



Fitness ~ Wellness

15445 METCALF OVERLAND PARK

Healthblast 1.5.19

Health Tips, Happenings & Recipes

2019

IS THIS YOUR YEAR TO
GET THE BODY YOU
WANT?

QUICK NEW YEAR STRATEGIES YOU CAN REMEMBER

EATING

- Plan meals, shop, and eat out less.
- Six foods: meat, vegetables, fruit, eggs, nuts & seeds, healthy oils (avocado, olive, coconut)
- No Grains, No Dairy, No Sugar
- See Adi Shamir to get shopping, cooking, and nutritional advice.

CONSISTENT EXERCISE

- Working out is one thing...Working out Effectively is quite another. Get on an effective plan of action by hiring one of our Personal Trainers.
- Try a different modality. We offer Group Classes, Boxing, Pilates
- Set Goals **and** a deadline to achieve them
- Don't cancel appointments, reschedule them if you must. Stay committed ~ Stay Consistent
- Do something every day even if it's a 20 minute walk.

YOUR INTERNAL CHEMISTRY

- See Kirk Johnson D.C. and Heather McCoy RN to run blood, gut, and organ profiles to see how effective your body is functioning.

GET IT FIXED

- A lurking injury, tweak in your knee or muscle that just won't loosen up? Check out our Physical Therapy Clinic, Muscle Activation Techniques, or some Chiropractic, and get Andrew, Ryan, and Kirk to open their toolboxes.

DE-STRESS

- Massage: get on Heather McCoy's schedule
- Meditate & Read
- Live in Gratitude

Staff Directory Listed Below

PUT IT ALL TOGETHER...IT'S A LIFESTYLE

- Get quality sleep: less tv, to bed early, up early
- Think less about food and more about moving
- Get off of your phone, the couch, and social media
- Plan your meals ahead of time
- Try for free-range, organic, pastured, and wild foods. More nutrients.
- Put my re-boot strategies into practice. Intermittent Fasting, Time Restricted Eating, Autophagy, Ketosis.

*Previous Healthblasts can be found in the Fitness Alliance website: www.fitnessallianceop.com

Reboot the Body Part III: Autophagy (aw-toff-a-gee)

The human body is composed of some 37 trillion cells which continually regenerate; some faster, some slower. We have an amazing machine at the cellular level where there is a constant battle going on to ward off toxins, inflammation, and disease. It is essential that the removal of potentially harmful proteins, pathogens and foreign invaders take place effectively to protect the cells against diseases and infection.

Autophagy is one method and a normal mechanism inside cells where damaged proteins, toxins, and organelles are broken down, degraded, and recycled as a source of energy, provide necessary nutrients for more essential processes, or to make new cellular structures. The Big Key: it is activated when you restrict calories or intermittently fast. Cells sense lack of energy and let those hanging on by a thread go by the wayside. Not eating from dinner the night before and the first 4-6 hours upon waking up is a great way to initiate Autophagy.

Most importantly, the damaged cells being cleared can include, cancer cells, and ones with misfolded proteins that can form Amyloid Plaque which is the known cause of Neurodegenerative diseases like Alzheimer's, Dementia, and Parkinson's.

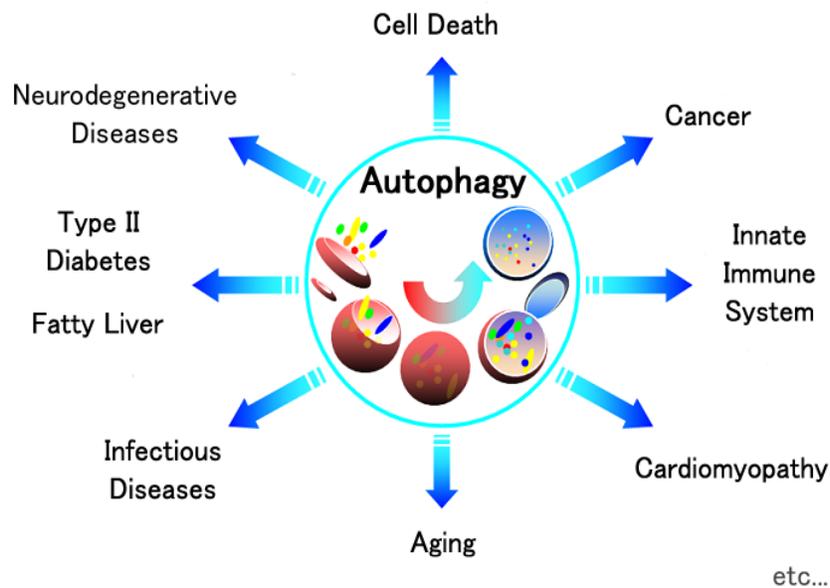
So, do yourself a favor and pass on breakfast once in a while.

Three parts shared in the reboot series: Intermittent Fasting, Time Restricted Eating, and Autophagy. One to go: Ketosis, which is your dietary source to tie all four parts together.

Remember, previous Healthblasts for review are on the website.



Pathological and Physiological Functions of Autophagy



STAFF DIRECTORY BELOW

Staff Directory

Personal Training:

Bill Leavitt	816-916-7557
Ryan Bell	785-317-3688
Angela Stallings	417-294-4982
Liz Trussell	913-424-6043

Chiropractic: Kirk Johnson **913.825.2550**

Massage: Heather McCoy **913.244.8207**

Integrative Nutrition: Adi Shamir **913.653.9892**

Physical Therapy: Andrew DeBoest **913.681.9906**

Pilates: Erin Ward **913.669.1663**

Boxing: Deron Carlis **913.901.6989**

Muscle Activation Techniques: **952.224.6246**
Ryan Kerola

Forward to a Friend!