

Core Wellness Institute
Therapeutic Lifestyle Change
ACTION GUIDE #4

Core Thoughts...

Even though you can rewire the thought patterns in your brain and make amazing changes in your life, the *ultimate* way to create a relaxed, healthy, and calm body is to be able to *stop your thoughts completely*.

Try this exercise: Sit in silence for just 5 minutes and just clear your mind. Close your eyes and simply be in observance of your breathing for 5 minutes. Do this now...

...You may have noticed that your thoughts are a bit difficult to quiet down. This is because your ego (the part of you that needs acceptance and importance, the part of you that has fear, doubt and worry), knows that if you start quieting the mind chatter then it will lose its grip on you and you will start to change.

Listen to the thoughts that keep coming in. Are they nurturing and positive or are they negative or fraught with worry and overwhelm. Are they concerned with what other people might think of you for doing this? Does it feel like you're going against some religious belief?

All of this is ego not wanting you to *just be* in the present moment. It will take practice if you've never done it or if it's been a while for you.

Schedule the time to do it daily and you'll be amazed at the calm you will carry with you well after it's over.

If you had trouble with this, make sure that your body is relaxed before you start using what's called progressive relaxation.

Start by bringing your attention to every part of your body and "letting it go", or letting it "be heavy". You are much more likely to succeed at a quiet mind when you start with a relaxed body.

Especially important for me is my jaw. It seems to be the first thing to tense back up. So when I just keep my focus on a relaxed jaw, I'm able to be more fully present "in the moment" without interrupting thoughts.

One more tip...although you are "letting go" and letting your body "be heavy", you still want to always keep the intention of growth and expansion. You can even imagine that you are actually becoming lighter and even envision yourself floating. This will make your time of relaxation/meditation even more powerful.

Core Movement...

Did you know that you can actually train your nervous system to be a fat burning machine instead of a sugar burning machine?

How?... It all comes down to stress.

No matter if it's physical stress, nutritional stress, toxicity, or mental/emotional stress, it makes you burn sugar instead of fat because it's firing up the fight or flight response (sympathetic nervous system). This is stress physiology and it's the physiology of breakdown, catabolism and unhealthy aging.

Under this response, the stress hormone cortisol steals precious amino acids from your muscles and sends them to your liver to be turned into sugar. And if you don't use that sugar to feed your muscles for fleeing or fighting, guess what? It gets converted into fat.

Then you feel *worse*, maybe even a bit depressed and stressed so you crave more carbs (which produce "feel good" neurotransmitters like beta endorphins in your bodymind for a short term fix) and it starts all over again!

So WHAT'S THE SOLUTION?

The FIRST step, in my experience, is to first start by building an aerobic base with the "180-age formula" (see "Exercise Update" addendum).

For some of you, this 180-age formula (there are slight modifications based on your current level of health) may feel too slow to be doing you any good. If that's the case you need this type of training even worse!

You see...if you go too hard with exercise (over the 180-age formula) you could actually be training the fight or flight sugar burning system and perpetuating the stress and sugar craving cycle.

A heart rate monitor is very helpful here for constant feedback. There are lots of models out there. Polar brand has a low-end model that does heart rate only but of course you can spend up to several hundred depending on your training needs.

I like the one that you can at least set your upper and lower limit heart rate and it will flash or beep when you're out of your zone. Running stores are great resources as well.

During this type of training it's the perfect time to flood your brain with repetitive affirmations of positive thought or listening to inspirational audio programs.

Meditation CD's also work well if you happen to be in a fitness club or YMCA environment because it blocks out the chatter, TV's, and music in the room.

It's this kind of time that is most restorative for me and I often find my creativity is best when I'm there. (I always either have a small notebook or my digital voice recorder on hand).

After you've built a base for 6 weeks or more, you can venture into some advanced techniques like "High Intensity Interval Training" (see addendum) **but in order to be successful with this type of training, you must have VERY solid biomechanics or else you will end up with an injury of some sort that will sabotage your efforts.**

Core Nutrition

What, exactly, is a “cleanse”, anyway?

You've probably have heard a lot about them on infomercials, in magazines, at health food stores, or maybe some friends or family have mentioned them.

Let me say, cleanses mean different things to different people. Some are for your colon, some for your liver, some for the kidneys, some for the gall bladder.

In my opinion, the most important one to approach **first** is the colon.

If you are not having a bowel movement after each substantial meal (2-3times/day), you are building up toxic levels of “junk” in your body. The most troublesome are the pathogens that don't get flushed out.

These are the bacteria, fungi, and even parasites that feed on the sludge and any excess sugar in your diet and produce toxic byproducts such as putrisine, spermine, and cadaverine.

These are molecules that are released into your bloodstream and block your ability to use serotonin effectively. And serotonin is your feel good neurotransmitter!

Basically, when these toxic byproducts are around, block all the doors where serotonin usually goes through without a problem!

The result? You don't feel very good because you've got toxic poop byproducts in your brain and nervous system!

This is just one example of how a toxic colon can cause a problem!

As the bad bugs crowd out the good bugs your immune system is also severely compromised.

Why? Because your good bugs make natural anti-biotics for you! And they feed on fiber, especially the *soluble* kind found in flaxseed, chia seed, psyllium husks, and fruits and vegetables, to name a few.

So the short course on gut cleansing is increasing fiber and water for starters. Start slow and build up with the fiber so you don't cause too much gas and cramping.

I also like to use magnesium citrate at bedtime if you need a jump-start. It draws water into the stool for more bulk and easier elimination.

I also like to use some anti microbial, anti-fungal herbs (Candibactin AR and Candibactin BR from Metagenics) for the first couple of weeks to kill off any unfriendly freeloaders in the gut.

After that, we add back in the friendly flora (good bugs) for a full month.

And to get the best results, be sure to follow an elimination diet free of wheat, dairy, caffeine, alcohol, and conventionally raised animal products.

That's a basic colon cleanse and is the best place to start. Just by doing this you should improve the clarity of your thinking, your energy should improve (after a potential period of feeling slightly worse at first), and most people experience some weight loss as a nice side benefit!

Next time I'll talk about your liver and why it is important to give it the nutrients it needs to get rid of all the toxins in our environment and to help you detoxify your own hormones so you can stay in balance!!

Have a great week and KEEP MOVING!!

Dr. Hoffman

Take Action!

Mindset:

Step: Get comfortably seated and start progressively "letting go" of any tension in your body. Start at your feet and work all the way up to your scalp and especially your jaw. Just enjoy the feeling of consciously becoming aware of, then letting go of tension.

Stride: Once body tension is relieved, simply pay attention to the sound of your breath for 5 minutes, 2 times a day. Best 30 minutes before or hour and a half after meals but ANY time is the right time to quiet your mind.

Leap: Expand your time to 30 minutes twice daily. There are many different forms of meditation. Ram Dass's "Journey To Awakening" is an excellent guide.

Movement:

Step: Start with 15 to 20 minutes of daily aerobic activity with the "180-Age Formula" (see addendum).

Stride: Increase time to 30 minutes to an hour or more at this same pace.

Leap: Add "High Intensity Interval Training" if you can maintain good form even at the highest intensity.

Nutrition:

Step: Start by increasing fiber and water! Your body weight/2 will give you a good starting point for water intake. Adopting a plant based diet will automatically increase your fiber content. More green leafy veggies, fruits (especially apples and berries) beans, lentils, flaxseed, and chia seed will get you on your way.

Stride: Add some probiotics to your gut system! These are the “good bugs” that make vitamins and anti-biotics for you! I trust Ultra Flora Plus from Metagenics but there are a lot of good products out there. Just make sure you check into them before you buy.

Leap: Do a “Kill Off” of some bacteria, viruses, fungi, and parasites with herbal anti-pathogenic herbs like oregano, thyme, berberine, and others. I use Candibactin AR and Candibactin BR from Metagenics. Then heavily repopulate with the good bugs afterward.

NOTE: Always make sure your bowels are moving. If you find yourself constipated after starting these herbals...then peel back to more water, fiber, and maybe even some extra magnesium citrate to get bowels moving.

Fat Burning Exercise Training Addendum:

Exercise for Maximum Energy and Maximum Fat Burning Without Burning Yourself Out.

There is a lot of competing research out there between *aerobic training* and *high intensity interval training (HIIT)* and here I’ll explain to you my recommendations based on my own experience and the experience of the hundreds of people I’ve helped enjoy a leaner body composition.

I used to be *all* about aerobic training and dissuaded any type of quick burst activity for the exercise novice because your body *does* perceive higher heart rate activity as a “stress” and it does cause you to burn more sugar while you’re exercising.

I STILL believe that’s it’s *vital* to build this “aerobic base” using the 180-age formula below, *especially* if you’re just starting out because it trains your nervous system for endurance and efficiency.

1. Subtract your age from 180 (180-age)

2. Modify this number by selecting one of the following categories:

a. If you have, or are recovering from a major illness (heart disease, any operation, any hospital stay, etc.) or if you are on any regular medication,

.....subtract 10

b. If you have not exercised before, or if you have been exercising but have been injured or are regressing in your training or competition, or if you often get colds or flu, or have allergies,

.....subtract 5

c. If you have been exercising for up to two years without any real problems, and if you have not had colds or flu more than once or twice per year,
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.....subtract 0

d. If you have been exercising for more than two years without any problems, while making progress in competition, without injury
.....add 5

For example, if you are 30 years old and fit into Category b: $180 - 30 = 150 - 5 = 145$ beats per minute. This is your maximum aerobic heart rate.

You should spend about 8 weeks moving your body in the aerobic range with focus on functional centered breathing and the “push away” intention. This will train your aerobic or “slow twitch” muscle fibers to create more energy producing mitochondria (your cellular energy factories) and to crank out more fat burning enzymes.

The great thing about this is that the more you train your aerobic muscles, the more mitochondria you make! And that means more energy, more fat burning, better circulation, and better elimination of toxins from your fat tissue. (toxins are stored in fat tissue).

You can actually *double* the amount of enzymes produced and *triple* the amount of mitochondria manufactured for a 600% increase in cellular energy production just by getting regular aerobic exercise.

Additionally, these small aerobic muscle fibers are responsible for maintaining good circulation.

But if you want the benefits of increasing muscle mass and expanding your lung volume and increasing your heart’s buffer against unexpected stress then it’s time to step up to HIIT...

After reviewing several in depth research reports about high intensity interval training (HIIT). I’m convinced that it is a necessary piece of creating a higher level of health and vitality.

Below is an article that sums up the process and the science behind it with a sample workout included.

It’s important to understand that you MUST have *excellent* form (biomechanics) when you “go hard”. If not you will end up hurting yourself and delaying your progress or worse yet halt it all together!

If you go into a high intensity interval training routine with joint blockages, muscle imbalances, and poor awareness of your deep stability system, you will end up with an overload injury somewhere.

It may not surface immediately, but if you are not properly channeling or steering the immense force and energy you’re creating through increased muscular effort, it’s not a matter of *if* you’ll get injured, but *when*.

That’s why we teach the Myobalance Method™ . Because it’s vital that you understand how to properly “steer” the force of gravity through your body so you may use it for power and spring instead of allowing it to break you down.

Where’s the most common place for your power to “leak out”? YOUR CORE!

And if your power goes spilling out because of a weak core, something ALWAYS gets overloaded. Usually it's your low back, hips, and knees.

Your core serves as a “conduit” for force transmission. And if the force from the ground cannot be properly transferred to your upper body, then it goes spewing out and something gets overloaded.

So the lesson is to be *centered and stable with focused functional breathing* at all times.

High Intensity Interval Training - *I came across the following explanation of HIIT and thought it was well described. Enjoy.*

Take Your Fitness and Fat Loss to the Next Level -- By Dean Anderson, Fitness & Behavior Expert

If I told you that there was a way to burn more calories, lose more fat, and improve your cardiovascular fitness level while spending *less* time doing cardio, you'd probably reach for your phone to report me to the consumer fraud hotline, right?

Well, this is one of those rare times when your natural it's-too-good-to-be-true reaction could be mistaken. If you want to take your fitness and fat loss to the next level—without spending more time in the gym—then high intensity interval training (also known as HIIT) could be exactly what you're looking for.

Before getting into the details, notice that I didn't say HIIT would be *easier*, just that it would take less of your time. In fact, the HIIT approach to cardio exercise is very physically demanding and isn't for everyone. If you have any cardiovascular problems or other health concerns that limit your ability to exercise at very intense levels, or if you are relatively new to aerobic exercise or not already in good shape, HIIT is not for you—at least for now. If you have any doubts or concerns about whether it might be safe for you, check in with your medical professional before trying HIIT.

What It Is and How It Works

HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide:

HIIT trains and conditions both your *anaerobic* and *aerobic* energy systems. You train your anaerobic system with brief, all-out efforts, like when you have to push to make it up a hill, sprint the last few hundred yards of a distance race, or run and hide from your spouse after saying the wrong thing.

HIIT increases the amount of calories you burn during your exercise session and afterward because it increases the length of time it takes your body to recover from each exercise session.

HIIT causes metabolic adaptations that enable you to use more fat as fuel under a variety of conditions. This will improve your athletic endurance as well as your fat-burning potential. HIIT appears to limit muscle loss that can occur with weight loss, in comparison to traditional steady-state cardio exercise of longer duration.

To get the benefits HIIT, you need to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals.

The key element of HIIT that makes it different from other forms of interval training is that the high intensity intervals involve *maximum* effort, not simply a higher heart rate. There are many different approaches to HIIT, each involving different numbers of high and low intensity intervals, different levels of intensity during the low intensity intervals, different lengths of time for each interval, and different numbers of training sessions per week. If you want to use HIIT to improve performance for a particular sport or activity, you'll need to tailor your training program to the specific needs and demands of your activity.

General HIIT Guidelines

HIIT is designed for people whose primary concerns are boosting overall cardiovascular fitness, endurance, and fat loss, without losing the muscle mass they already have.

Before starting any HIIT program, you should be able to exercise for at least 20-30 minutes at 70-85% (*180-age formula*) of your estimated maximum heart rate, without exhausting yourself or having problems.

Because HIIT is physically demanding, it's important to gradually build up your training program so that you don't overdo it. (The sample training schedule below will safely introduce you to HIIT over a period of eight weeks.)

Always warm up and cool down for at least five minutes before and after each HIIT session.

Work as hard as you can during the high intensity intervals, until you feel the burning sensation in your muscles indicating that you have entered your anaerobic zone. Elite athletes can usually sustain maximum intensity exercise for three to five minutes before they have to slow down and recover, so don't expect to work longer than that.

Full recovery takes about four minutes for everyone, but you can shorten the recovery intervals if your high intensity intervals are also shorter and don't completely exhaust your anaerobic energy system.

If you experience any chest pain or breathing difficulties during your HIIT workout, cool down immediately. (Don't just stop or else blood can pool in your extremities and lightheadedness or faintness can occur.)

If your heart rate does not drop back down to about (*180-age formula*) 70% of your max during recovery intervals, you may need to shorten your work intervals and/or lengthen your recovery intervals.

HIIT (including the sample program below) is not for beginner exercisers or people with cardiovascular problems or risk factors. If you have cardiovascular problems or risk factors should NOT attempt HIIT unless your doctor has specifically cleared you for this kind of exercise.

A Sample Progressive HIIT Program

Please adhere to the general HIIT guidelines above for this program. To maximize fat loss, use the 180-age formula to maintain an intensity level for your warm up, cool down and recovery intervals.

Week	Warm up	Work Interval (Max Intensity)	Recovery Interval (60-70% MHR)	Repeat	Cool down	Total Workout Time
1	5 min.	1 min.	4 min.	2 times	5 min.	20 min.
2	5 min.	1 min.	4 min.	3 times	5 min.	25 min.
3	5 min.	1 min.	4 min.	4 times	5 min.	30 min.
4	5 min.	1.5 min.	4 min.	2 times	5 min.	21 min.
5	5 min.	1.5 min.	4 min.	3 times	5 min.	26.5 min.
6	5 min.	1.5 min.	4 min.	4 times	5 min.	32 min.
7	5 min.	2 min.	5 min.	3 times	5 min.	31 min.
8	5 min.	2 min.	5 min.	4 times	5 min.	38 min.

After completing this eight-week program, you can continue working to increase the number of work intervals per session, the duration of work intervals, or both.

You can adjust this training plan to accommodate your particular needs and goals. If you find that this schedule is either too difficult or too easy for your current fitness level, you can make adjustments to the duration and/or number of high intensity intervals as necessary. For example, if you want to train yourself for very short, frequent bursts of maximum intensity activity, your program could involve sprinting for 20 seconds and jogging/walking for 60 seconds, and repeating that 15-20 times per session.

You don't need to swap all of your aerobic exercise for HIIT to gain the benefits. A good balance, for example, might be two sessions of HIIT per week, along with 1-2 sessions of steady-state aerobic exercise. As usual, moderation is the key to long-term success, so challenge yourself—but don't drive yourself into the ground. Get ready to see major changes in your body and your fitness level! *Article created on: 8/9/2006*

END OF HIIT ARTICLE

I would alternate days of 30-60 minutes of cardio at heart rate of 180- age-5 with starting some form of high intensity training as well.

Dr. Al Sears has an e-book called the P.A.C.E. Book that has intrigued me and got me rethinking my exercise prescription for fat burning so take a look and see what you think.

NOTE: His tone is strongly against ANY endurance training which I don't agree with completely.

Most people DO overstress themselves with too high of a heart rate for too long of a time, hence the 180-age formula (reference previous).

BUT the high intensity thing is crucial. You MUST be able to go hard and fast for a short time and be able to recover quickly. (fight the sabertooth, run from the bear).

But you also must be able to travel long distances (migration to the mammoth hunting grounds) and not wear out due to poor endurance. (The antelope with the least endurance winds up as lunch.)

So my take is that you need BOTH! Dr. Sears has a good program, it seems. You can pick an activity and start slow and work your way up to an explosive 30-60 seconds with a complete recovery in between before doing a few more sets with increasing intensity. I use swimming at the y for my high intensity stuff. Less impact.

The high intensity training has been proven in peer review literature to be able to burn up to 9 times as much fat per calorie burned during exercise. It just burns it AFTER your done working out.

So there you have it...once again BALANCE prevails.

Think good thoughts, eat good food, and keep moving!

Dr. Hoffman

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