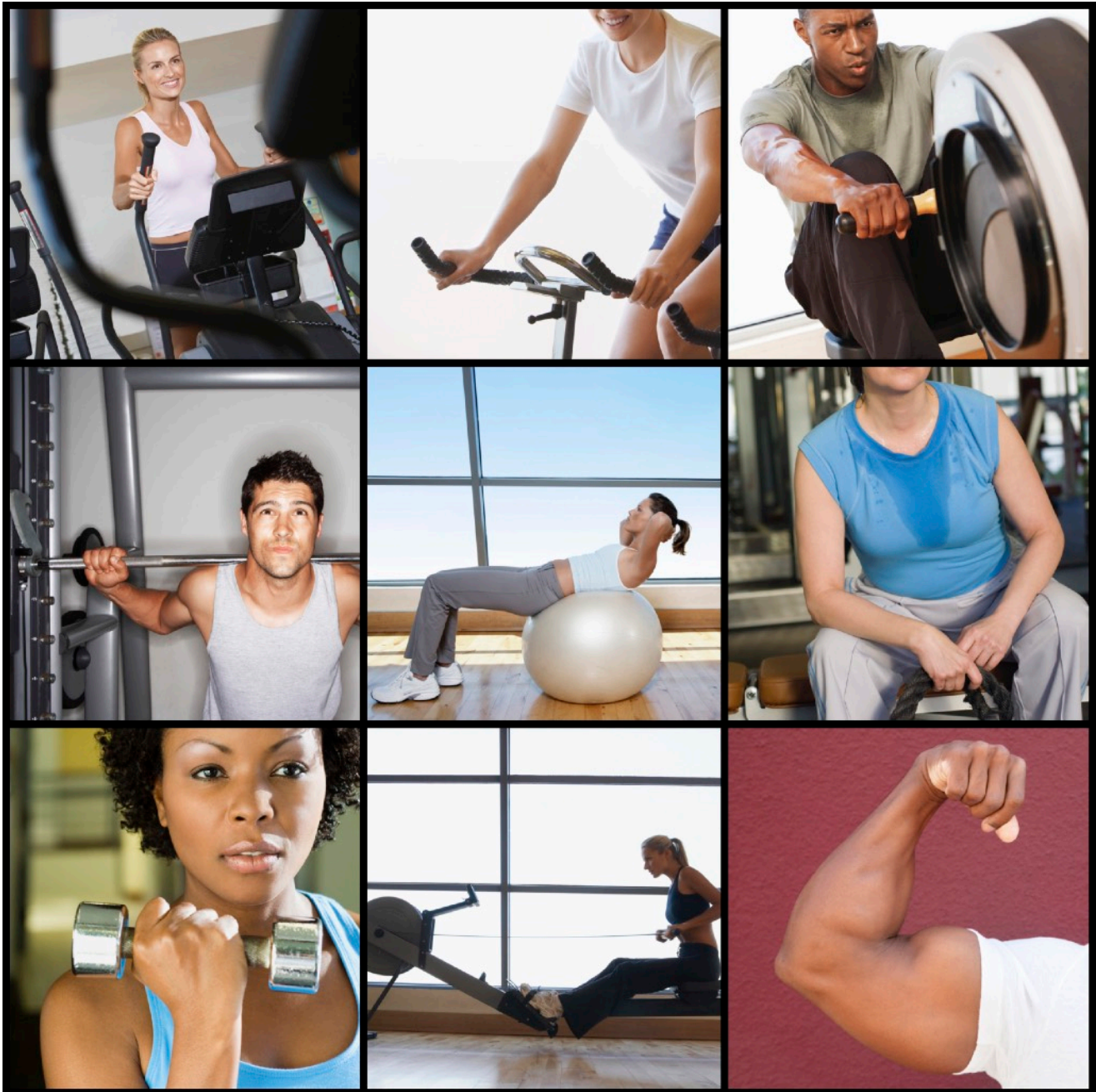
Nevertheless, the statistics related to our nation's state of affairs are not pretty. According to the latest report from the Centers for Disease Control and Prevention (CDC), only 20 percent of adults meet the aerobic and muscle strengthening guidelines. Unfortunately, the picture gets even scarier in relation to our youngsters. Only about 8 percent of youth ages 12–19 and 42 percent of children ages 6-12 getting (49% of boys versus 35% of girls) are getting at least 60 minutes of physical activity per day. The most active group is that of children ages 6-12, sad to say. Yet, not even the majority of them meets the recommended physical activity.

Activity is highly needed by the body. It not only helps you feel great and lose body fat but keeps your internal system functioning properly. If you are not currently being active, do yourself and your loved ones a favor: Start moving at least the minimum required amount.

Make it easy for yourself:

- Commit to at least thirty minutes, five days a week.
- Switch up the cardiovascular activity: walk fast one day, jog another, do the elliptical, the rower, intervals another day, or start swimming.

Whatever you do, the idea is to raise your heart rate. Challenge yourself. Your body will thank you!!



# Time for some Iron!!!

Strength training is a type of exercise where resistance is used to induce contraction in the muscles, building strength, anaerobic endurance and size of skeletal muscles. Lifting weights is that relevant for the body that the Centers for Disease Control and Prevention (CDC) recommends that adults engage in **muscle strengthening activities a minimum of two times per week.**

However, current statistics aren't the greatest, and not all ages and races follow this minimum requirement. According to CDC's analyzed data between 1998 and 2004, it was reported that the percentage of adults engaging in the minimum amount of strength training required per week increased from 17.7% in 1998 to 19.6% in 2004.

Unfortunately, certain populations did not follow this trend. For instance, only 14.1% of older men and 10.7% of older women (elder population defined as those aged  $\geq 65$  years) engaged in strength training in 2004. And sad to say, since I'm Hispanic, strength training was least prevalent among Hispanic men (15.0%) and Hispanic women (9.1%).

Based on those numbers, not even one-quarter of the population lifts weights at least twice per week, which is the minimum amount required. This is alarming but representative of our diseased and overweight society. In order to be fitter and live healthier lives this trend must change!

## WHY SHOULD YOU LIFT WEIGHTS?

Strength training or weight lifting has numerous scientifically proven benefits for the body. Being in the fitness arena as a mentor and trainer, I can testify that most people are surprised at the overwhelming amount advantages. Some of them are a faster metabolism, a leaner sculpted physique, stronger muscles and joints, increased power and endurance. At the same time, it improves cardiovascular efficiency, bone density, and benefits endocrine and lipid levels, as well as digestion.

An Australian study revealed that a resistance training program presented reductions in central obesity and improvement of physical function. After completing a 8-week strength training program, there was a significant decrease in waist size, as well as a significant increase in lower body and upper body strength at the completion of 8 weeks. These results remained the same at a 16 week assessment and a 24-week follow-up.

A 16-week study of sedentary older adults showed that strength training helped reduce triglycerides and total cholesterol (TC) levels, which lower the risk for coronary artery disease. Additionally, participants showed reductions in diastolic blood pressure, relevant to heart disease, and in markers of inflammation by 26%. At the same time, there were positive changes in body weight, waist circumference, and body mass index (BMI).

Even children benefit by resistance training, not only physically but psychologically. A study found that overweight children involved in a strength training program improved their fitness level and lost weight. At the same time, they gained confidence and engaged in more positive social interactions.



## **IT'S TIME!**

If you are not currently lifting weights, it is time to start!

At least, you should train two times a week. Aim to work all the major muscles (legs and glutes, chest, back, arms, shoulders, and abs). If you can train more days, it's better because you can split up the muscle groups and work them more thoroughly. You will see better results in your aesthetics, performance, and strength.

No more waiting around or making excuses.... Resistance training is for everyone:

- Guys, you “have time” ... we all have the same 24 hours in our day. Just have to set priorities and schedule your training. It is a health matter.
- Ladies, you are not going to “get big” or “have a lot of muscle,” unless you focused extremely hard on building. Believe me, it is not that easy to gain muscle mass!
- Older gals and gentleman, your health should be your priority more than ever. Enjoying your remaining years without unnecessary pain and suffering is ideal and a true possibility.
- To the Hispanic community, let's go. Time to step it up!

Remember, strength training can provide huge changes in your body and mind. It positively affects the muscles, bones, joints, the digestive system, as well as cholesterol levels, cardiac function and inflammatory conditions. Lifting weights helps to gain higher muscle mass, accelerate your metabolism, burn more fat, and increase strength. To top it off, it contributes to positive internal feelings, increasing confidence and reducing depressive states.



## Chapter 5

# CLEANSING

We only have one body, which is why we must take care of it. However, the state of our body is also influenced by our environment. Unfortunately, this influence is not always positive. Toxins surround us and are part of our everyday lives. They can be found in the air we breathe, the water we drink and touch, and the food we eat.

Toxins are damaging to our body even at a cellular level. Toxic buildup can lead to cancer, autism, Alzheimer's and Parkinson's disease, kidney failure, nerve damage, and cardiovascular, respiratory and visual problems to name a few. The increase of environmental toxins also seems to be correlated with the rise of certain diseases. For instance, since 1950 cancer rates have risen over 50 percent. From 1980 to 1994, asthma escalated 75% in adults and 160% in children. Autism in children went from 1 in 25,000 in the 1970s to 1 in 2,500 between 1970 -1990. Sadly, today around 1 in 68 families in the United States has an autistic child.

So you may be thinking, if that is the case, what can i do to keep my body clean?

Ideally you limit your toxin exposure. But you can also consume an abundance of organic alkaline-forming foods (vegetables, fruits, sprouts, green tea, flax seed oil, etc.), exercise and manage stress adequately. Additionally, you can detox your body to maintain a healthier internal environment.

## Cleansing Benefits

Detoxifying or cleansing the body of accumulated toxins is not a new concept. Many cultures have implemented body cleansing practices throughout history. Currently, cleansing is

crucial due to the overwhelming amount of toxins encountered daily, as well as the unhealthy eating patterns showed by most.

The following are some of the amazing benefits associated with proper detoxing:

- Begins to clear the toxins and acidic waste that adds extra pounds and breeds disease.
- Promotes radiant skin and strong healthy hair.
- Begins to restore growth hormone, amazing hormone imperative for anti-aging.
- Helps to break bad dietary habits, decreasing cravings.
- Helps to increase metabolic rate, breaking weight-loss plateaus.
- Allows for optimal nutrient absorption.
- Assists in reducing inflammation, consequently strengthening the immune system.
- Resets your own detoxification system.





# Detox your body

Cleansing is one of the best ways to effectively eliminate the buildup of toxins and acid waste buildup that compromise the body's own detoxification systems. Fortunately, we can find supplements that assist the body in the detoxification process. **Nutrition 53 – N53** has an amazing cleanse that supports colon and digestive health, and helps to eliminate toxic waste. Cleanse1



The body has the ability to heal itself. It is extremely grateful and responsive when we instill the proper cleansing practices, healthy diet and lifestyle. Cleansing is essential... As a wellness mentor, I Detox my body a few of times a year and recommend it for anyone looking to lose weight and get healthier!

**Detox and help your system to reset itself in order to allow your your body to function at its best!**

## Chapter 6

# A CLEAN BALANCED DIET

## MACRONUTRIENTS

It is time to clarify certain misconceptions related to your diet. It seems like every few months a new nutritional trend becomes popular. The diversity of dietary practices can leave you dazed and confused. With so many different approaches and information available, what should you eat? I find that it is best to have a balanced diet, meaning a diet with a combination of all the macronutrients.

Macronutrients are the substances that our organisms need in major amounts, which provide energy and allow us to survive and develop. Carbohydrates, proteins, and fats should all be components of your diet in order to allow your body to thrive.

## Fat Does Not make You Fat

Let me just give you a short background; macronutrients are nutrients (substances needed to perform bodily functions - that provide calories or energy) needed by the body in large quantities. They are grouped as carbohydrates (carbs), proteins and fats. It is known that calories from fat are more dense than those from carbs or proteins. This is the case since 1 gram of fat equals 9 calories, whereas 1 gram of protein or carb equal 4 calories.

This has propagated the belief that FAT makes you fat and that fat is not good for you. But the reality is that not all calories are created equal. The quality of the calories, not necessarily the quantity, is what matters most. In other words, 300 calories from a cake have a total different set of reactions in the body than 300 calories from an avocado.

What you eat has an impact on your bodily functions (your hormonal, digestive, circulatory, immune system, etc.). Calories, depending of their macronutrient source, influence the metabolism in different ways. Different foods have a direct effect in your body.



## **FAT and FAT LOSS**

The macronutrient source does also affect metabolism and appetite differently. Fat as taboo as it is, it has tremendous benefits for the body. Not only that, it can positively affect the way you look. Fat consumption can help you to burn more calories and feel less hungry.

- A study by the National Institutes of Health found that while consuming the same amount of calories, those consuming more fat instead of carbs, burned 100 more calories per day. This loss equates to 10 pounds a year, just from the caloric source. It was also reported that hunger and craving centers in the brain are shut off with higher fat consumption.
- Research published in the Journal of the American Medical Association reported that a high-fat low-carbohydrate diet had more successful results associated to fat loss and weight-loss maintenance over time.
- Another study published in Science Daily concluded that those eating high-fat diets experienced faster metabolisms compared to those on low-fat, high-carb diets.

The above research does not necessarily mean that carbs are bad. Here we are talking about non-healthy carbs (white flour products, sweets, baked goods, potato chips, french fries, etc.), not complex carbs (vegetables, beans, lentils, quinoa, brown rice, etc.). These unhealthy carb sources raise the blood sugar, spike insulin levels, and consequently slow the metabolism and lead to fat storage in the body. At the same time, this whole process induces cravings and overeating, creating a vicious cycle. So, try to avoid the regular consumption of simple carbs.

## **EAT MORE FAT!**

Keep in mind that when I'm talking about eating fat, I am not talking about eating a fattening diet. That's the misconception.

These are some of the good fats you should incorporate into your diet:

- Coconut oil and extra virgin coconut butter
- Avocados
- Nuts (pecans, cashews, walnuts, almonds, brazil and macadamia nuts, etc.)
- Seeds (chia, flax, hemp, pumpkin, sunflower, sesame, etc.)
- Fatty fish (salmon, sardines, mackerel, herring, etc.)
- Extra virgin olive oil
- Grass-fed hormone free animal products (meats, butter, ghee, etc.). Follow the great recommendations from the Environmental Working Group (<http://www.ewg.org/meateatersguide/>)



**You have the control over how your body looks and feels... Give it the best**

**Do your body a favor and avoid being afraid of eating FAT - it is great for you!!**



# The Need for Protein

Protein is another very important macronutrient vital for the body. Macronutrients are substances that our organisms need in major amounts, which provide energy and allow us to survive and develop. Along with proteins, carbohydrates and fats should be components of your diet in order to allow your body to thrive.

Proteins are essential components of all living cells and have diverse functions. They can form enzymes, hormones, antibodies, and structures. There are twenty standard amino acids which can be biosynthesized by most organisms. Yet, amino acids that humans can't synthesize are called essential amino acids (phenylalanine, valine, threonine, tryptophan, methionine, leucine, isoleucine, lysine, and histidine), which should be obtained through diet.

## **BENEFITS OF PROTEIN**

Proteins are multifaceted compounds that have diverse roles:

- Some proteins are enzymes that increase the rate of biochemical reactions necessary for metabolism and DNA processes.
- Others are involved in the process of transmitting signals within cells.
- Some proteins are antibodies, which are part of the immune system and bind antigens (foreign substances) to destroy them.
- Hemoglobin is a molecule binding protein that transports oxygen through the body.
- Lectins are carbohydrate-binding proteins that remove glycoproteins from the circulatory system, regulate cell adhesion and recognition, and regulate inflammatory and reactive process in the immune system.
- Structural proteins give rigidity to diverse internal structures. For instance, collagen, cartilage, and elastin are connective tissues. Keratin is a part of hair, nails, feathers, and shells. Actin and tubulin make up cytoskeletons.
- Motor proteins (myosin, kinesin, and dynein) generate mechanical forces.

**Fat Loss and a Greater Physique:** Increasing your protein intake can help to accelerate your metabolism and reduce your appetite, as well as hormonal dysfunction. Eating protein also can keep you full longer, helping you to avoid overeating. In turn, your body burns more fat. Additionally, higher protein intake helps you to gain and maintain precious muscle mass, molding a beautiful physique.

## BEST PROTEIN SOURCES



- **Red Meat:** It is, generally, the skeletal muscle of mammals (cattle, bison, and lamb, etc.). Red meat consists roughly of 19 percent protein but is somewhat high in calories. It is a complete protein and contains all essential amino acids, along with zinc, vitamin B, iron, choline, riboflavin, phosphorus, niacin, vitamin K, and selenium. If you eat red meat, try to consume it a few times a week since it is very hard to digest and has been linked to colon cancer. Always buy organic grass-fed meat.



- **White Meat:** It refers to the meat from poultry and pigs. It has less calories and less saturated fat. Yet, white meat has a higher protein value than red meat and is also less costly. Buy antibiotic-free organic pastured chicken, which is antibiotic and arsenic-free. If you eat pork, buy organic antibiotic-free or with Animal Welfare Approved / Certified Humane labels. Eat pork occasionally since the industry is plagued with disease.
- **Fish:** It is high in protein and very low on carbs. Some fish have an equal ratio of fat and protein, but the fat is highly beneficial Omega-3 fatty acids. When buying fish, avoid farm-raised fish, which has more pollutants and high levels of antibiotics and dioxin. Always choose wild caught, but avoid large fish such as tuna and shark due to high levels of mercury. Salmon, sardines, and anchovies are great choices since these fish are closer to the bottom of the food chain, having short life cycles. If you buy canned fish, buy those in BPA-free cans.
- **Eggs:** Egg protein is one of the highest quality protein found. It has amino acids tryptophan and tyrosine, lutein, zeaxanthin, choline, and vitamin B12. Eat the whole egg to ingest all the nutrients and heart-healthy omega 3 fats. Buy organic pastured eggs as the hens are free-roaming, raised on organic feed, which are not exposed to corn, soy, antibiotics, synthetic fertilizers, and pesticides.
- **Whey Protein:** A byproduct of milk, a part that is separated from the curd in the making of cheese. It is an excellent source of protein with numerous health benefits. Whey protein has been linked to healthy insulin secretion, helping balance blood sugar levels. It contains immunoglobulins, which keep your immune system working properly. It maximizes the production of glutathione, the most powerful antioxidant in your body that optimizes other antioxidants and removes toxins and free radicals. Buy organic whey protein from grass-fed hormone-free cows.

## Vegetarian Sources

- **Spirulina:** This super-food is a form of blue-green algae with an excellent source of vital amino acids and minerals. Spirulina is around seventy percent complete protein while beef is around twenty percent. It is high in B vitamins, iron, and manganese. It is a powerful immune system booster, that also helps balance blood pressure and cholesterol. However, it is not recommended for those with iodine or severe seafood allergies.
- **Hemp:** Hemp seeds are not widely used as a food source but are highly nutritious. Hemp comes from the same plant species as marijuana, cannabis sativa, but does not have any mind-altering effects. As a matter of fact, hemp seeds are an excellent source of protein, providing all of the essential amino acids. Hemp protein has an amino acid profile comparable to meat and eggs, and it is highly digestible. It is rich in B vitamins, fiber, zinc, manganese, and essential fatty acids. It is beneficial for the heart, skin, and immune system.
- **Tempeh:** Fermented soy that gives you around 15 grams of protein per half cup. This form of soy does not have the negative effects associated with regular soy. On the contrary, tempeh is a great source of probiotics. It is, also, high in B vitamins, manganese, and phosphorous.
- **Legumes:** They are a source of complete protein, providing all essential amino acids. Legumes are high in folate, minerals, as well as carbohydrates. Beans, chickpeas, lentils, and peas are great choices. Peanuts have protein as well; they are actually a legume, not a nut. When preparing legumes, it is recommended to soak them overnight and to throw away the water from the first boil. This process helps get rid of their anti-nutrients and improves their nutritional value. Anti-nutrients (phytates, tannins, lectins, protease inhibitors, and calcium oxalate) are compounds that reduce the absorption of nutrients in the body and are associated with gas and indigestion.

- **Quinoa:** Highly nutritious gluten-free pseudo cereal grain. Quinoa provides all essential amino acids and gives you more than 8g of protein per cup. It is highly digestible, high in manganese, phosphorous, folate, iron, zinc, and magnesium.
- **Nuts:** Even though they are great sources of beneficial fat, they can also be a source of protein. They have around 6 grams of protein per serving. Some of the nuts with high protein value are almonds, cashews, and pistachios. Buy them organic and raw, not those with added salt or sugar.
- **Chia Seeds:** Great source of B vitamins, calcium, iron, magnesium, manganese, phosphorous, and zinc. Chia seeds are high in omega 3 fatty acids and provide around 5 grams of protein per oz.

## NEED A PROTEIN SUPPLEMENT?

Try Nutrition 53 protein products and meal replacements ... They provide lactose-free protein, with a fruit and veggie blend, digestive enzymes, and coffee bean extract to achieve the fat loss and muscle building goals you desire.

<https://adrianaafitwellness.n53.club/collections/shop>



**Aim to consume at least 30% of your calories coming from protein!**

# Don't Skip the Carbohydrates

Carbohydrates (Carbs) are organic compounds consisting of carbon, hydrogen, and oxygen. Oxidation of one gram of carbohydrate yields approximately 4 kcal energy or calories. Carbs (saccharides) are divided into: monosaccharides, disaccharides, oligosaccharides, and polysaccharides. Monosaccharides are simple sugars, such as glucose (blood sugar) and ribose. Disaccharides are sugars like sucrose (table sugar) and lactose (milk sugar). Oligosaccharides are one of the components of fiber, found in plants, and polysaccharides are long chains of monosaccharides, such as starch, glycogen, cellulose, and chitin.

## THE ROLE OF CARBS

- Carbs are key players in the prevention of disease and proper immunity, blood clotting, development, and fertilization.
- Glucose is the most important carbohydrate, metabolized by most organisms. Energy obtained from metabolic processes is generally stored within cells in the form of ATP, a nucleotide that is the major source of energy at a cellular level.
- Polysaccharides help in the storage of energy.
- Deoxyribose is a component of DNA.
- Ribose forms part of RNA, which along with DNA is essential in coding, decoding, and the expression of genes. It also helps generate ATP and NADH, which are crucial for our metabolism.
- Higher glucose levels are essential for healthy pregnancy and lactation.
- Carbs are the most efficient energy providers.

## NOT ALL CARBS ARE CREATED EQUAL

There are different kinds of carbohydrates, simple carbs (monosaccharides and disaccharides) and complex carbs (polysaccharides or oligosaccharides).

Most simple carbohydrates provide quick energy and tend to raise blood glucose fast. However, there are few exceptions like fructose (found in honey, fruits, and some vegetables). Some examples of simple carbohydrates are sugar, processed or refined foods like breakfast cereals, fruit products, candy, jams, desserts, cookies, soft drinks, breads, and pastas.

Complex carbohydrates take longer to be broken down and generally contain fiber, vitamins, and minerals. They provided longer lasting energy, keep you full longer, and are associated with lower amounts of carbs. Examples of complex carbs are green vegetables (kale, spinach, broccoli, etc.), whole grains and foods made from them (oatmeal pasta, brown rice, whole grain bread, etc.), starchy vegetables (potatoes, corn, sweet potatoes, pumpkin, etc.), and legumes (beans, lentils, peas, etc.).



Another factor to keep in mind when dealing with carbs is the glycemic index (GI) of foods. The GI measures how quickly food glucose is absorbed and the glycemic load (GL) measures the total absorbable glucose in food, indicating the food's effect on a person's blood glucose two hours after consumption. The glycemic load multiplies the glycemic index of the food by the carbohydrate content of the serving. For instance, watermelon has a high glycemic index, but a low glycemic load for the quantity typically consumed. On the contrary, fructose has a low glycemic index, but a high glycemic load if consumed in large quantities. A lower glycemic index signifies slower rates of digestion and absorption of carbs.

Those with blood sugar levels or prediabetic conditions should pay attention to the GI and GL of foods. Some examples of low GI are most fruits and vegetables, legumes, seeds, nuts, whole grains, and mushrooms. While sugar, pumpernickel bread, pita, basmati rice, potato, whole wheat, banana, and ice cream are examples of medium GI. Lastly, glucose, corn, white bread, white rice, breakfast cereals, white potato, and high fructose corn syrup are some high GI foods.

## **BEST CARBS TO CONSUME**

There is a huge variety of carb sources, from healthy to right out toxic. Stay away from processed carbs, high fructose corn syrup, and avoid the regular consumption of white carbs (white rice, white flour, white pastas, products based on white flower), baked goods, commercial cookies and sweets.

Aim to eat the following sources of carbohydrates:

- **Vegetables:** They are not only an amazing carb option, but essential to your health. They contain high levels of vitamins, minerals, phytonutrients, and fiber needed by the body. Yet, it is very important to buy organic in order to get all the expected nutrients and avoid a great deal of toxins. It is recommended to have at least 3 servings of vegetables per day. The most nutritious vegetables are dark-green veggies (broccoli, kale, spinach, chard, etc.), which should be consumed daily. Aim to

incorporate also red and orange vegetables (carrots, tomatoes, red peppers, etc.), followed by other powerful veggies like avocado, beets, and mushrooms. Legumes are another great carbohydrate source (beans, peas, lentils, chickpeas, etc.), followed by starchy vegetables (potatoes, plantains, corn, etc.).

- **Fruits:** They are highly valuable to the body. Aim to consume two servings of organic fruit per day. It is best to consume them raw or prepare fresh juices with them. Avoid buying the sweetened commercial ones. Eat berries (blueberries, goji, and açai berries, mulberries, raspberries, strawberries, blackberries, etc.) regularly since they are high in antioxidants. However, there is an ample range of delicious fruits to enjoy such as cherries, citrus fruits, cranberries, dragon fruit, sour soup, pomegranate, breadfruit, bananas, grapes, apples, pears, oranges, cantaloupe, watermelon, and grapefruit among others.
- **Grains:** Eat intact or whole grains, which contain 100% of the original kernel, including the bran, germ, and endosperm. Some of them are quinoa, oats, chia, brown rice, amaranth, buckwheat, farro, millet, barley, and spelt. Oilseed grains like hemp seed, flax seed, and poppy seed are also good for you.





- Switch white flour for almond, buckwheat, oat, quinoa, rye, or whole grain flour.
- Substitute white bread for organic bread, sprouted bread, and bread made with quinoa, amaranth, millet, and sorghum. Try also gluten-free breads. Avoid most whole wheat brown breads, which have many additives and chemicals.
- Instead of white pasta, choose pastas made from bean, soba, lentil, buckwheat, sprouted and ancient grain pastas. Make vegetable-based pasta with zucchini noodles or squash.
- If you start your day with cereal, avoid commercial ones. Buy organic cereals made with oats, buckwheat, brown rice, or sprouted grains instead.

**Having a clean balanced diet, with all the macronutrients, allows your body to burn fat efficiently, perform at it's best, and maintain optimal health!!**

# NOURISH YOUR BODY

## Eat Organic

The popularity of organic food has been steadily increasing over the past years. Yet many people still buy conventional produce and foods. Some think that organic food is “too expensive,” while others think there is no difference between regular food and the so-called organic food. However, the difference is huge, with great nutritional benefits and substantially less toxins related to organic food (toxins raise the toxic load in the body which contributes disease).

Even though there is not a wealth of research exploring the organic food industry due to its novelty, some studies have clearly shown the benefits of organic foods. In comparative studies, organic vegetables have shown to have higher concentrations of vitamin C, Fe, K, Ca and P, and lower levels of sodium and nitrates. And organic dairy has not shown to be damaging to the skin as conventional dairy.

In a literature review, Crinnion 2010 emphasized that organic food has greater nutritional value and less toxic content. It is shown that organic produce offers significantly larger levels of vitamin C, iron, magnesium and phosphorus, and significantly lower residues of nitrates and pesticides than non-organic varieties of the same foods. At the same time, organic food supplies greater levels of antioxidant phytochemicals (anthocyanins, flavonoids, and carotenoids), which provide a potent suppressor effect to toxic compounds that induce cell mutation and cancerous conditions.

Recent research has also explored organic food consumption. Lockie et al. (2002) studied over 1,200 food consumers in Australia. They found a strong correlation between organic

food consumption and higher educational levels, having more organic consumers with science education backgrounds and knowledge of genetic engineering of foods. They also reported a gender discrepancy, with a higher number of females consuming organic. It was also pointed out that organic food consumers rated health and the nutrient content of foods as the most important motivating factors in making food choices, as opposed to many non-organic consumers which rated price very important. It seems that incentive towards health-consciousness is behind the purchase of organic foods.



Organic food is not only better for your body from a nutritional point of view, Organic food is fresher, as well as much more delectable... Try it! You will definitely taste the difference!

### **EATING ORGANIC? IF NOT, WHY NOT?**

Maybe you don't really know much organic food ..... If lack of knowledge is the excuse, then it is time to educate yourself. Not totally convinced about the benefits of organic food? Do some research!

This is not an irrelevant issue. It is a very important one, an issue that has a direct impact on your health. Not only your health but your family's well-being. The higher the toxins and the lower the nutrient level in the body, the higher the prevalence of illness!!

Or maybe you think that organic food is “too expensive” ..... Well, organic food is more expensive than conventional food - That's a fact.

But, it is really expensive in the big picture?

How about illness? Is being sick expensive? In New York and the US, being sick, visiting doctors, buying medication, spending money for medical procedures is very expensive. You are going to pay a high price either way.... Or you pay a little higher for your food now, or you pay a much higher price by being sick, not feeling well, and spending your money on trying to heal yourself later.



Besides, organic food is more expensive because it is better food. You always pay more for quality. Would you prefer to buy and live in a house in the middle of a dirty, deteriorated, crime-ridden area? Or would you buy real estate in a safe and clean place with good education, well-kept roads, and lots of greenery?

The issue is ... Do you really value your body and a state of health? Or do you take your health for granted? So, is buying organic food worth it??

# Hydrate Yourself

Water is chemically the simplest, yet most important nutrient in the body. We can survive without any other macronutrient or micronutrient, but not without water for long.

We are mostly water, making it indispensable. The human body can be up to 70% water, the blood around 85%, and the brain up to 90%. These facts should illuminate the necessity of Euhydration (adequate water flow in the body) or being fully hydrated.



## **FUNCTIONS**

Water has countless roles in the body and it is needed for every bodily function:

- Proper hydration protects the brain by allowing nutrients to flow thoroughly. In turn, brain cells fulfill their duties and mental sharpness takes place.

- Water is necessary for the transportation of nutrients and oxygen to all the cells of the body, as well as the utilization of water soluble vitamins.
- It aids in digestion which is essential for colon health and active bowel movement.
- Water is crucial for energy production, cell function and temperature control.
- It allows the kidneys to efficiently remove toxins, sparing unnecessary stress on the liver.
- Water is essential in releasing excess acidity, which takes place along with a toxic overload (high accumulation of toxins in the body). Consequently, it raises pH levels, making you healthier.

## **LOSE BODY FAT**

- Water allows to properly metabolize food and eliminate waste.
- It accelerates the metabolism.
- A properly hydrated body is more able to burn more fat since it can function properly and allow the removal of fat breakdown.
- It enables joint lubrication, as well as higher physical performance and endurance.





## **CONSEQUENCES OF DEHYDRATION**

Dehydration (loss of essential water and electrolytes in the body) has devastating effects on the body's functionality.

- Fluid loss of even 2% starts to impair temperature regulation and reduces aerobic performance.
- A higher level of dehydration impairs concentration, alertness, memory, visual motor skills, mood, muscular strength and aerobic capacity. It also interrupts pH balance, as well as thermoregulatory and cardiovascular responses, which increase body temperature, skin blood flow, and muscle cramps.
- Severe dehydration can be life-threatening. Heat illness can cause exhaustion, fatigue, temperature changes in the body, lightheadedness, nausea, stomach cramps, palpitations, hyperventilation, and vomiting.
- Exertional heat stroke can cause confusion, amnesia, sensory motor deficits, visual disturbances, disorientation, headaches, inability to walk, dizziness, seizures, delirium, coma, and even death.

## **HOW MUCH WATER SHOULD YOU DRINK?**

Hydration-needs change across individuals and are dependent on many factors (age, sex, climate, activity levels, sweat and excretion rate, diet, among others). Aim to drink 3 liters to 1 gallon of water per day. The recommended daily amount of fluids for children is 5 glasses for 5 to 8 year olds, 7 glasses (1.5 liters) for 9 to 12 year olds, and 8 to 10 glasses (over 2 liters) for 13+ year olds.

Rule of thumb: if your urine's color is darker than a light yellow, you are not drinking enough water. Additionally, if you feel thirsty, you are already dehydrated.

It is also important to keep hydrated by regularly consuming foods with high water content like organic fresh raw fruits and vegetables, being that they hydrate cells from the inside out.

For example, a cucumber can produce hydration levels twice that of water due to its 96% water content. On the other hand, most processed foods (high in sodium), sugar, alcohol and caffeine, speed up the dehydration process.

Therefore, the proper intake of water is essential.. Euhydration allows the body to perform at superlative levels and to maintain an ideal slightly alkaline state, pH balance, needed for optimal health.

## Conclusion

Being lean and healthy is not necessarily easy... yet, it is simple. It is a matter of priority. Aim to be conscious of the choices that you make day in and day out because they make up your state, physically, psychologically and spiritually. Giving nutritious foods to your body, exercising, coping with stress adequately, keeping your mind positive and your spirit glowing are essential for your overall health. By taking full responsibility of your health, you will be able to feel better, perform at higher levels, and have the aesthetics you desire, which in turn will materialize into a more successful existence at all levels.

*Thanks for Reading!!!*

*For more insights on health, fitness,  
nutrition, and mindset,*

*Stay Tuned!!!*

*[www.fitnall.com](http://www.fitnall.com)*

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