

I. OPTIMIZED FITNESS ASSESSMENT

1. Gastrointestinal assessment

Let's get right to where it is all happening "the guts." So here we go! Gastroenterology is the specialist study of intestinal function. To illustrate this function, a comparison with how a car engine works may be helpful. Have you ever been in a car garage? Ever worked on an engine? Now, have you ever changed the oil on the car?

A. Comparative analysis of intestines to car Engines: Your stomach will not achieve homeostatic 'delight' unless you change and constantly oil the machinery. It's no different when a mechanical engine is working. The better the oil, the cleaner the engine; the more optimal the function. Therefore, we must first learn to drain the guts, then re-oil it all in a beneficial manner.

B. Draining the Guts

You must get to a point where you feel every bit of what you consume from the entry point in your mouth into the small intestines. This will be different for each individual as far as how long it takes. For me, it took 45 days on hot single meals of re-fried beans, until I could feel it go down and empty from my stomach into the small intestine. Depending upon how "clogged up" one's system is, this will take various approaches.

C. Starting over and reoiling

There are many oils that one may consider using such as:

- a. Flaxseed Oil;
- b. Olive Oil;
- c. Fish Oil;
- d. Evening Primrose Oil.

These will oil your intestines to start over and also to keep the system functioning. It is up to the individual to become an expert in this field and I will offer some insight on the subject. First, one has to understand shipping methods of supplements; therefore, research will have to be done into the company from which you intend to purchase supplements from. Clear bottles will easily become rancid in shipping, so it will behoove an individual to learn about 3rd party certification. This is the informal field whereby the layman evaluates natural products and gives positive reviews on brand names and justification for such reasoning as well.

Rancidity makes the oil subject to intestinal permeation, thus the imperative that supplements should be shipped in cooler or refrigerated trailers. The FDA allows $\frac{1}{2}$ gram of Trans Mutated Fat (trans fats) to be incorporated into oils without requiring that amount to be listed...that's all it takes for intestinal permeation to occur. Therefore, you must contact the company supplying the oils to verify if it contains that $\frac{1}{2}$ gram of trans fat. All this, matters greatly because protein assimilation is what we are after. The optimization of the internal engine is what we start with.

The concepts that I have addressed above must be basically understood before we go into the primary concept I would like to illustrate; therefore, what is ingested must be able to enter a proper assimilative tract before we get to protein-synthesis.

D. Metabolic rate and the thyroid as it relates to protein synthesis

All the books and other publications that I have consumed over the last 20 years agree that we can assimilate an approximate ratio of 50 grams of protein 3 or 4 times per day; but, once again, all of our bodies are different so when we optimize and understand metabolism, we can then empower ourselves to optimize personal assimilation ratios of protein.

All of our body functions are predicated on triiodothyronine or T3's. Each cellular function from glucose conversion, from cardiac rate, from kidney function, from cognition. All of this is predicated on T3s. Proper T3 levels are subjective and will vary from one person to another.

Most people are deficient in the thyroid and yet most tests will not show this (TSH Free T₃; anti-bodies, all of it.) Hair analysis will be able to do so.

The basic principle is that if you control your own personal metabolic rate via the thyroid, you can control how you assimilate protein as well and this my friends is where one gets on what is called "Beast-Mode."

A company called Life Extension offers individualized testing allowing you to monitor your own metabolic ratios and then analyze for yourself whether your body's metabolism is acting properly.

There are countless books on this subject, the thyroid, so read all that you can get your hands on, for each book offers a different insight. I will present two issues. One is Halides and the other Goitrogens.

II. EXTREME ASSIMILATION

This subject is diverse and complicated and no single text will cover what you need to know. You will then need to learn this subject to the extent that you can regulate what matters without assistance from anyone on earth and learn to "heal thyself."

Should you choose a single text to get started on this subject I would recommend starting with Dr. Leslie DeGroot's "The Thyroid and its Disease." (2nd Ed.)

Understand that this text is written by specialists; therefore, bear in mind that a lot of medical acronyms are used inside this text however, those are decoded in the front portion of the text. Perusing through this text you will find the veracity of the depth of the thyroid gland controls, even down to neurological functionality of the "wrists."

The point of this text is to grant one insight and provide a better capacity for one to understand his or her own metabolism. My hypothesis rests on the fact that if one should increase their metabolic rate via the thyroid, then one would be able to increase protein assimilation as well. That will indeed place one on the proverbial "Beast Mode."

Now on to the two issues that will need to be addressed:

1. Halides

Halides in your body will compete for attention and interfere with absorption: fluoride, fluorine, chlorine, chloride, astatine and bromide all interfere with "iodine" assimilation into the thyroidal receptors. The only note I will add is, that bromide seems to be concentrated in processed wheat, pasta and bread, as well as in Mountain Dew and vegetable oil.

One needs to understand as well that when these halides are all assimilated at once, then iodine will be left out. You need iodine to induce thyroid activity; hence, for metabolism. I believe that fluoride, chloride and chlorine will attach themselves to the thyroid and create nodules. As you are exposed to more of these halides, solidified nodules on the thyroid will form and become what is called a goiter. Therapeutic levels of iodine will remove those nodules.

2. Goitrogenic foods

Soy, mustard, tomatoes, cassava, cabbage, peanuts, carrots are all called goitrogens. They will cause goiters because they cause hypo-thyroidism. Yes folks, when you were at the ball game eating those gloriously palatable hot dogs, hamburgers, etc., you were also shutting down your metabolism.

FYI, these are just a few examples to illustrate a point and grant and grant 'epiphany,' insight and introspection, into understanding the role of nutrition to achieve your physical fitness goals.

It makes good sense to read several times the information that you deem most relevant in order to ensure that it is permanently etched into memory.

III. EXTREME FITNESS THROUGH ENHANCED METABOLISM

Most people will be able to tell deficient thyroid levels by simply elevating one's temperature. This modicum of evaluation is advocated by Dr. Broda Barnes, one of the pioneers in this field. He emphasized basal body temperatures. Once again using the car engine analogy which shows how your

car engine is firing, temperature that is 95 to 97.4 is below 'firing capacity.' It is as simple as that.

1. What to do to increase thyroid capacity and metabolism

As stated, most of us are indeed deficient in thyroid capacity through what is coined as sub-clinical; meaning that no M.D. will diagnose you as being hypothyroid. So, it will behoove you to study and learn this on your own accord, because your thyroid will naturally decline during the aging process.

Synthroid or Levothyroxine which is usually recommended is a T4 preparation; however, it is a synthetic preparation. When you ingest it, your body will then need to still convert it to a biologically active format, the Tri-iodothyronine, so basically an already deficient thyroid will have to work even harder with synthetic thyroid preparations.

A protocol of 25 to 50 mcg of bio-identical hormone replacement is recommended instead. Levels would need to be monitored bi-monthly with CBC blood tests in case changes are required. An additional dosage of 5 mg of hydrocortisone may also be prescribed.

Common sense would indicate that using natural preparations will allow one's body an easier assimilation process to an already stressed and worn-down metabolism. Natural preparations also will provide T4, T3, T2, T1 and selenium as well from an already natural format.

Many alternate texts will also show one how to regulate the thyroid by diet supplementation with non-regulated substances. Life Extension has a formula specifically geared towards inducing thyroid activity via herbs and adrenal glandular preparations as well.

This is once again simply granting insight and introspection, for the path to light is individualistic and takes very in-depth research that cannot be found from the study of a single text.

2. Gastrointestinal Filtration

The body has a filtration system in place for blood called the kidneys, right? Well, the liver filters the gastrointestinal system along with storage as well, so it is once again common sense to regularly 'filter out' the filter.

Milk Thistle promulgates induction of glutathione which should be used in cycles. It will also be beneficial to use selenium, along with niacin as well. This is a total flushing mechanism, filtering the filter and thus cleaning out the filter that cannot easily be replaced.

IV. EXTREME FITNESS AND METABOLIC ASSIMILATION

1. Maximized Stimulation

All elements of what are called 'vasodilators' will open up your blood flow inducing oxygen intake and fluctuations. The only down side is that, like in the case of a hemophiliac, blood clotting may become a difficulty. Past that, these natural substances are great for workout enhancement such as Fish Oil, Q10, PQQ etc.

What one will need to get are the following books: "Encyclopedia for Vitamins and Minerals" and also "Essential Guide for Vitamins and Minerals." These two books will provide insight to contra-indications and maximum safe amounts that can be used to stimulate capacity. RDA literally means recommended and it is a minimalistic dosage. Study and get introspection.

2. Maximized Sleep and Recovery

An all-natural substance that a lot of people use today is Melatonin for sleep; yet, you can combine this with heavy work outs and large protein meals near bed time. (30% of all consumed throughout the day is used for sleep and recovery, so large protein meal at night is ideal for heavy lifters.)

Iodine attaches to protein called Albumin then travels to the thyroid for assimilation so eating heavy salted protein meal is also ideal. Most people eat the wrong kind of salt and have compromised gastrointestinal linings due to the salt travelling to other places in the body which is what has given salt its bad reputation.

Doing heavy weights and minimalistic sets, then eating thereafter, will maximize sleep and recovery for sure. Melatonin may not work for everyone. So, this again will have to be researched for what works best with each individual. Also, note that consuming large casein (slow digesting protein

shake) at night will ensure slow and long-lasting protein in the system for when one sleeps (note also large protein meal will not make adverse weight gain, this is only when consuming excess carbohydrates at night with no form of exercise coupled with such endeavor.)

Taking several multi-vitamins or simply taking additional Iodine at mealtime will also ensure maximized sleep and recovery since it will assist with metabolism.

3. Protein Powder

The top geared protein powder advertised is Nitro-Tech and I have tried it and used it in the early nineties. Being almost complete with the PHD in Health Science, I could no longer use a product like that with so many additives and the only protein powder I have seen advertised recently which contains no additives is "Carnivore."

The reasoning behind not using any protein powder with sugar is that sugar can have a propensity to compromise the digestive tract; therefore, whatever grams of protein may be contained inside such a product, is lost to chance and will enter other areas of the body.

Any additives can induce 'excitotoxicity' factors and can permeate and alter the endocrine system causing permanent damage. This is how most people become deficient which is through the "over acceleration" caused by additives. What I am proposing here instead, is the usage of natural substances to increase metabolism to a state of heightened protein synthesis.

V. EXTREME FITNESS AND METABOLISM RATIOS

1. Free Radicals

Any sort of cellular activity, especially the form of intentional breakdown, will quite indeed cause one's body to have 'free radicals,' which is the same component that causes what is mistaken as 'cancer.'

Cellular waste is cleansed through the lymphatic system, when not bombarded with halides in one's water supply nor using hygienic products containing

sodium chloride. Just like the kidneys filter the blood, the lymphatic system cleans the cellular mitosis progenesis.

Antioxidants are what assist the lymphatic system in attacking and disposing of these cellular waste products. What little we have stored in our liver is lost when we exercise; therefore, we must immediately replenish those antioxidants upon working out. This is also why it is so critical that this process is not conducted via a compromised gastrointestinal system.

2. Understanding supplements

What one needs to understand first and foremost is that any pill has to be combined with some form of chemical to hold it together therefore, a lot of manufacturers use oat or wheat manufactured waste as an inexpensive glue.

Most all staple wheat will cause at least what is called "delayed on-set" allergies. Therefore, upon ingestion of one single pill with GMO wheat or even purportedly natural wheat, we will and can be compromising the systemic function of the gastrointestinal system. That in turn may cause allergic reactions such as migraine, diarrhea, gas or bloating. Have you ever had an upset stomach for what you thought was an upset stomach for no reason? Maybe now you have that reason!

This is also something that can be researched via 3rd party verification, where we act as the "supplement police" by exposing companies that list contents that are absent or use chemicals that are banned or harmful. (I know of one multi-vitamin that is bound with BHT preservative which is a chemical poison.)

VI. CONCLUSION

At my own peak, I was 28 years old and 235 lbs. with arms of 18 inches. I used single day muscle training of shoulders and traps; back; chest; biceps and hamstrings; triceps; then legs; and one day cardio workout. Being that weight, took 2 hours per day and eating on extremes, however, I was in extremely good shape then. Today at 41, I need nowhere near that amount of time in order to keep those muscles toned.

All of life is a journey and we all undertake different paths in life. It is up to us to research what we decide to spend time doing in order to become proficient in what we engage in and apply our time doing.

Knowledge is power.... power of the light. We all naturally gravitate towards the light, yet each individual path is unique and may have derived from the pain and hurt from being in the dark.

Introspection is our gift... this is a root derivative of 'insight,' or spiritual epiphanies. This is gained through internal purity for it is said: "The kingdom of God is inside of you; be it known that the body is thine temple.... only in purity shall I enter such."

Research history and one will see detailed purity rituals and meditation. The Sadducees, the Pharisees.... meditation and introspection; pure and unadulterated acquiescence.

All of life is about perspective...anger and animosity should not be consuming; if one can use that energy for positive fluctuations, then the perception of that negative energy is therein altered...why you may ask? Due to one's altered perspective. In grace, light, purity, spirit and equanimity...may all find the path of the light and seek he first the 'kingdom' for it is inside each and every one of us. Unlocking it....is sincerely the key!

BPE/2878w-13p

Edit: M-B