

### Immune System Boosters

Sure, it's not cold and flu season but there are strategies to boost, or better yet train your immune system to be bulletproof. The most important thing to remember is it's not about vitamins, herbs, and over the counter boosters, but avoiding foods that hamper your immune system, (sugar, grains, dairy), and ingesting good ones that nourish the body. Also, keeping stress at bay, regular exercise, and quality sleep are essential.

**1) Coconut Oil:** fights off infection, beats up bad bacteria and viruses, anti-inflammatory, builds strong gut flora.

**2) Kombucha:** a potent probiotic propagating good gut flora, all the rage currently and overpriced. Try making your own.

**3) Bone Broth:** Its high levels of naturally occurring minerals, collagen, and amino acids bolster the body's defenses, helps immune cells migrate easier, and calms inflammation.

**4) Garlic:** has a high concentration of allicin that boosts lymphocyte activity, increases T-cells, dampens harmful inflammation.

**5) Berries:** Dark colors like reds and purples indicate high levels of antioxidants, anthocyanins, and resveratrol which are important components in maintaining cellular functioning.

**6) Spinach and other Leaves:** Tons of antioxidants, and vitamin K, packed with enzymes, minerals, and vitamins that beat up those free radicals and infectious invaders.

### KETOSIS, what's the deal?

In the last Healthblast I discussed Intermittent Fasting and briefly mentioned Ketosis which brought in a lot of questions to the Gym. If you remember, a state Ketosis is pulling Fat from storage and using it as energy. More accurately, when your body is low on blood glucose the Liver manufactures Ketone Bodies and dumps them into your bloodstream for another energy source.

I.F. and Ketosis go hand-in-hand yet the most important component to Ketosis is limiting Carbohydrates, usually to under 50 grams per day, which is not much. Diehard Keto folks typically employ a Ketogenic Diet ingesting 80-90% of their daily intake from (good sources) of Fat as well. To me, that is high and the smart people I follow keep theirs in the 60-80% range and also stagger this regiment not staying on it fulltime.

The benefits of Ketosis are not raising Insulin, ketone bodies can cross the blood-brain barrier giving your noodle steady energy, and beating down inflammation. **But** the real benefit seems to be starving Cancer Cells of their preferred glucose source of fuel enabling cell death, Apoptosis/Autophagy. Exciting research going on proving Cancer is a metabolic disease whose cells thrive on the fermentation of sugar and not is a genetically inherited disease. Great sources on the topic:

**READ:** **Tripping over the Truth** by Travis Kristofferson  
**The Metabolic Approach to Cancer** by Winters & Kelley  
**The Ketogenic Bible** by Jason Wilson  
**And:** [HERE](#) and [HERE](#)

### LISTEN: Podcasts

Peter Attia: [www.peterattiamd.com](http://www.peterattiamd.com)

Dom D-Agostino: [www.ketonutrition.org](http://www.ketonutrition.org)

Rhonda Patrick: [www.foundmyfitness.com](http://www.foundmyfitness.com)

## WALKING WITH INTENTION

Written by Melanie Crawford



START

Have you ever thought about how numerous the benefits of good old fashioned walking are? Paul T. Williams, PhD., a staff scientist at the Lawrence Berkeley National Laboratory, in Berkeley, California, goes so far as to call walking “a wonder drug, except that you don’t need a prescription and you don’t have to pay for it.”

Here is a list of well documented benefits that you can experience - and all you have to do is....WALK.

1. Your mood will improve. You will be burning calories and building muscle while you are boosting your mood!
2. Your creative juices will start flowing. Research shows that going for a walk can spark creativity.
3. You may notice that your pants begin to fit more loosely around your midsection. Regular walking can improve your body’s response to insulin which can help burn belly fat.
4. You’ll slash your risk of developing chronic disease.
5. You’ll keep your legs looking great.
6. You’ll start to get more regular. A regular walking routine can greatly improve gastric motility.
7. Your other goals will start to seem more reachable. Regular walking establishes a regular routine. When you have a regular routine, you are more likely to continue with activity and take on new healthy behaviors.
8. You’ll reduce your blood pressure and slash your risk of heart disease.
9. You’ll reduce stress and anxiety.
10. You’ll strengthen your memory.

You can customize your walks to better suit your particular goals. For instance, you could put more emphasis on cardiovascular strength, or weight loss. These walking strategies may be more obvious, but have you ever considered taking a chill-out walk?

If you need to relax but can’t sit still, this meditative walk is for you. This routine is from Andy Puddicombe, who created the best-selling Headspace meditation app is best done in a park or on a quiet street. Don’t bring music or your phone. If your only option is a noisy area, simply take note of the jackhammers or screeching traffic rather than trying to block them out. “Struggling against thoughts is what causes stress” says Puddicombe. The steps here can be repeated for as long a walk as you want. At a minimum, aim for a mile at a comfortable clip.

1. Start walking at a leisurely pace. Notice the trees, the signs, and the people around you. Being aware of your environment helps to keep your mind in the here and now. Continue for 30 seconds.
2. Now take 30 seconds to focus on how your body feels. Heavy or light? Stiff or relaxed? Just observe: don’t attempt to change or criticize.
3. Take another 30 seconds to become aware of what you hear and smell.
4. Notice any physical sensations, such as the wind on your back or the weight of your arms swinging as you go. Continue for 30 seconds.
5. For the next 30 seconds, bring your awareness to the rhythm of your walking and the feeling of your feet hitting the ground.
6. By now you may be wondering if you’re doing it right. Relax - the only way to do this wrong is not to do it at all. Meditation isn’t about stopping thoughts or trying to judge or control them. It’s about observing them as they pile up. When your mind wanders (and most everybody’s does), gently bring it back to the sensation of your feet touching the ground.
7. Return to step 1.

Give it a try! It could very well become the best part of your day.

### References:

Article by Courtney Rubin  
Article by Meghan Rabbitt



# 2018 EWG DIRTY DOZEN LIST

Key findings



non-organic produce samples tested positive for pesticides



non-organic strawberries, spinach, peaches, nectarines, cherries, and apples tested positive for at least 1 pesticide

## 2018 DIRTY DOZEN



strawberries



spinach



nectarines



apples



grapes



peaches



cherries



pears



tomatoes



celery



potatoes



sweet bell peppers

## 2018 CLEAN 15



sweet corn\*



avocados



pineapples



cabbage



onions



frozen sweet peas



papayas\*



asparagus



mangoes



eggplant



honeydew



kiwi



cantaloupe



cauliflower



grapefruit

### Should I buy ORGANIC? What does that even mean?

*-Angela Stallings*

USDA labeled organic produce is grown in soil free of most synthetic fertilizers and pesticides used in regular farming. Organic produce is NON-GMO. 'Organic producers rely on natural substances and physical, mechanical, or biologically based farming methods to the fullest extent possible. As for organic meat, regulations require that animals are raised in living conditions accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones.'

**PAY THE FARMER NOW OR THE DOCTOR LATER.** Don't compromise your food. You are what your food eats (and that starts with the soil)!

Find out where your food comes from Next time you visit the farmer's market ask your producer about their farming practices- you may be surprised what you hear!

Do a little research and find out what herbicides and insecticides are being sprayed on most crops (RoundUp, BT). How do these really affect our bodies?

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Bill Leavitt 816-916-7557

Ryan Bell 785-317-3688

Angela Stallings 417-294-4982

Liz Trussell 913-424-6043

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