



Nutrition beyond the trend

Coming Clean

By Jaco Hansen - Fitness Trainer

EXERCISE, NUTRITION, DETOX and SUPPLEMENTATION, the 4 cornerstones in today's world if you would like to maintain a healthy lifestyle...

I have had the privilege of travelling around the world for the last 10 years, teaching, training and educating people regarding health and fitness. Concerns for most people are the complexity and trends in the health industry. What is in today is out tomorrow. So where do you start? What must you do and how do you do it?

JUST KEEP IT SIMPLE !

EXERCISE, NUTRITION, DETOX and SUPPLEMENTATION.

EXERCISE:

Exercise can be divided into two categories: Strength Training and Cardio Vascular (CV)

Cardio Vascular: This activity or exercise will increase your heart rate or make you sweat: walking, running, playing with the dog/kids, cycling, climbing, rowing, tennis, gardening, aerobic classes. Find an activity that you enjoy and can incorporate into your daily routine for example, taking the stairs instead of the elevator or finding the furthest parking spot at the shopping mall - Start getting creative!!!

Strength Training: This is an activity where your muscles get involved and have to bear some weight. Excellent activities are own bodyweight type of exercises e.g. push ups, dips, pull ups, crunches and if you prefer the gym then lifting some weights, (please refer to the Sept/Oct Living Well issue for exercise you can do in the comfort of you own home)

NUTRITION:

Many books have been written about nutrition and diets, and my personal experience when it comes to food is simply this:

When you start counting calories, weighing portion sizes and read every label before you put something in your mouth, then food has become an obsession and the chances are you will most likely not complete the diet

Simple rules to follow:

1. Eat 5 times a day
2. All food groups: (carbohydrates, protein and fats)
3. Try to eat your meals at the same time every day (this will send a message to the brain and the body that you are not starving and it will therefore not store food for you by means of fat)
4. Eat SLOWER, your brain needs 20 minutes to get the signal from your body that it is full.
5. Chew your food well.
6. Drink plenty of water.
7. Reward yourself, but you have to have SELF CONTROL. Have your dessert, chocolate, doughnut, have a bite or two, AND GIVE THE REST AWAY !!!

Eat what you want in smaller portions, avoid what YOU know is bad for you

I have achieved more results from clients around the world following these simple steps rather than any diets out there.

Carbohydrates: Provides "Fuel" energy to the body.

Examples: fruits, vegetables, grains, bread, pasta, potatoes.

Protein: Provides building blocks for all cells in the body.

Examples: meat, fish and dairy, nuts and seeds and of course our new AIM Propeas™ when it arrives.



Fats: Provide protection and new research has show that ESSENTIAL FATS (Omegas 3 and 6) are crucial for health, maintaining body weight and losing body fat.

Examples: nuts, flax seed, olives, avocados, olive oil.

DETOXIFICATION

This is the ultimate way of natural protection. To promote detoxification, you need to understand what, why, where and how this activity works.

What are Toxins?

Toxins are impurities that damage our bodies in different ways. We can absorb toxins (externally through the skin, mouth and nose). Our bodies also produce toxins when we exercise intensely (internally). We become 'toxic' when our bodies' cleansing mechanisms become clogged, sluggish and overloaded. Toxins are either fat-soluble or water-soluble. Water-soluble toxins are eliminated through excretion, fat-soluble are stored in and around the fat cells.

Sources of Toxins

External sources (exotoxins) can be found from: food, water, air, noise, chemicals, heavy metals, plants, organisms, radiation, electro magnetic fields, weather, medication, STRESS, etc. Endotoxins are produced within the body (e.g. intestinal bacteria may release specific metabolic by-products that when absorbed, have toxic effects negatively impacting overall health). Organs that can be affected by toxins are your skin, lungs, gastro intestinal tract, liver, colon and lymphatic system. Once these systems are effected whole body health is in danger.

The good news is that our bodies are actually designed to deal with toxins and has its own natural ways of eliminating them, and in fact without some toxins our immune systems would not actually have much to do and we would just get sick very easily. The bad news is that toxins are more abundant today than ever before and as technology advances we are paying the price of taking in more and more toxins directly into our bodies every single day!

The science

Our bodies have a natural PH level of around 7.3 or 7.4 on the pH scale. More specifically our blood is 7.36 "slightly alkaline," our mouths should be around 7 and our skin, hair and nails

are at 4.5 "slightly acidic."

Anything that is a toxin is very acidic! Even though our body is designed to deal with and eliminate acidity, it cannot possibly keep up with the number of toxins we place into the system EVERY DAY! As a result, the acidity formed in the body quite literally starts to strip all of our goodness and leaves us with a number of medical conditions from low energy all the way up to terminal illnesses like cancer.

Signs of Toxicity:

Obesity, low energy, diabetes, thyroid condition, kidney conditions and failure, dry skin, allergies, many forms of cancer, arthritis, osteoporosis, cellulite, poor digestion, aches and pains, backache, acne, bad breath, depression, tiredness, frequent mood swings, inability to loose weight, headaches, slow metabolism.

How can you cleanse your body?

Firstly, it's important to understand that your body has accumulated toxins over a period of time, sometimes years and therefore CANNOT be eliminated overnight. Start by changing bad habits that YOU know are bad for you. 9 out of 10 people that I consult with, know what they do wrong e.g smoking, excessive drinking, not enough sleep, medication, not exercising, stress, drinking sodas etc. You know your body better than anyone, start listening to it and act!

Drink plenty of water, eat lots of fresh fruits and vegetables, practice body brushing, have saunas, use steam rooms, have massages, rest, exercise and take good and wholefood supplements - AIM's Cleansing pack (Herbal Fiberblend, Para 90™, Herbal Release™, Florafood™) are products that can improve your health.

Final word:

You can no longer divide your health into categories like we did in the 80's and 90's. To maintain a healthy body and to maintain good health you need to make Exercise, Nutrition, Supplementation and Detoxification part of your DAILY routine and Lifestyle. Do a little bit, daily in each category and you will change you life for the better.

