

Reclaiming Your Health Through Hormone Control

Take the 60 Day
Challenge
and create a new you.



Based on a recently decoded 5000 year old text describing the human endocrine system. Giving us detailed information on how to live a long healthy life, and repair hormonal damage.

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Repair or prevent health conditions before they become a real problem.

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Disclaimer:

Before starting any form of fitness, exercise, or diet program, we recommend that you consult with your physician to see if they think this fitness program is right for you. Although this information was designed to be used with many disabilities, and medical conditions, your physician knows your limitations better.

Success Story, Case Study 109: James

James was a 49-year-old man that had lived all his adult life dealing with anxiety problems and eating fast foods. He had also been dealing with Type two Diabetes due to his weight gain of 47 pounds, and an inactive lifestyle.

When James first came to my facility I had a long talk with him about his overall health conditions, and where he wanted to be. His primary concern was his weight issue.

Because he was at the facility nearly every day I had the opportunity to talk with him and monitor his health very closely. He joined our therapeutic fitness group two times a week, with a primary goal of increase lean muscle mass, and increasing strength. I worked in an additional five minutes of cardio activity to activate his aerobic energy system.

His doctor observing improvement in his health, communicated to us that he wanted us to also work up him a healthy diet for him to follow so to assist him with his weight.

Within four months' time James had returned for his follow up doctor's appointment. The doctor was amazed at his progress. James had lost all the extra weight. The doctor also reduced his anxiety medication, and took him off insulin due to his glucose level returning to a normal level.

Something for you to think about: When we think of modern medical knowledge, and human anatomy from a science perspective, our knowledge is relatively young. Human anatomy has only been studied in detail after the dark ages. Body chemistry/physiology studied with technology advancements in machinery and that basically being within the last 200 years.

With that being said the study and our knowledge of the human body is relatively new. Then how is there detailed medical information even in the early books of the Bible discussing stress, emotions, rest, and the effect of each on our body. This information clearly states the effect on our endocrine system, specifically the adrenal glands, and the profound long term effect on our body's systems. It also states this is a punishment for not observing one of the Ten Commandments.

With our understanding of medical knowledge being new, how is it that accurate detailed medical information was given in the early books of the Bible between 4000 – 5000 years ago, and spelled out in a way that tells us how to live our lives to prevent these medical conditions from developing? To put it blunt the majority of health problems of our time are self-inflicted for not living our lives according to God's wishes.

Chapter 1: I am a recovering Adrenaline junkie.

Ever since I was a young boy I was taught a simple work ethic, to work hard. Work hard and make your time count. Then somewhere during my high school years I was introduced to a new work ethic concept that working smart was better than working hard. Considering myself to be a logical person I quickly adopted this new lesson to everything I could. It took some time to realize that either philosophies or work ethics are right, if applied properly. Work smart, and work hard at whatever you do. Here again make your time count, or don't waste your time and effort.

Prior to getting married I was a college athlete, and in excellent health. In my early twenties and going to college, I found myself starting my family before college was completed. I was carrying twelve college credits, working full time with overtime, raising a child, and still having to find time to study. I did what I think any responsible person would do. I met the challenge head on with the help from coffee and caffeine pills. It was a test of moral fiber or character.

I didn't back down, failure was not an option. Being young; I thought I could take it. Then I hit a breaking point. Experiencing what felt like someone giving me a continuous tight bear hug. I remember thinking I am too young for this. I realized it was time to make a change. I dropped to nine credit hours, and stopped working overtime. It took several months to relieve the level of stress to where I felt normal.

After graduating college, I returned to the gym three to four times a week rebuilding my previous size and endurance. At the age of thirty-five I decided to form my own healthcare company. It was time to put all my skills to the test, and test them I did. Within the first year I had established the company reputation and had two unique programs that no one else could easily copy.

Now came the problem: My company supplied twenty-four-hour seven day week coverage, and supports to patients with various psychological and developmental disorders. Good and dependable staff became the problem. I quickly found myself working longer and longer hours, and almost every day. There just weren't enough hours to get everything done according to the standards I had set.

I was back to drinking a pot of coffee every day with an occasional energy drink when needed. Having been going to the gym regularly prior to starting the company, I had regained the superhuman mentality.

Failure had never been in my vocabulary and not a concern. It took three years for my lifestyle to catch up with me, and oh did it catch up. This is where the superhuman mentality becomes dangerous.

**Long work days, I could take it.
Five hours of sleep, I could take it.
Constant daily stress, I could take
it, but it was lie that had not yet
revealed itself.**

As we know the more fragile a person is, the quicker they are affected from various stresses. However, people that are stronger willed, or physically strong, and having that superhuman mentality either bottle it in; suck it up, never showing the vulnerable spots. Only to explode with the full impact

such as a heart attack, stroke, panic attacks, or psychological meltdown.

My meltdown took the form of panic attacks and a continuous tightness in the chest. I had pushed myself too hard for too long. I had identified my limitations or my weakest link. I was not a superhuman, not even close, and definitely not after the panic attacks showed up. I knew that a defensive barrier in the brain whether the Id or Ego, or a chemical barrier had now been broken down. Knowing that these barriers were not easy to rebuild, and in most cases never as strong as the original, it was now time to face the situation and make some tough choices.

Through my self evaluation I knew I was working too many hours, had trouble falling asleep and not enough sleep, tightness in my chest with daily panic attacks, with no simple solution in sight. However simple is nothing more than a frame of mind?

My decision was simple when compared to the other consequences, sell the company and walk away. When it came down to my health, the only logical decision was my health.

I applied aspects from my education, exercise, prayer and meditation to my self-recovery with intense Bible study where I found something profound and life altering. I was given insight into what was a how to medical text describing the endocrine system and the effects upon the human body. Emotional self-control and rest specific to health conditions. Being a student of the Bible, the information only made sense. I used the information learned to develop the W.A.R. fitness model and heal myself.

It took me about three months to get rid of the tight chest, and rebuild my body, realizing this time I needed to adjust my attitude. I had noticed that physically something was different this time. My ability to deal with stressful situations took longer to return. I was also becoming fatigued quite easily. I literally would have to take a short nap in the middle of the day. Then at night either crash or be wide awake until the middle of the night.

I had over time altered my body chemistry with the high quantities of Adrenaline. The very item I was relying on to make me feel strong and keep me going was the very thing that had altered my body chemistry, placed stress on my body, and created a dependency.

I was successful with repairing my body, being almost 48; I have vitals better than most 25-year-old athletes. However, there are the years of Adrenaline damage. My body chemistry was altered, I now have good self-control over emotionally fueled Adrenaline however I still crave the adrenaline producing supplements.

Chapter 2: The Big Lie - Self-destruct mode

For the past three and a half decades we have been in a health revolution. Vitamins, herbs, even chemical brewed supplements. All designed to make us feel better, at the top of our game, or work longer. This opens to door for a well hid problem Adrenaline and Adrenaline producing substances that attacks our body from two directions. Adrenaline is a natural hormone produced within our own body, and when used appropriately serves some very important tasks such as permanently stamping a memory or causing the fight or flight response. However, when Adrenaline production is turned on for long periods of time we loose the ability to permanently stamp the memory, and fight or flight wrecks havoc on the body.

About 90-95% of us produce to much Adrenaline through our lack of emotional control that is more than enough to do the damage covered in this book, but everywhere we turn we have easy access to
Instead of

We are all to some degree a product of our environment, our values are formed, our practices established, and we are influenced by television, movies, music, commercials, and by those around us.

In reference to the good life, we either have it and want more, have not and want it, have not and realized having it is not possible, or we are content no matter where we find ourselves in the picture.

The last requiring a totally different mindset, one almost alien to the way society programs us. We are programmed that being first is everything; second place may as well be last. To look a certain way, dress a certain way, and have all the latest cool stuff.

Contentment is not a normal word in our vocabulary, we simply want it and we want it all, and we are willing to sacrifice our health to get it. Health doesn't even become a consideration until one is faced with a health issue. Everyone wants the good life, and each of us tries to the best of their abilities to get it, or gives up. I truly believe somewhere in the back of our mind we are harder on ourselves for not achieving some goal, and thinking others may see us as a failure, weak, or lazy.

The same work ethics I used are very similar for most of us. However, it took several years to realize there was yet another part to this philosophy of work ethics, a very large part.

Another aspect to these work ethics was rest, with very specific details given on rest. As individuals and a society, we became solely focused on the opportunities presented by the time. Work hard became the sole focus for the industrialized world, and we quickly forgot to apply the work smart, and get rest part.

Believe it or not this work ethic was written about five thousand years ago and practiced by almost everyone until the time of the industrial revolution.

Think of this: We live in a physical world, and there are certain laws that apply, such as if it goes up, it must come down. Our bodies are no different. There are laws that govern how the body functions, the mechanics of our body, and the chemistry within us. **By pushing our limits to one of these laws we place some form of stress on our bodies.** An example here would be someone getting too few hours sleep, or consuming stimulants. Do not confuse this with **pushing our body's limits and staying within the laws.** An example here would be someone training to be an athlete.

I was no different than about 90-95% of us in my producing high quantities of Adrenaline. My only difference was through years of study, I was able to identify Adrenaline as the underlining problem to a much bigger picture. I learned that through a simple but necessary biofeedback technique one could master emotional self control, and with time could also wean themselves off Adrenaline producing substances such as coffee and energy drinks. Now that I am approaching fifty years in age, and applying these changes to my lifestyle, all my vitals and blood work reflect a healthy person in their twenties.

What the doctors are not telling you.

The Liability Game

It not the daytime game shows, and this isn't Jeopardy. It's a trip to your family doctor. You sit on the examining table and answer questions as your doctor takes on the role of game show host and you play the Liability game.

First thing, I want to state that I am not bashing the doctors. The doctor is only a player in the game, same as you; the only difference is they have a set of rules they have to follow.

Medical institutions - Want the doctor to send patients so to provide lengthy or expensive services **so they can make money.**

Insurance companies – Penalize doctors if they prescribe too many expensive treatments. They rule the medical field with an iron fist with one goal, to cut expenses so **to save them money.** The majority of people have their insurance with a very few companies, so a doctor cannot afford to be dropped from a company. They have no choice but to comply.

The next problem is when you schedule an appointment it is for 15 minutes. That also includes the nurse's time. To be blunt you are lucky to get 5-10 minutes of their time.

Have you ever tried to get a concrete solid answer to a health-related question from your doctor? Sometimes they are vague with an answer, or just simply dodge the whole thing. It is called the liability game. Here's how it works. Have you ever looked at or purchased a piece of exercise equipment, exercise or fitness program, diet program, dietary or health product, herbal medicine, etc that stated consult a physician before you start? **This is a legal term commonly used to pass off responsibility or liability to someone else.**

They all know that doctors do not have the time to read or check out every product. They also know that even if a doctor had the time, they are not going to approve anything they don't prescribe.

Many doctors don't want to accept that people can get better without their assistance. However, they do every day, so the concept of someone healing their self by altering their Adrenaline production does not work well. It's actually not that hard. You simply adjust dietary intake of Adrenaline producing substances and learn to control strong emotions through a biofeedback method. Here's the real problem that a doctor has: they can't sell you a pill for this.

At this time, we will shift our attention to the endocrine system. It literally controls every aspect of our body from growth, cell generation, and regulates everybody function. Through a series of glands that communicate with each other with hormones our body is able to regulate every function to maintain a state of harmony. Produce the right hormones to perform a task then bring it back to a state of harmony. When one gland is

not functioning properly several systems are affected. Doctors have a loose term they use for this called hormonal aging. The fact is most health conditions can easily be traced back to the over or under production hormones.

Let's say you went to the doctor for high blood pressure or have a heart condition. They probably told you to reduce the stress and try to relax, gave you a diet plan, suggested walking for exercise (for liability reasons), and gave you either high blood pressure pill, water pill, or a heart pill. Fact: You went to the doctor for a serious problem, so they almost have to give you a pill, but what about your Adrenaline?

Did they tell you that Adrenaline constricts your blood vessels causing high blood pressure, and constricted blood vessels are easier to become blocked with plaque, the constricted blood vessels then cause a rapid heart rate? If the heart was never the problem, then why are they treating it as the problem? Why are they not treating the Adrenaline problem?

This is where things can get tricky. We naturally produce Adrenaline. Caffeine, a countless number of herbs, Vitamin B, energy drink's or shots all tell our Adrenal glands to produce more Adrenaline. Then we also have the ability to turn on the adrenaline glands by experiencing stress, and a number of strong emotions. We also have the ability to shut Adrenaline production off.

Why is the human body breaking down so easily?

We live in a time where the majority of us are taught to produce high quantities of Adrenaline, and society encourages it.

need more energy, but at what cost.

The human body being extremely adaptable has been very effectively programmed over the past 50-60 years, especially in the past 20 years to rely on stimulants as the driving force behind our natural fuel system. We have been programmed to believe in order to stay on top of our game we

It has become extremely convenient to grab a stimulant producing substance disguised as a health food or health supplement giving us that easy fix to being tired. The worst thing is because of the way it was promoted, we think we are doing something good for ourselves. So now just how does this stimulant affect the body? It causes the Adrenal gland to produce Adrenaline.

So instead of taking Adrenaline (an illegal substance), you are taking an Adrenaline producing substance, which the FDA appears to be ok with. Either way the end results on the body is exactly the same.

About 20 years ago there was several health products, dietary products, medications, and herbs made illegal by the FDA, and removed from the shelf due to causing several health issues such as heart attacks, high blood pressure, and death. There were also several class action lawsuits involved over health conditions.

Now that our body has been programmed to believe it needs Adrenaline to get through the day, the marketer's job is already done. We have become an easy target for energy drinks, pills, vitamin B shots, a large number of herbs, even coffee.

In an effort to satisfy the body's need (craving) for more Adrenaline our body's have progressively becomes more and more dependent on the dangerous substance. We like the quick fix of energy we get, and sometimes even wonder why we need more once the buzz has worn off. We never question the why; we just know we need more to finish our day.

Hello, my name is Nickey Jenkins and I am a recovering Adrenaline junkie. I take a personal interest here, because I was here myself. I was pumping my body full of the stuff on a daily basis. I was also showing several of the long-time effects from Adrenaline damage. Then one day I was guided by a higher power to the answer. I researched the Bible, and the answer was there. I found enough information to write a medical text on Adrenaline damage, how to prevent even repair the body, how to prolong one's life, and their quality of life.

We have been effectively programmed to believe it is normal to rely on Adrenaline to get us through our daily routines. We are easy targets for energy drinks, pills, even the coffee we get from the store. We like the quick fix of energy we get, and wonder why we need more, once the buzz has worn off. Never questioning the why; we just know we need more to finish our day.

Adrenaline is an addictive chemical almost equal to Heroin, and far worse than caffeine, nicotine, cocaine, or alcohol.

It makes us have a surplus of energy, euphoria, and a false sense of self control or security, while our bodies become more and more dependence.

If you drink too much alcohol it destroys your liver. If you smoke too much you get lung cancer. If you produce too much adrenaline it can totally rip you apart both mentally, and physically. To put it point blank the Bible gave us instructions over 5000 years ago on how to prevent Adrenaline production, and the health conditions it causes.

I rather enjoy reading articles on the subject of anger management, stress, even Yoga. I always find the same thing. They always seem to find a way of dodging the bullet. They never come out and say what needs to be said, never following the problem back to its beginning.

As I have stated, I am a recovering adrenaline junkie, and I can speak first hand that it is not easy to wean yourself off adrenaline. One of the easiest methods for testing your Adrenaline dependency is to go cold turkey for one or two days to see how you feel. You will literally be tired, sleepy, agitated, headaches, and muscle aches all over. Basically, classic withdraw symptoms. Remember this: going cold turkey is an effective method for identifying your dependency but generates too much stress on the body as a detox method.

I had a job that placed the demands of two people on me. Energy drinks and coffee looked like the answer. However, after having a few warning episodes involving anxiety attacks, I was forced to find an answer. I have followed my program for about 6 years now. I am currently 49 years old, have no health problems, take no medications, feel good, and all my vitals reflect someone in their twenties. However, I must be honest, I occasionally crave an energy drink. Then I immediately handle the problem in an appropriate healthy manner.

Living in an altered state (Fight or Flight)

The generation before us was an overall stronger generation.

If you are like me you have to be tired of all the advertising crap that you are bombarded with on the radio and TV.

You're trying to listen to your music and there it is, a commercial targeting your very self esteem. Very cleverly designed; convincing you a pill or program can solve all problems from weight loss, boost energy, low testosterone, erectile dysfunction, and much more.

Like a wizard waving his magic wand, the problem will go away. Truth is there is no magic pill or program. Here's why: Pills and programs are designed to do one thing, work on the problem in a way that only deals with symptoms, masking or hiding them, with most even contributing to long range health complications, and never asking the big question. WHY can't I lose weight, WHY is my testosterone level low, and WHY to many other conditions. The cause never being addressed! The only thing accomplished was someone got you to ride their MONEY TRAIN.

To clarify the term: A money train is created when someone with a product or service convinces another to purchase that product or service continuously, or for as long as they can keep that person hooked on their train.

There are only a few factors in our lives that contribute to the alteration in our body chemistry, and we are in control of them. These alterations usually take place over time leaving you unaware the changes are taking place. Creating an altered state!

- **Poor self control over emotional driven Adrenaline production.**
- **Consumption of stimulants that force production of Adrenaline. (caffeine, energy supplements, herbs, and certain vitamins).**

An altered state is when our body or mind has been altered from its normal state, or function in a different way. Think back if you are old enough or talk to those about sixty or older for a comparison. They worked hard throughout the day, and they rested at night, and rested at least one day on the weekend. They ate healthy, not pre-made foods. Dietary supplements if any consisted of a daily vitamin. Mornings would consist of one or two cups of coffee at most. They functioned effectively and were overall a stronger generation than we are. We dependent on stimulants, or antidepressants to function!
One fact is overwhelmingly clear: this altered state weakens every system in the human body making us susceptible to countless health problems.

When any degree of stress is placed on the body, no matter if it is good or bad, the end result is the same: It activates the fight or flight system to some degree causing Adrenaline production.

This basically describes our body's method of dealing with things. Placed in a frightening, scary, or emergency situation, we get a boost of Adrenaline causing the brain to respond by either tackling or evading the problem. Most people will literally shut down their higher thinking capacities, and respond inappropriately, not tackle the problem, freeze, hesitate, or possibly even run. (**Fight or Flight**). Strong emotions also cause the same adrenaline producing results, but that is another discussion.

Serotonin plays a key role in the way the body allows you to handle stressful situations. So as your body produces Adrenaline it limits or loses the ability to access the higher brain functions, causing you to be stuck in flight mode. The absence of serotonin serves as a roadblock, blocking the brain's higher thought processes. **High Adrenaline production and Low Serotonin levels can lock your brain into Flight Mode.** This is also that dark place where depression takes hold of people and convinces them things are hopeless.

The **Fight or Flight** response is our sympathetic nervous system reacting to stress. Our body produces high quantities of Cortisol, Adrenaline, and Noradrenaline which affects us by a faster heart rate, alertness, sweating, and heightened muscle preparedness, when combined enable us to handle dangerous/challenging situations.

Look back at Serotonin. If there are inadequate amounts of serotonin in the brain to allow the proper response to occur during fight or flight, the brain chooses flight. Also, with enough time you can train your brain to automatically go into flight mode for lesser stressful situations, essentially you are training the brain that flight is the right choice.

With the use of our emotional self-control and stimulants we have learned to activate the Fight or Flight mode and keep it on. Our bodies have become adjusted to this altered body chemistry, and we recognize it as being normal, all while the Adrenaline destroys our bodies from within seeking out all our weak spots to attack from.

Notice the immediate changes Adrenaline has on the body during fight or flight, and how the body changes its priority in basic functions.

- **Heart rate (pulse) rises.**
- **Blood pressure rises (arteries shrink).**
- **Blood is pulled from the extremities (arms, legs, and penis).**
- **Increased perspiration.**
- **Breathing becomes more rapid.**
- **Digestive system slows down (intestinal spasms obstruct flow, retain acid).**
- **Immune system slows down.**
- **Muscles become tense (spasms).**
- **Brain enters a heightened state of awareness, or experiences confusion.**
- **We do not sleep and become restless (loss of REM sleep).**

You realize this is the description of an anxiety attack. When dealing with the brain's ability to properly cope with life stressors it all comes down to an adequate presence of

serotonin (your natural shield) in the brain allowing you to access the higher functioning abilities

The health industry has profited greatly with energy boosting supplements, where athletes wanted to work out longer, or recover from a workout faster. We needed more Adrenaline. These methods varied from:


- **Steroids that promoted muscle growth** which offered an unfair performance potential and was quickly banned for their ability to shut down parts of the endocrine system permanently, and cause steroid dependence. (Banned Product)
- **Herbal and synthetic adrenaline (ephedrine) capable of placing a massive amount of adrenaline into the body: fast.** This form of adrenaline can do a lot of damage to one's heart fast if too high of quantity is taken, or taken for a long enough period of time. All supplements in this class were banned, after a successful class action lawsuit against a diet pill relating to heart attacks, and deaths. (Banned Product)
- **The third class includes vitamin B, health supplements, and certain herbal supplements that tell your Adrenal glands to produce its own high quantity of Adrenaline. Not to mention we can also produce it at will through strong emotions. This just requires some use of common sense to reduce anything that causes us to produce Adrenaline.**

Our bodies have been slowly programmed over time, turning us into Adrenaline addicts.

The first and second categories were banned due to the amount of damage they were capable of producing in a short period of time.

The second and third category was quickly accepted by the vitamin and diet industry, and heavily marketed to the public. We were slowly programmed to thinking we had an answer to stay awake, loose weight, or just get that extra energy. Here's the crazy part: the third class is still out there and will probably remain there due to the amount of money made from the products.

As a society we have accepted that these products are now necessary to perform regular daily tasks, when in fact we have slowly created a dependence on the Adrenaline effect and altered our body chemistry. This altered state gives us a false reality of our ability, even a euphoria effect, failing to show its true devastating effects for some time.



Your state of mind

We live in a time where we absolutely do not like to wait (rushing). Just as with other things in our world, when we do something we expect to see results immediately (immediate gratification). When it comes to any form of physical or mental modification or conditioning we are no different.

If we diet, exercise, take medicines, etc, to cut to the point we want results and we want them fast. Training or conditioning the body takes time. Remember that patience is a virtue. Many people are looking for the quick fix, and unwilling to put forth the effort, lack discipline, or become dissatisfied or lose interest too easy.

Research has continuously proven that when making a lifestyle change such as a diet, fitness program, behavior modification, etc, it takes 90 days to set in. That means it takes 90 days of practice for your body to accept it as the new normal. This is why people are quick to purchase all those magic pills that hit the market offering the quick fix.

To give you a note on all those quick fixes: If there was a magic pill out there it would be patented. This is how the creator protects their product from being stolen or copied. Interestingly there have been no magic pills patented.

Exercise, diets, and health modification programs and products need to be **practiced as a habit or chore** that is embedded into your daily routine. A habit or chore is the magic word here. Just because it looks good such as a diet, weight loss, fitness, or health program/product doesn't mean that it's all good. Anything in an excess can be a bad thing, and produce dangerous long-term results, not present for many years.

This is where your state of mind comes into the picture. It can be just as dangerous to allow a diet, weight loss program, or fitness program to take the form of an addiction, or something you are being forced to do. If you crave for it, get excited about it, think about it whenever you are not doing it, or dread it, hate it, get frustrated about it or results there's a big problem. Getting your mind in the right place is more important than you realize. It should be nothing more than a chore, a task to be completed, keep your feelings out of it. Strong emotions cause the production of adrenaline or emotionally fueled adrenaline.

This is why so many people who look healthy have energy crashes (chronic fatigue), sleep problems (difficulty falling to sleep), cold hands and feet (poor circulation), acid reflux, ulcers or IBS, even high blood pressure.

Does your body have a pre-built in roadblock preventing you from reaching your goal? Surprisingly about 85-90% of people either have this mental roadblock in place or are in the process of building one.

The mental roadblock we are referring to is the absence of, or depleted level of Serotonin in the brain. Serotonin and Serotonin production is literally the key to good mental health. This is why so many people have to take anti-depressants now.

I cannot stress enough how the mind plays a key role in many ways, but for the purpose of this book's subject we will focus on serotonin, and adrenalin. The reason I am including adrenalin here is your brain tells the adrenal glands how much to produce, and you have 100% control over that.

I can guarantee if there is a problem with reaching your goal, you have a depleted level of Serotonin. The question that everyone should be asking is: How did the Serotonin level get so low? The answer is having a large amount of Adrenaline in the body for a prolonged period of time. Adrenaline overpowers the endocrine system and causes false information to be sent to all the other glands. Serotonin production is then decreased

Now let's take a look at the bigger picture. Adrenaline directly affects the level of Serotonin in the brain, and the lack of or limited amount of Serotonin directly affects the production of Adrenaline. Creating a vicious cycle where one problem fuels the other. Now to top it all off, as Adrenaline is produced the counter hormone Cortisol is produced which wants to pack on weight in the thighs, and abdominal regions.

With a depleted Serotonin level, the brain loses its defenses, and becomes more susceptible to depression, and the effects of stress (known triggers for Adrenaline production).

When it comes to the production of the dangerous hormone called Adrenaline, the mind plays a key role in many ways. Adrenaline causes chaos in the body, throwing all other glands to respond according to the quantity present. The craziest part of this is **the human body has 100% control** over the amount of Adrenaline produced.

Almost all dietary/health supplements rely on some form of adrenaline producing substance as the foundation. This is also the downfall to their products because they do not offer an exit method or weaning off process, **continuing to rely 100% on Adrenaline.**

To put it as simple as possible, Adrenaline production is caused from our lack of self control over our emotions, stress, or depression, and this does not include stimulants we consume.

One of the first goals any form of diet or training program should aim toward is the stabilization of Serotonin production in the brain. The lack of serotonin is nothing short of a mental road block to any of your efforts. Without it you are programmed to fail because your emotional/spiritual growth can be trapped or focused on minor issues not relevant to the bigger picture. Your positive energy or efforts being blocked! To put it as simple as possible (the brain will work against itself).

Without adequate Serotonin levels long range goals are nearly impossible to reach and shorter-range goals are halted because you cannot motivate yourself to get started or are frustrated from lack of immediate results. I will describe in another article in detail how to prevent this from taking place.

Training your body to produce serotonin to help stabilize your mind is your first goals to work toward. The lack of serotonin is nothing short of a mental road block to your efforts. Without it you are programmed to fail because your emotional/spiritual growth is focused on minor issues not relevant to the bigger picture. Without adequate levels of serotonin your brain will work against itself.

When exercising and you are stimulating muscle growth, your muscles will ache some depending on how hard you push them. Your brain will tell you that this hurt and is not worth the effort. I describe later safe techniques on how to properly exercise to minimize this effect from taking place.

It's a fact your mind will fail you long before your muscles will. Probably your most difficult job from the beginning will be to convince yourself that any kind of adjustment to your body or health will take time. Time equals patience, and your minds ability to hold in there until the Serotonin has been built back up to a healthy level. Any form of exercise will cause the Pituitary gland to produce Serotonin and help fortify your emotional/spiritual health.

Doubt and fear are the only enemies here.

Remember serotonin is your natural shield for depression and anxiety. The spiritual shield is a magical, invisible shield that protects us and reinforces our serotonin shield. The spiritual shield will come from faith in God, and his grace. This positive shield is magnetic to others. Even though you may not realize it, you are drawn to those that have positive energy when you are seeking answers or attempting to be positive.

When considering any kind of diet, weight loss, or health program your primary goal should first be the rebuilding of your serotonin level so to maximize your chances of success. Decrease your consumption of Adrenaline producing substances and get better control over your emotions so to limit natural Adrenaline production.

Negative energy defined as "living in darkness" works very similar, when you are down, others that are down will be drawn to you, making you vulnerable to those that would prey upon the weak and helpless. Misery loves company or darkness fears the light. The darkness has no real power but can appear to as it hides in places. Darkness has not and cannot prevail when faced by the light or word of God. As stated numerous times, neither demons, nor sorcerers can stand against God's word and faith. Demons have been cast out through exorcisms and destroyed; while astrologers and sorcerers have had their knowledge turned backward and made foolish.

Acts 13:8-11 A sorcerer that attempted to stand against Paul the apostle: states Elymas the sorcerer withstood them, seeking to turn away the deputy from the faith. Then Paul filled with the Holy Ghost, set his eyes on him, And said, O full of all subtilty and all mischief, thou child of the devil, thou enemy of all richousness, wilt thou not cease to pervert the right ways of the Lord? And now behold the, the hand of the Lord is upon thee, and thou shall be blind, not seeing the sun for a season. And immediately there fell upon him a mist and a darkness: and he went about seeking someone to lead him by the hand. (NIV)

We live in a time that society places high value on success, and achievement. We live in a highly competitive state where it's not only company against company but co-worker against co-worker. In sports the winner takes it all, with no recognition for second place. On a typical day you stress from trying to get the kids ready for school and get ready for work. You have to deal with a bad driver, or slow driver provoking anger and aggravation. You get to work one minute late, and later the boss hands you an unexpected job, or has an attitude. Your aggravation continues. You could be pumped up from excitement that a project is nearing completion, or excited as you look at the clock and anticipate going home in thirty minutes. Drive home in rush hour traffic and imagining the lasagna dinner waiting at home. After dinner you're planning to go play basketball with some friends and are mentally psyching up for fun time.

Each of these situations both good and bad share something in common, they are emotion producing, Adrenaline producing, and they all are activating the bodies fight or flight system. Each strong emotion sends the message for adrenaline production. Your body lacks the ability to tell the difference between good and bad emotions, so it simply produces adrenaline. As from the sample day you can see that there was a continuous chain of events that kept the adrenaline production flowing.

Adrenaline is a double-edged sword when you use it for regular daily functions. On the good side you feel great, motivated, full of energy, or top of your game. The other side is it can make you restless, unable to sleep at night, or run out of energy and crash. Using high adrenaline production for extended periods of time can wreak havoc on the body, the heart, a depleted immune system, a depleted anti-anxiety system being the most vulnerable,

At the time you plan on starting some form of physical workout, document your starting point, and progress over a stretch of time. The method of determining your progress is up to you. It's not all about size or seeing abdominals. If you want to change your body shape, or composition you will want to weigh yourself to establish a weight. You will want to measure around your chest, waist, and upper arm. If you have the ability to have someone check your body fat percentage that's even better. Some people choose to measure progress by the amount of weight they can lift from one point in time to another overall running distance, or the time it took you to run a specific distance. No matter which method you choose to use to measure your progress you will need a photograph taken of you flexing a pose followed with a photograph every 3 month to get the visual effect of the changes.

There are other more important methods of measuring your progress such as your vitals. Keep a record of your resting heart rate, and blood pressure every month. The easiest method would be to track the colors of a mood ring or stress dot about every two hours during the day. Then do the same tracking process one day as you desire, but at least one day weekly. Use the color chart under biofeedback.

If the time comes that you doubt your progress, simply retake the measurements to compare to the originals. Your photograph and measurements will be your reassurance that the program is working. Starting a physical training program requires patience, and determination. You must be willing to exercise a minimum of 3 times a week and be willing to hang in long enough to make the changes occur. Patience is a virtue.

Jenkins Motivation Factors Psychology model

Being totally dissatisfied with applying the Freud, Maslow, and Skinner models to all realistic situations, I developed the Jenkins Motivation Factors Psychology Model. The principle of this model is built of four key motivation areas that we as people tend to focus into, kind of a driving force behind our actions. All areas of our life can be tied toward the acquisition or advancement into one of these four areas (money, power, sex, and spirituality).

This model allows for advancement and self-destruction. Money power and sex or love are of a lower thought level because they are barbaric, animalistic, and primitive in nature. They are part of our human side and are fueled from greed, lust, and jealousy. Our spiritual side requires a much higher thought process and a willingness to accept the existence of a higher power, which has a total opposite foundation as the human side, it requires faith, belief, and trust in the intangible. With spirituality a person will set God as their life priority.

1. Money: Defined as continuously wanting to acquire wealth or possessions. To own whatever that is within their means of acquiring. To acquire beyond their needs in quality or quantity.
2. Power: Defined as having the ability to influence others, have power over others, and power to control your, and others destiny.
3. Sex or love: Defined as to lust after others, to have sex, to think about sex often, and love/intimacy, parental or family.
4. Spirituality: Defined as one's lifelong goal to be closer to God, understand their place in the world, God's plan for them, and their salvation.

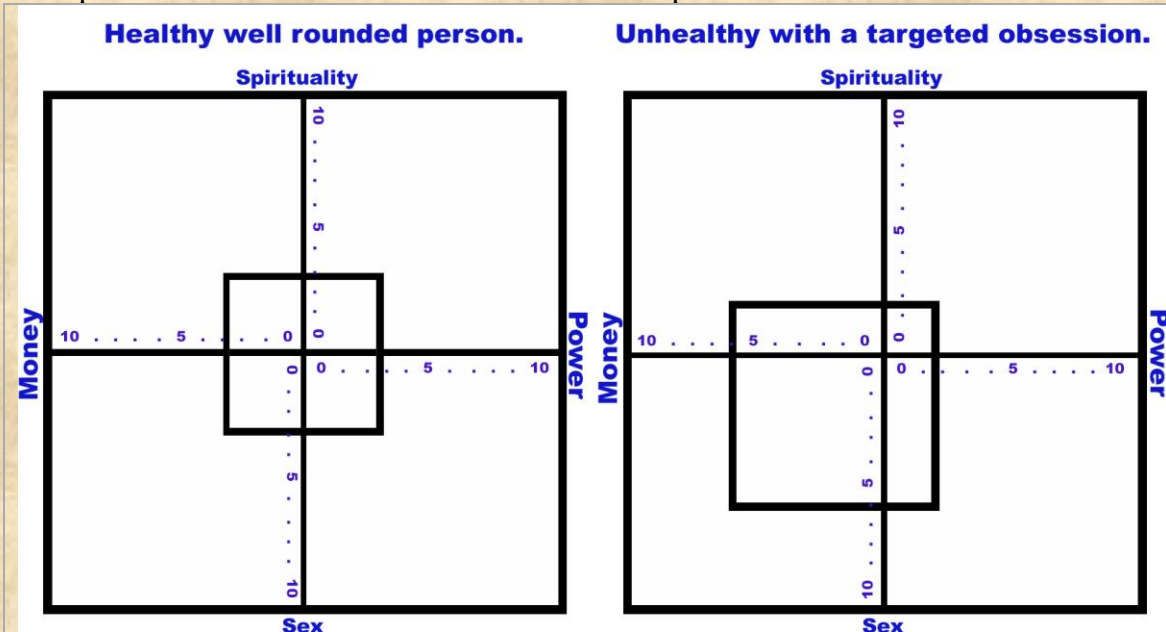
All four areas must be present in a person's life for them to grow as an individual. Removing any one of the four will weaken a person establishing an unhealthy balance and cause a person's attention to be consumed with that missing area creating a mental/spiritual roadblock. When a person also sets their priority, or lust to high in any one or the four area there is also a danger.

People also tend to be drawn to other people that hold a position in their own area of focus. This is where my **Person or Pawn Theory** kicks in. Each of us have certain people in our life that we see as person, they are those that we know well; friends and family members. However, we see those we don't know on a personal level as a pawn.

When seeing a person as a pawn, you are more likely to use them to further yourself into any one of the four motivational areas. Examples would be to use someone to get a better job, money, political favors, and sexual exploits.

Example A.

Example B.



Example: A represents a well-balanced person, who has equal, or close to equal priorities. This person is more likely to be a self-actualized person (according to Maslow’s Hierarchy of needs) because they are content, and no single motivation area controlling the person.

Example: B represents a very unhealthy balanced person. This person has less control over their human side and is fueled by greed, jealousy, or lust. The higher the score the more power, money and sex or love they are driven toward. This person would most likely never be satisfied with their life, love life, amount of wealth, or struggle over some issue of control of oneself or others. They have become just another to experience a mental/spiritual roadblock never to become self-actualized.

As a person goes to high into any one of the motivational areas, you can easily find yourself targeted by others that see you as a pawn, a stepping stone that can help them get something they want. To much money, power, and sexual attraction, even displaying love for another can easily corrupt. An example would be a woman who becomes jealous of another woman because she likes the quality of man the other has, and she wants that man.

Spirituality can also be corrupted if a person does not allow a proper balance between the four areas to be maintained. As people are drawn to you, you can find yourself in a position of guidance, power, respect, and influence. Power, guidance, and influence over others must be respected. You are responsible for your actions, and others can also be affected from that.

When considering each of the three areas; money, power, and spirituality, it is important to maintain a properly balanced love/intimacy life. The purpose here is to prevent oneself

from becoming vulnerable to a sex motivated driven person seeing them as a pawn, or stepping stone, and prove to be their worst nightmare. Any area of motivation can become weakened by the absence of love/intimacy. After all you are mortal, and the devil knows exactly where to hit, and your weakest time. Your focus can be broken creating a mental/spiritual roadblock and make you venerable.

Remember this: take an average person in a good intimate relationship, then remove the intimacy from the relationship. What was once a well-balanced life changes to focus on the missing element. Do not neglect your spouse and remain strong.

Bad dietary supplements

Herbs have been used since before recorded time, and there is an herb for almost every ailment. However, something to think about; There are thousands of plants that is considered herbs, with each having a healing or cleansing property. This Produces the foundation for most medications. An interesting fact is pharmaceutical companies will take a desired part from an herb then refine it, label it, and market it for big dollar profits, and never say; “by the way you can just take this specific herb for the same result, for a fraction of the cost”.

Health supplements are another interesting subject that the words buyer beware really needs to be stated (This applies to all brands). Supplements are regulated by the FDA (sort of). Each being approved based on their having some purpose in the normal functioning of the body. Each ingredient whether being a vitamin, protein, mineral, trace element, amino acid, etc is **approved as a stand-alone product**. However, the interesting, and sometimes dangerous situation appear when combining multiple ingredients. Not enough of one kind, too much of another, or dangerous combinations frequently occur.

Marketing: It is all about the money. The health supplement/vitamin business is among the worst offenders for bleeding the pockets of the educated and uninformed alike. For example, if you need a specific group of supplements to promote muscle size and energy, you will have to purchase 3-4 products just to get what you want. Product lines are strategically set up this way to make you have to buy multiple products.

Because of the loosely used term, and lack of government safety regulations in this area, an herbal supplement is regarded as alternative medication, treatment, or supplement. This lack of safety regulations has granted health food, and health and diet supplements companies the freedom to make products targeting Adrenaline production. Then comes the beverage companies with their energy drinks. Everywhere you look; there is easy accessible energy in a bottle.

I am a firm believer that Adrenaline stimulating substances can be beneficial at times such as adaptogen class herbs, and only if they are used properly. What I mean here is **using them to achieve a health benefit then get off them ASAP**. However, this is not the case, we have been programmed to use, and rely on energy just to function.

I have included a list of herbs and vitamins that should contain some form of warning like: use with caution, as prescribed, use for a limited time only, or contain some form of exit or wean off plan. Adaptogens are some of the most beneficial herbs and are to be used for short periods. When used for over 3-4 months they lose their benefit effectiveness, leaving you with a feel good euphoric sensation, and false sense of security. Long term use is dangerous. **Herbal supplements listed here should be at minimum taken with caution, and not for a prolonged period of time.**

Herbal	
Arnica	Warning: Adrenaline production.
Ashwaganda	Warning: Adrenaline production.
Astragalus	Warning: Adrenaline production.
Bitter Orange	Warning: Adrenaline production.
Camphor	Warning: Adrenaline production.
Codonopsis	Warning: Adrenaline production.
Damiana	Warning: Adrenaline production.
Dong Qua	Warning: Adrenaline production.
Eleuthero Siberian Gensing Gensing all types	Warning: Adrenaline production.
Ginger	Warning: Adrenaline production.
Ginko Biloba	Warning: Adrenaline production.
Gotu Cola	Warning: Adrenaline production.
Guarana	Warning: Adrenaline production.
Holy Basil	Warning: Adrenaline production.
Licorice	Warning: Adrenaline production.
Motherwort	Warning: Adrenaline production.
Reishi	Warning: Adrenaline production.
Rhodiola	Warning: Adrenaline production.
Shatavari	Warning: Adrenaline production.
Schizandra	Warning: Adrenaline production.
Turmeric	Warning: Adrenaline production.

Vitamin	
Vitamin B1 Thiamine	Warning: Adrenaline production.
B Complex	Warning: Adrenaline production.
Vitamin B5 Panothenic Acid	Warning: Adrenaline production.
Vitamin C Large dose	Warning: Adrenaline production.
Folate	Warning: Adrenaline production.
Any B Vitamin that is out of portion to the other B Vitamins.	
Other	

**Caffeine
Warning**

Warning: Adrenaline production.

**Why do some employers offer
vitamin B shots to their
employees, and not the full range
of vitamins?**


daily therefore you will need a daily supply. This is to prevent you from building up a toxic level. Do not exceed the daily recommendations for this vitamin because it is very possible to produce toxic levels.

I will end this section with a thought:

The answer is quite simple, these shots it will boost your Adrenaline production, generate the superhuman mentality, generate euphoria that will last several days. They get more work from you.

If you have experienced this first hand, I am willing to bet the shot was not offered on a Friday. They caught you at the first of the week so to harness your full working potential.

In addition to this list of herbs, you should avoid large quantities of vitamin B which will produce the same effect, and energy drink manufacturers are more than happy to provide. Vitamin B as a water-soluble vitamin, meaning your body will process it



You really are what you eat.

We have all heard the same old story for years, and to the point that we sometimes turn a deaf ear, or just becoming numb to the real message. My parents would say you are what you eat. If you eat junk food, you will not be healthy.

The problem with this statement is it needs to be redefined to fit the time. It's no longer a simple choice like cakes, pies, and candy are the bad foods. To be honest the cakes, pies, and candy if made with natural ingredients are better for you than some other foods.

Just what are we as consumers really putting into our bodies? There are books out there on this specific subject, worthy of further research and therefore I am not going beyond a general description. Naturally grown foods, this includes fresh and frozen: are exposed to pesticides, and weed killers, so **look for the phrase organic** when choosing fresh foods. This is your reassurance that they are free from any harmful chemicals. It's that simple.

There are differences with fresh meats. Did you know that steroids, and growth hormones is a common practice with trying to produce more meat on livestock? **Look for no steroids, or no growth hormones used.** It's that simple.

Things start to really get interesting and dangerous once you venture into the depths of the pre-made foods sections, this includes pre-made frozen, breads, canned, and boxed items for you to make at home. Here's where some knowledge comes in handy. It's near impossible to know every ingredient out there. However just to get you thinking: you have artificial coloring, preservatives, and numerous things that cannot even be pronounced. To top it all off some ingredients made from petroleum.

Instead of trying to learn all the things to dodge, try learning all the natural ingredients, and stick to them.

Now lets discuss what you food does not have: The human body requires a daily supply of about 90 essential vitamins and minerals every day to function properly, and about 60 of them is minerals. All these minerals are found in the ground; therefore, they will naturally be in the plants (produce) grown there. No two spots have the same mineral content. One location will have some, and another will have some of the others. This tells us that we need to eat produce that comes from more than one spot.

Even if you eat all plant foods you are very likely to be missing some minerals. Basic daily vitamins can help some, but they only offer a limited number of minerals, and at a limited dosage. So how do you win at this?

Be realistic: common sense would show us that we are not going to get that perfect amount of every mineral every day. However, if a person is eating right (health), they will get adequate a certain amount of a certain number of minerals, and on other days they would get others.

The problem occurs over time when the amounts of minerals are depleted to a point where health conditions start to show up, and usually progress to something serious. The most common solution being we go to the doctor and get our pill. Keep in mind that this does nothing for the underlying problem of depleted minerals.

Vitamins are no different from minerals in that if we create a deficiency we will eventually create a health problem.

Pre-made foods are among the worst food choices out there. It's all about making the product as cheaply as possible and preserving it as long as possible. Almost every pre-made food contains preservatives, artificial flavoring, and artificial coloring: essentially artificial food.

Proper nutrition is essential to maintaining or rebuilding your health, and most diets severely lack the needed vitamins and mineral components. A cornerstone of our health rebuilding formula is our super charged vitamin formula. It literally picks up where daily multivitamins stop.

3:19 Re-Juvenate

Check it out: Compare and see what it can do.

Chapter 3: Where's your weakest link

Your genetic makeup lays the groundwork for what your body is like. It does not make you stay or look a certain size or build. However, it does set boundaries on how you can alter your health and appearance. Your genetics will determine where you will carry extra fat, and what kind of muscle you have the potential to develop.

There are other factors to consider that can assist with your genetics potential. As seen numerous times before people can go from obese to slim or muscular. This shows us that one can manipulate their genetic potential considerably.

Within your genetic makeup are a set number of fat cells. These fat cells are present at birth and multiply as a person hits their growing stages such as infancy, adolescence, and time of pregnancy for women. Once you get fat cells you can never get rid of them without surgery. Keep in mind that Liposuction removes the fat cells permanently however without altering your diet, and lifestyle your body will place the unwanted weight to another choice location where there are still fat cells.

When we use the term losing fat, you are not exactly losing fat cells. The fat cells simply shrink in size, but the number remains the same.

If you were an obese child, you are four times as likely to be obese as an adult. The longer the fat is on your body the harder it is to get rid of. Your body adapts and starts to think the fat belongs there. The best solution to the problem would be for parents to regulate the children's sugar and fat consumption, preventing the problem before it starts. For those that already have the fat cells on their body, you need to exercise not only to lose weight, but to train your body that it is supposed to be lean. This is basically living an active lifestyle. The genetic makeup of your body is very powerful. You must learn to manipulate your genetics into thinking your body is supposed to be the way you want it to be.

Other genetic factors to look at is within your family such as diabetes, high blood pressure, and heart disease which can also place some limitations on you if not addressed prior to damage, such as a heart attack, or organ deterioration.

Heart Disease, High Blood Pressure, Obesity, Type 2 Diabetes, Osteoporosis, Stress, Anxiety attacks, Cancer, Alzheimer's, weak immune system, poor circulation, poor sleep, and muscle tension problems can all be traced back to a single unaddressed health problem that resides with Adrenalin production in the adrenal glands. The predisposition for high adrenaline production is hereditary. This hereditary predisposition when placed into motion will quickly identify any other genetic weak links.

High Blood Pressure (hypertension)

The ideal blood pressure is 120/80, but that number is really based on a 20-year-old in good health. Keep in mind that this number will naturally go up some as you age, possibly 130/90. There's not really any point covering the description of high blood, you should be well aware of the numbers, and what they mean. The one thing needing to be pointed out here is the smaller number is the most dangerous. This is the relaxed pressure in between heart beats. This means that there is a continuous high pressure being placed upon the walls of the arteries increasing your chances of having an aneurism, or stroke.

Factors contributing to high blood pressure are sodium intake, caffeine, smoking, alcohol, lack of exercise, most of all Adrenaline production from high stress levels and stimulants. Hypertension seems to be by larger percentage a disease of our lifestyles (approximately 95%). Though there are factors other than the seven listed above such as one's heredity, race, obesity, age, and certain medical problems. However, the majority of high blood pressure is caused by elements of our lifestyle such as the stress, lack or emotional self-control, a rushing lifestyle, and stimulants we take that cause Adrenaline production.

Blood pressure higher than 140/90 should be considered a problem zone: and a good indicator that you need medical intervention. By simply following a set diet, and exercise regularly you should be able to lower your blood pressure 5-10 points. However, without seriously reducing the production of Adrenaline, medications may be unavoidable.

The arteries contain a layer of smooth muscle that expands and contracts as your heart beats. So, if you look at the mechanical structure of your arteries then it makes sense that with exercise, those muscles would grow in size, and strength just as any other muscle in the body. The normal change as we grow older is that the muscle layer becomes thinner. Atherosclerosis or lack of elasticity takes place. Exercise is actually the only way to prevent or reverse the natural deterioration from taking place. Also, the arteries that run through your muscles receive a physical workout as well. You could compare it to running pipe cleaner through a rusty pipe.

There are several natural ways to lower your Blood Pressure:

- **Reduce Adrenaline production.**
- **Reduce your sodium intake.**
- **Limit your alcohol consumption to one drink per day.**
- **Stop smoking.**
- **Avoid large vitamin B or herbs that promote Adrenaline production.**
- **Stop drinking energy drinks.**
- **Stop or reduce caffeinated drinks.**
- **Increase your potassium intake.**
- **Start yourself on an exercise program.**

Do not substitute exercise for prescribed medication, continue with all prescribed medications, and consult your physician to see if you are able to exercise, remember they won't get much more specific than that because of **liability issues**. Due to the artery muscles deteriorating there is a point when I would advise against exercise, however this would also be an issue associated with aging. I highly recommend that you discuss this with your physician to find out if your arteries can handle exercise.

I highly recommend that you discuss this with your physician to find out if your arteries can handle exercise.

The human body is very adaptable to just about anything, changes in elevation, food, temperature, etc. As our environment or need changes we adapt, and changes produce stress. High blood pressure is only one of the major signs of stress. There are several other ways in which the body is affected to name a few such as ulcers, migraine headaches, diarrhea, constipation, and insomnia. This definitely qualifies as an **oxymoron** (two things that contradict each other but used together). Just think how often we treat the symptoms caused by stress, using aspirin, other pain meds, laxatives, or something to help us fall asleep. We treat a side effect and sometimes never treat the cause.

What it all comes down to is over time man has adapted to every change in his environment except for effective coping mechanisms for dealing with stress. Stress is mans natural response to his inability to cope with the rapid changes and situations taking place in today's world. Never in our history has man had to deal with as much as he has in the past five decades. Don't be discouraged but it will take one to three months of regular exercise to have an impact on your blood pressure, and the benefits will continue for as long as you continue to exercise.

When stress is placed on a machine it will break down at its weakest point. Just like a chain holding a heavy load, it is only as strong as its weakest link, and Adrenaline will definitely identify the weakest link. With the human body one of our weakest points is our blood pressure. So, to deal properly with this hypertension you must tackle the stress which is usually at the root of the problem. Exercise being a great release for stress. You may also need to refer to the stress section.



No specific type of exercise is recommended to relieve stress. It really does not matter as long as you are venting out your stress through exercise. As you exercise your brain releases mood altering chemicals (Serotonin and feel good endorphins) which help relieve tension throughout your body. Blood pressure reduction does not depend on the type of exercise you choose, however aerobic exercise has a slightly greater effect.

Weight training can cause a temporary increase in your blood pressure depending on how much weight you lift. These are called spikes, and the benefits far outweigh the slight elevations. These spikes created during weight training actually strengthen the smooth muscles of the arteries in the same way as your skeletal muscles.

Muscles have memory. They know how they were intended to work, so as you exercise your artery muscles learn to stretch back and forth. They will gain more strength for the resting periods.

You will need to practice some safety techniques and modify your approach for this condition.

- **It is imperative that you breathe during the exercise. Breathing out as you raise the weight and breathe in as you lower the weight. Holding your breath may cause a dangerous spike.**
- **Avoid lifting heavy weights. You can lift lighter weights and focus on increasing the number of repetitions.**
- **It is time to stop for the day if you become severely out of breath, dizzy, or experience chest pain.**

Heart Disease and Stroke prevention



We have all heard that the best treatment is to live an active lifestyle, exercise daily, and eat healthy by cutting out cholesterol, and fats from your diet. Exercise is a good thing, and necessary to get the heart working. An active heart keeps the blood flowing. Age is not really a big factor, however doctors like taking the safe path and prescribe walking. Failing to tell you what you need simply because of the liability issue.

Have you ever heard of people having recoveries that doctors could not believe was possible? It happens all the time.

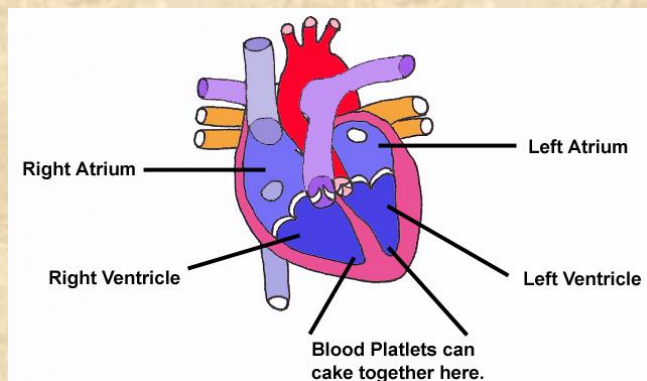
Just like flipping a coin, there is another side. Heart disease is basically the name given when there is a buildup of plaque in the heart arteries. This is no different than a clog in your sink drain pipe. The smaller the pipes the easier it will be to clog. This is a no brainier; however, the medical profession chooses the same path a plumber would. They prescribe blood thinners, water pills, beta blockers (plumbers version or a liquid pipe cleaner) and use the balloon to open up the arteries (plumbers version of a power auger).

Then there is the simple way that reduces the amount of adrenalin in our body that would allow the arteries to return to their normal size “problem solved”. Keep this in mind, the plumber’s method does nothing to stop the flow of adrenaline, therefore the problem remains, and you probably will be on heart medicine for the rest of your life.

We all know the heart is a unique muscle composed of four chambers, each serving a specific purpose to make the complete system run smoothly. When one chamber is damaged the system then relies upon the remaining chambers to compensate for the loss. The system is capable of compensating for the loss of over half a heart as long as the left ventricle is still functioning properly. This is the most powerful section of the heart and is responsible for the blood flow through the body. This can be read as your systolic part of your blood pressure.

The whole point of this is to prevent a stroke from occurring. For precautionary measures the same considerations should be taken for someone with a damaged heart valve or an irregular heart beat pattern (murmur). All these conditions as well as a heart attack can cause the blood to flow poorly through the heart. The chambers of the heart are not perfectly shaped for blood flow. These odd shaped chambers allow blood to pool up away from the regular flow.

When the blood is allowed to sit idle it allows the hard particles to settle and accumulate. These particles can slowly accumulate until those areas are filled and caked together. This is why older people who have had time for blood particles to accumulate, and for people that have heart related problems are either prescribed blood thinners, or aspirin.



The danger of these particles that cake together (blood clot) can sometimes break off and go into the blood stream to cause a stroke or embolism. These blood clots will travel until they lodge at a point where it becomes too small to pass. If the lodged blood clot travels to the brain which is highly likely where it will go, you will experience a stroke where a portion of your brain will

die. If the stroke takes place you can expect a lengthy rehabilitation process at best.

To prevent the likely possibility of a stroke you have to increase your activity. The natural response to a heart attack would be to lie around and rest because of the noticeable loss of energy. This in turn makes your condition worsen. A sedentary lifestyle will change the force of the contractions of the heart to decrease which generates many slow squirts of blood traveling through the heart which allows for blood to pool, and blood clots to form. Exercise is the best remedy because it trains the remaining parts of the heart to handle the full work load.

If you do aerobic type exercises regularly such as walking, swimming, bicycling, stair climbing, and many others you can change the way your heart functions. By exercising you can create a slower resting heart rate that produces more forceful contractions. This will cause the blood that flows through the heart to be at a forceful rate, reducing the possibility of a blood clot from forming.

An example of the difference would be to imagine your heart pumping a gallon of blood every minute. Example:

1. With a heartbeat of 95, you have a rapid pace with smaller squirts.
2. With a heartbeat of 75, you have a slower but more forceful squirt.

As with any exercise when the heart is concerned, you should consult your physician before starting an exercise program. Find out just what level of activity you can handle. If they have run a stress test your physician should be able to answer the question. I am not restricting any specific exercises for this medical condition. Sometimes it is easier to get an answer for the question (what are my limitations, instead of asking for approval for a specific exercise or program approval).

Your physician can give you some idea of your activity limits.

Stress, Depression, and Anxiety



Depression, stress, and anxiety are caused by our body's inability to cope with the changes that take place in our lives. The human body has always adapted to the changes in our environment. However; those changes were spread over very long periods of time.

As we learned to cook and more sanitary methods of handling our foods we outgrew the need for a gallbladder. With the need gone for the gallbladder to fight germs in our food we have evolved to a point of no longer needing the organ. This change no doubt took place over several hundred to a thousand years.

Another more recent change is due to our reliance in modern conveniences. We went from walking to driving even for short distances, farming to grocery stores, and from stairs to elevators. All the modern convenience of our time has contributed to inactive lifestyles. The lack of physical activity has caused a decrease in the production of serotonin in the brain. Serotonin functions as our natural mood stabilizer. Therefore; because serotonin is produced from exercise, depression can be directly linked to the lack of exercise or an inactive lifestyle.

Never in our history has man had to deal with as much as he has in the past five decades.

Stress is man's natural response to his inability to cope with the rapid changes and situations taking place in today's world. Never in our history has man had to deal with as much as he has in the past five

decades. To deal properly with this you must tackle the stress which is usually at the root of the problem. Remember to treat the problem not the symptom. Exercise is a great release for stress and serotonin producer.

Anxiety is when there is a sudden attack of intense stressors that generate a sense of hopelessness (a mental/spiritual road block of the worst kind). Anxiety can be so intense and can alter one's heart rate, blood pressure, ability to breathe, and ability to think clearly. No specific type of exercise is recommended to relieve stress. It really doesn't matter as long as you are venting out your stress through exercise. Exercise of any type promotes the production of serotonin and can assist the body with coping with common daily stressors.

Adrenaline literally attacks the serotonin in the brain. The Adrenal gland communicates with hypothalamus gland and tells it to produce less Serotonin. This in turn creates more stress, depression, and anxiety which our body interprets as a strong emotion and produces more Adrenaline, and the cycle continues.

With this mental/spiritual road block in place, people may find it impossible to piece themselves together to a point of realizing the true cause of their problem. They are lost or locked into a lower thought level only to dwell on something that they are fixated on. The higher mental functions are locked out, unable to be accessed. It is very difficult for someone who has built this mental/spiritual roadblock to see the destructive path they are on. Short term medical assistance may be necessary to assist with stabilizing their serotonin level, until they can start producing their own.

A sense of hopelessness takes over their thought process. It can get so bad that a person is unable to see the solution or be incapacitated and unable to respond to the solution. It is like holding your hand out directly in front of you. All you can do is see the hand. Being consumed with not being able to see what is on the other side, failing to see that there is a visible path on each side of your hand. You need to look around in all directions. You simply taking a detour from your intended path.

What's different now than 40-50 years ago?

Over half the people are expressing some form of depression. The cause may vary from declining health, a traumatic event, too much stress from a job, no job, money issues, drug problems, or relationship problems. As an old friend used to say; "it's time to have a get to know Jesus conversation". Ask yourself why there are so many depressed people now, and as time goes on the number seems to keep growing larger? The answer is actually very simple. 40-50 years ago, main stream media (television, radio) started

programming the mass population as to what they thought we should do, what we should buy, and how we should live our lives.

We are literally made to feel bad about our domestic made vehicle just because it is not the top foreign made luxury car. Divorce went from being taboo to acceptable, to how many ex's do you have. Then came music videos and the internet which has sped up the process by creating idol like figures that our children attempt to model after in every fashion. The fact is not everyone will have hair like that, a body like that, a voice like, and definitely not be able to live like that. We have been programmed to feel bad about ourselves because we cannot reach that goal. This takes us back to Maslow's hierarchy of needs (psychology model). We have been programmed to think self-actualization is unobtainable, even lead to believe that self-esteem the second highest level is unobtainable. Our attention being consumed in the lower three levels of need.

Low self-esteem commonly runs hand in hand with depression. As we sometimes try to analyze some of the really big questions in life we frequently hit the purpose in life issue. I don't think that there is a simple way to answer this one, but you need to have a life with a purpose. Choose a direction, pick something to accomplish that is a challenge, but also obtainable, and enjoy the trip there.

The feeling of hopelessness and despair can be directly traced back to a life without God. Their life has been built without a solid foundation. God is one of your cornerstones when building your life. If a house only has three corners the balance is off and the house will fall.

We have witnessed a simultaneous breakdown in the family unit, finding acceptable things that were once intolerable. The main and most destructive change to take place was what happened to God. 40-50 years ago, the family Bible held a special place in every home (coffee table, end table, or night stand). For the generation born during this transformation era, the Bible has been placed in the closet or they just do not have one. They claim to believe in God, but do not personally know him. They simply claim to be a Christian because of their family roots. The church is identified as the place where old people go to. Church and old people are not cool. Actually, Church is what you make of it. With the presence of God there is faith and understanding. Without God, at best you can roll the dice and hope or wish with no foundation.

It is normal to have stress in our lives, but when stress lingers in our life for more than two weeks (situational stress), it is time to try something different.

Depression exists that is a fact; it is a natural part of life. You simply deal with the problem and move on. To dwell on negative things is not a natural part of life and will simply kill your spirit. People who are in good spiritual health are not immune however can take these blows and bounce back better than others.

First step would be to try some self-help practices to see if it helps to alleviate the depression, and then seek medical help.

Self Help practices:

- **Reduce your Adrenaline**
- **Get 8 hours of sleep, slightly more if over 50.**
- **Start exercising.**
- **Follow a healthy, nutritional diet.**
- **Spend time with family/friends.**
- **Get involved in activities.**
- **Consider relaxation techniques such as Prayer, Yoga, or Tai Chi.**
- **Avoid alcohol, and recreational drugs.**
- **Talk openly about your feelings with a close friend, Minister, Doctor, or Counselor.**
- **Eliminate energy drinks, and herbs that produce Adrenaline.**
- **Cut down on coffee.**

I know that antidepressant medications are heavily over prescribed. Even family physicians regularly prescribe them. It's a good quick fix, and you may be seen again in three months. My primary physician knowing the stress level of one of my previous jobs used to regularly ask "do you need anything for stress. I can give you something to knock off the edge". There is a danger you need to be fully aware of when using any antidepressants. Do you remember all the stories about athletes using steroids? These drugs were banned from use in sports not only because they gave an unfair advantage, but the drug also replaced the body's need to produce testosterone. The body's glands stopped naturally producing the hormone. It flipped the off switch.

Antidepressants work the same way. They replace the need for the brain to produce serotonin, or the way our brain handles serotonin. Over time your brain will become dependent, possibly even require stronger doses of medication as your brain starts to produce less serotonin. Antidepressants dismantle your brain's natural shield (serotonin).

I noticed back when I was in my late teens that I had a photographic memory but was only photographic at certain times. Those times also could be associated with having fun, important events, and stress. Events that are combined with emotions stick in our minds.

Have you ever wondered why you can remember events around your first kiss, the birth of a child, wedding, a vehicle accident, or other traumatic event? Now think back to what you had for dinner the same night just one week ago. You cannot remember because the event was not of any significance, and there was no emotion involved. Research at the University of California has concluded emotion produces adrenaline, and the adrenaline is the catalyst for imprinting our memories permanently.

The point I am making here is Adrenaline imbeds a memory permanently into our brain. If a person has had several traumatic experiences, they become imprinted and form a mental /spiritual roadblock. Counseling may help you cope with the problem of powerful bad memories. These memories left unattended will manifest into stress, depression, and anxiety. Stress, depression, and anxiety springing from the emotions sad, hopelessness,

despair; even anger generated an even deeper imprint into your mind. Keep in mind that strong emotions produce more Adrenaline and embedding those memories even deeper.

Counseling can help, but how do you solve the problem. There is only one way to overcome this kind of pattern, and that is to create newer memories that are good to help fight Adrenaline production. You simply cannot undo the bad memories. Remember that emotions are the trigger. Make a small list of things that you enjoy, and places that you would like to go that are realistic. Invite a friend and take in a show, a day trip to a new place, or go dancing. Ask your friends for help if needed. The point here is to have fun and create new memories. **Nicks rule:** You cannot talk about anything that makes you sad; remember the emotion will imprint the memory so make it a good emotion.

With normal Adrenaline production your bodies calm's down through the release of Cortisol. Cortisol has a negative effect and cancels out Adrenaline once the Adrenaline spike is over, the two functioning as a balance. Another problem is Cortisol is also produced through prolonged periods of Adrenalin production. When the Adrenaline switch is turned on, Cortisol is also produced with no functional use, so it promotes weight gain in the abdominal, buttocks, and thigh area.

Another factor that can help achieve this mind-altering transformation is your diet. Your diet is not the key factor, but it does play a role. A diet consisting of vegetables, fruits, whole grains, and healthy fats and oils can help.

Each one of us will respond differently to stressful situations, what effects one may not be a serious stressor for another. We are each equipped differently to handle things. Some of us only have minimal amounts of Serotonin, while others have an abundance. Some of us have a spiritual connection (a spiritual shield) that adds comfort. We also respond differently because we interpret a given situation differently:

- **We do not all have the same resources and skills to call upon. They vary greatly based on our life experiences.**
- **Because we do not have the same life experiences or resources, we call upon our available resources every time a situation arises, thus producing the same or similar results.**

There are many variables that could be considered as resources to pull from, but some of the main ones are:

- **Upbringing.**
- **Values and beliefs.**
- **Lifetime experiences.**
- **Physical Health.**
- **Adequate serotonin levels in the brain.**
- **Spiritual relationship (Spiritual shield)**

Exercise precautions:

- **Do not over extend tight muscles during stretching.**
- **Do not exercise tight muscles until they have been warmed up.**

Erectile Dysfunction



Erectile Dysfunction is one of the most over treated and least understood health issues of our time. We call it a health issue, but it is really a quality of life issue, and it is a self-induced issue at that. It comes down to this: Adrenalin, our brains chemistry, and blood flow.

Pharmaceutical companies have been more than happy to step in and help with this problem. They were already experts at manufacturing medicines that can alter our brains chemistry, and blood flow.

The question I have to raise is: **How is it that with generations before, men were able to have active sex lives well into old age, but now almost half of all men start having issues as early as their forties?** The other question would be why does this not seem to be a problem in less developed countries? They don't consume stimulants the way we do, and they don't have the worries, or rushing lifestyles we have.

You may ask why this is being covered here. The answer is simple it is a quality of life issue that has the potential to destroy marriages and alter the focus of your attention into other directions, where it does not need to be.

Let's look at the Jenkins Psychology Model: Peoples wants, needs, and interests that motivate them can all be categorized into four general areas. Money, power, sex or love, and spirituality. To have a healthy life one must have a balance among these four areas, with no single one having a dominant or lesser presence. To severely effect one area would throw off the balance.

The misconception is it can be fixed with medication. This is a kind of, sort of misconception we are led to believe. Medication can work for a time, but like other medications our body adapts over time, and we then need to up the dose to achieve the medical benefits. As we substitute more medications in place of our body's natural chemicals we cause our glands to produce less and less Serotonin.

The next time you see a commercial for medication that help with erectile dysfunction pay close attention to the dis-clamor they state at the end. "May cause sudden drop in blood pressure". The dis-clamor is actually giving away the cause,

Here's a cold hard fact: Pharmaceutical companies want to make money selling medication. It then becomes in their interest to sell, sell, and sell. It is in their interest to sell medication to help with this problem.

Erectile dysfunction is actually a secondary condition created from another problem, a problem that can be fixed, and without medication. High Adrenaline output is where this problem begins. The medical community knows very well all the immediate effects Adrenaline has on our body and is referred to as hormonal aging or a continuous state of Fight or Flight mode. Remember from above, one of the immediate effects from Fight or Flight is blood is pulled from the extremities. The medical community also knows that prolonged high Adrenaline output wreaks havoc on our bodies systems. This is kind of like getting hit with a double blow.

With the above being said there will be no more on this subject. For treatment you need to follow the same process for Adrenaline reduction, and stress, because of the Serotonin relationship.

Type 2 Diabetes



Diabetes occurs when the pancreas (gland) fails to produce enough insulin or completely shuts down. Without this insulin the glucose in your body will build up to dangerous levels which can be damaging to some of the body's organs. The buildup of glucose takes place in the blood. Insulin causes your body tissue to absorb the glucose into the cells to be used as an energy source. The breakdown of glucose takes place within the cells. Therefore, the needed fuel is there but your muscle cells have been denied access to the second fuel source.

There are many risk factors for Diabetes:

- **Genetics - parent or sibling with diabetes.**
- **High Adrenaline production.**
- **Age over 45.**
- **Heart Disease.**
- **Obesity.**
- **High Cholesterol.**
- **Not Enough Exercise.**
- **During pregnancy - Gestational diabetes.**

Diabetes affects people in different ways. At times you might just feel run down, an increased thirst, frequent urination, blurred vision, rapid weight loss, itching, and slow healing.

There should be no reason why someone who is diabetic could not participate in a regular exercise program. There have been many diabetics that have become professional athletes. A good physical exercise program would help keep your blood sugar level within normal ranges. One modification during activity should be made by taking a break and eating a snack so blood sugar levels don't fall into insulin shock range.

Some people with type 2 diabetes may not need insulin injections. They can usually keep their blood sugar at a controllable level by controlling their Adrenaline production, weight, exercising, and following a strict diet. This is the first and most logical form of treatment anyone could recommend. If weight loss is required, a 2 pound per week loss would be a good and healthy rate.

Every professional has their own theory on how to approach a medical condition. Doctors naturally believe medicine is the answer. With diabetes, insulin is the cure all! I believe the use of insulin is vastly over stressed. Be selective in your choice of physician, he may be from the old school of thought. He needs to be knowledgeable in the application of exercise and the body's utilization of energy.

Before you start any fitness program of any kind, you should undergo a complete physical examination, especially an E.K.G. If any irregular heartbeats or signs of strain show up, you may have to modify an exercise program to avoid the risk of a heart attack.

Diabetes alone requires no real modification to the activities. The modifications here need to be based on how you use insulin, and knowing your signs of high, and low glucose levels. Carry testing equipment, carry a snack, and monitor for any rapid changes in your glucose level during exercise. Exercise will make you more sensitive to insulin and can cause a glucose drop to occur after exercising. You should consult your physician and get an idea of what your glucose level should be before, and after exercise before starting.

Extreme cold or hot conditions can also affect how your body absorbs insulin. The main precaution to consider for diabetes is that over time you can develop diabetic neuropathy (a nerve problem in the feet and legs). You should wear shoes that are a little loose to allow for some movement. Otherwise you could develop sores or blisters on your feet, which could cause more serious infections.

As a diabetic you should drink plenty of water to keep yourself hydrated. This is more important for a diabetic because by the time you feel thirsty you could already be dehydrated.

Benefits of exercise with Diabetes:

- **If overweight, it can help you lose weight.**
- **It reduces the risk of heart disease.**
- **It reduces stress.**
- **Potentially lower your blood glucose level without medication.**

Exercise Precautions.

- **Stay hydrated, and drink plenty of fluids.**
- **Do not wear tight Shoes.**
- **Do not exercise under extreme cold/hot conditions.**
- **Keep a snack readily available (fast acting carbs), for sugar drops.**
- **Monitor glucose levels before and after exercise.**
- **Try and exercise the same time every day.**

Osteoporosis and Degenerative Bone Disease



Osteoporosis and other forms of bone density deterioration gradually take place over a long period of time. This process usually starts taking place in one's forties, or fifties. Osteoporosis does not appear to be selective in those it affects. Not as a general rule, but women are affected more than men because of their less dense bone structure. Fair skinned people are more likely than dark skinned people. Thin people are more likely than heavy people. Those people with a family history are also very high at risk of developing Osteoporosis. Keep in mind that we are talking about at risk. This does not necessarily mean you will develop Osteoporosis. By the time the condition is noticeable the damage is well underway. The first sign is the loss in ones' height from compressed vertebrae, a curved back, or easily broken bones.

Here again there is a hormonal origin. Unlike most of the other forms of Adrenaline damage, this form of damage takes years to show the effect. However, this bone can be rebuilt with a few exceptions.

By eating foods rich in calcium, vitamin D, and dark leafy vegetables you can put the necessary materials back into your body to rebuild or at least stop the breakdown process. Keep this in mind; I said it put the materials in your body. This is only the beginning. You need to exercise to activate the bone building process.

I want to throw a bit of trivia in at this point. When you purchase vitamins, have you noticed that you can get calcium that also contains vitamin D. There's a reason for this. Calcium can help you to produce stronger bones, but it is the vitamin D that functions as the catalyst for making the calcium work. Calcium will only work when combined with Vitamin D. When taking these vitamins, also remember not to take any form of antacid; it prohibits the absorption of calcium into the body. Exercise introduced to the body at this time will utilize the calcium and vitamins to build bone mass or halt the breakdown process.

Although you may eat properly and exercise regularly, you will want to avoid smoking, drinks containing alcohol, and caffeine because they increase your body's demand on calcium. **Also remember that the caffeine and stimulants cause Adrenaline production that prevents new bone growth.**

Following with the regular theories of body development, your body will adapt according to the way it is treated. Stress placed against the bones from weight resistant training forces the body to generate bone tissue. When weight bearing stress is continuously placed up on the body it will respond by causing bone mass to increase, just like stress effects muscle tissue.

There is a continuous bone building cycle that takes place in your body. At any given point in time your body is remodeling 10% of your bone mass. Older bone cells are reabsorbed by osteoclast cells, after which new bone is deposited by osteoblast cells. **The osteoblast cells will reform the new bone tissue according to the current situation.** Weight bearing exercises produce stress on the bone, thus produces denser bone tissue. **Physical activity produces stronger bone!**

You need to see a physician and get some idea as to how much weight to handle. The answer you receive will depend on you as an individual, according to the stage of deterioration of bone mass and secondary damage such as compressed vertebra. The question here is not; should I lift weights, but at what safe level should I lift weights. The key is weight resistance.

Exercise should **focus on repetitions instead of the amount of weight**, until a sufficient tolerance to exercise has been achieved. You should perform exercises that require wide ranges of motion. Those exercises should also be isolated to single muscles or small muscle groups until sufficient strength is gained to work large muscle groups. More benefits can be received from performing exercises that require large muscle groups to work together, but you had better be in a strong enough condition to switch over to large muscle groups.

A study done by the University of Arizona identified 6 specific exercises that produced the best results for new bone formation. Results based on 2 sets with 3 training sessions per week.

- **Squat.**
- **Military Press.**
- **Lat pull down.**
- **Leg press.**
- **Back extension.**
- **Seated row.**

These are the exercises for best results but are not to be used when you first start. Work your way up.

I would strongly advise against stretching the muscles out very much, because it can compromise the long or thin bones by placing them under unnecessary stress. You may however be able to stretch your leg muscles if you are in a sitting position where your legs are flat. The flat surface will prevent the bones in your legs from becoming compromised.

Ulcers, IBS, and Crohns



The digestive system is one of the first to feel the effects from Adrenaline. The Fight or Flight mode has a direct effect by slowing down the digestive system to shift more energy to other needed parts of the body.

Fight or Flight when occurring naturally only lasts for a few minutes and does no real damage, prolonged strain, or prolonged interruption to the digestive track. However when placed in a continuous state of Fight or Flight due to Adrenaline production the organs tense up causing spasms, and high levels of stomach acid to be produced, and retained which either restricts the normal flow of food, or eating away or inflaming the lining of the intestines.

Picture an inflamed intestinal wall; now eat something that has the potential of aggravating this lining. Inflammation can allow for these food particles to easily become lodged requiring surgery as a remedy.

In addition to the Adrenaline causing a wide range of intestinal problems, if you add stress also caused from the production of Adrenaline, you get a double blow to the effect.

This health problem category may actually require surgery, but for most cases Adrenaline reduction will reduce the strain on the intestines. Medications may also be necessary to assist with the healing process. See Adrenaline Detox.

Reduce the risk for Cancer and Alzheimer's





Both cancer and Alzheimer's are lumped into one category because of the way Adrenaline triggers or influences these health conditions. Essentially our bodies are designed to function perfectly in a normal environment, however 90-95% of us are in an altered environment. This meaning our endocrine system works through all the glands interacting together to adjust certain hormones as needed and maintain a state of equilibrium.

Both are triggered or influenced when high quantities of Adrenaline are allowed to alter the body chemistry over time. The altered hormone environment **breaks**

It's simply the combination of right amount of Adrenaline and enough time.

down the body's natural defenses in our immune system, and the serotonin in the brain. It's simply the combination of right amount of Adrenaline and enough time. This being said the best preventative measures one can take is through Adrenaline reduction by eliminating stimulants, and emotional self-control. Continue with Adrenaline Detox chapter.

Diet and weight loss



The two common elements about weight loss is most people share the desire to have a visible change and feel better. The other is most people are willing to use cheat methods to accomplish this. On the other side you want to lose the weight in a healthy way. Not sacrificing another aspect of your health in the process.

The key to weight loss is to first understand how you gain weight. Then if you understand it "You can control it".

Lack of emotional control causes the production of Adrenaline. Stimulants also cause the production of Adrenaline. Cortisol is produced as the counter hormone for Adrenaline. The Cortisol is building up during the day because of the continuous high production of Adrenaline. Being unable to do the primary task, is chooses its secondary task. It tells your body to store fat. Essentially the only way to get rid of the Cortisol is to eliminate Adrenaline production. Without this taking place you are creating a state of **W.A.R.** within your body.

Energy pills & Energy drinks:

We have all heard the promises that a magic pill would melt it off, and you have probably spent a good amount of money trying several brands. Keep this in mind they are selling these as a nutritional supplement, and nutritional supplements are not monitored for their effectiveness as closely as pharmaceuticals. They can boast almost anything and contain little or no value. The one thing that I can clearly say is they all contain some form of stimulant to perk you up. Ginseng, Guniran, Tirene, Caffeine, and Chromium, to name a few of the more popular ones. Did any of these ingredients look familiar? They introduce a stimulant to cause the adrenal gland to produce more Adrenaline.

Their function is to make you feel good and give you energy. I'm also guilty of taking energy drinks that fall into this same category. Remember I said I was an Adrenaline junkie at one time. A little energy now and then is ok but taking them on a daily basis is dangerous to your glands. All your glands work together as a system. When one produces a hormone, it triggers the release of other hormones, and counter hormones.

Any stimulant will put your glands into overdrive. When you take stimulants every day your glands stay in overdrive. You can burn your glands out from overproduction of hormones. At this point you have developed a dependency on the stimulant to continue hormone production, and to simply just feel good. You simply go through withdraw without it.

The majority of people that want to lose weight and have no desire to tone up may not need to purchase equipment, supplements, expensive diet foods, or expensive programs.

A good plan:

I won't lie there are some other good plan out there, but they are designed for weight loss only. They do not work on the problem that caused the weight, however you are more than welcome to try them. However, there are many more bad programs than good. The key to our program is it is built around Adrenaline reduction, calories pre-pound of weight, and allows for fast or slow metabolisms. As with any reputable program there should be physical activity to target the weight loss on fat cells. If exercise is not involved, you will also have lean muscle loss. One heavily marketed program boasts 70 % of all weight lost was pure fat.

Did you ever think of what the other 30% was????

Here's the Key to Weight Loss success:

Our body produces large quantities of Adrenaline when we are experiencing strong emotions both good and bad (anger, frustration, excitement, love). Then we also factor in caffeine, energy drinks, and energy pills that promote Adrenaline production we can easily find our self with a high continuous Adrenaline output. Stress and depression has the same Adrenaline output ability. So, when we produce Adrenaline, we produce Cortisol as the counter hormone.

After the Adrenaline is gone we are left with Cortisol in our body. With no more Adrenaline to neutralize the Cortisol then goes after its next function. It promotes the storage of fat in the mid-section region of the body (abdominal, buttocks, and thigh).

Adrenaline control is the primary answer to weight loss. It is through prayer and or meditation, and relaxation techniques that we learn self-control. It is actually easy to learn this method by simply using a mood ring or stress dot to observe the color (biofeedback). This is what makes the W.A.R fitness, and weight loss program so appealing, and effective.

Level one: Consists of a minimum of meditation/prayer as indicated through bio-feedback from the mood ring or stress dot. And a short duration fitness routine 3X week. Strict dieting or calorie counting may not be necessary.

You cannot afford lean muscle loss. After the age of 45 you will lose 1% of lean muscle mass per year, each year. Additional lean muscle loss due to bad dieting practices will accelerate your loss of balance, and mobility as you get over 45.

Our Mental Health stability

Our mental health is directly related to the environment of our brains chemistry. Our brain is a very perfectly made machine able to process information like a giant super computer.

Think of this: If you plant a garden without any fertilizer it is most likely you will not produce very many vegetables. Take that same garden and prepare fertile ground; you are likely to produce an abundance of vegetables.

Our brain is no different. Serotonin is our fertilizer. Serotonin simply put is our brains biological shield that holds everything together.

Stress is normal when experienced for short periods of time then returns to normal. Prolonged stress, depression, and anxiety for extended periods of time is not normal.

Our mental health is a direct product of how we are trained, and our successes or failures. We are taught to get the best grades, be the best at sports, whatever you do, do your best. When we get older we compete on the job, the best gets paid better, or gets the promotions. We want to have the best house, car, and stuff we can afford. Everything is geared toward the best and being first.

There is two sides to this competitiveness. Called rushing to get things done, hurry sickness, or stress we intentionally place on our body. Adrenaline is produced, and in large quantities. We take a pain medicine or antacid and push on, creating more Adrenaline. These are your typical type A personalities.

On the other side there are those that do not come out in first place, over time they become stressed, and depressed from failure causing Adrenaline production. Their problem is more so with how they see themselves, how they perceive society seeing them, or expectations they could not meet. These people have slowly re-programmed themselves over time and have a slow constant buildup of stress, depression, and anxiety symptoms.


The type A people are actually the worst ones. They have the super human complex. Then the doctor tells them at 40, you just had an anxiety attack. They

wonder and say not me, I exercise, I eat healthy, I am a strong person. The fact is the strongest among us is actually the ones most at risk for an anxiety attack. They are strong willed, and usually able to hold things together to a point. When that point is reached the walls come crashing down. Keep this in mind, once you have had an anxiety attack it is a lot easier to have a second or third. It can take years to rebuild that defensive shield back.

The fact is the strongest among us is actually the ones most at risk for an anxiety attack.

If you noticed there is a vicious cycle taking place here the Adrenaline produced attacks the serotonin in your brain making you susceptible to stress, depression, anxiety. Then extreme emotions both good and bad, and the stress, depression, and anxiety in turn cause the production of more Adrenaline. The adrenaline then returns to the brain to further damage or dismantle your mental shield (serotonin).

Self-control over your emotions through prayer and or meditation is the best solution for repairing or preventing serotonin depletion.



Endometriosis

Cultural Changes

It amazes me when brilliant people such as research doctors are capable of producing such astonishing results within their lab work and case studies, and still fail to piece together a larger picture. Even when the evidence is staring them in the face!

When you look at all the research done on endometriosis since the 1920 an overwhelming number of studies have contributed an important piece to the puzzle or confirmed something from another study.

The question we need to ask is: Why did this health condition only show up in a very small percentage of women prior to the 1920's and has gradually increased over time with a very high percentage of cases over the past five decades? Where did it come from and why now?

Let us take a look back at the time period around 1920 in the more densely populated cities where the impact of the industrial revolution was first present. This example can also be applied to rural areas starting around the 1950's.

Women married at a young age with their primary focus being a homemaker. They had children, and in most cases, they had a large number of children.

Various research studies have shown us that the translocation of endometrial cells take place from the time when menstruation begins through their mid twenties. Research has also proven that if endometriosis develops after this point in time. Endometriosis occurs from the translocation of endometrial cells that were implanted before this person was in their mid twenties and not from newly deposited cells. Research has proven that the translocation of endometrial cells cannot occur during pregnancy. This has been proven by creating a false pregnancy called the pseudo-pregnancy with hormones. The same research that helped the estrogen-progesterone combination has been extensively used for treatment of endometriosis.

Conclusion being: as women have pulled away from the traditional role and entered the workforce, or waited until they were older to have children, it allowed for the translocation of endometrial cells to occur. This can easily be verified when comparing the population percentage of women with endometriosis from developed countries or cultures with a low number of births to those with a larger birth rate (underdeveloped countries, or cultures where women's roles have not changed).

One can also conclude that endometriosis is not a new health issue. Overwhelming evidence shows endometriosis is brought on during a change in the lifestyle of women whereby not being in their past traditional role, pregnant during a specific age span

(hormones changes), allows for the translocation of endometrial cells to take place. However, it is not that simple. This is still only part of the big picture; there are still other contributing factors that need to be looked at.

Formation

Before we step into the other contributing factor it is necessary to get a clear understanding of how the formation process works. I will try to keep all the complex terminology to a minimum.

The normal menstrual process would be described as a building up process of the inner lining of the uterus for the purpose of implanting a fertilized egg, and then followed by a shedding process where the body expels the outer lining so to replace it with a new healthy lining for the next cycle.

We have always thought that all the shed lining is expelled, but research has proven that retrograde menstruation occurs where the lining (endometrium) flows backward through the fallopian tubes and into the abdomen. These aggressive cells can re-embed themselves and start to grow forming lesions, and from that point can penetrate multiple layers and then spread to multiple organs, generally in the pelvic region.

The aggressive cells are naturally programmed to want to re-embed themselves. The entire region of the uterus has a unique immune system, or super charged immune system designed to destroy these aggressive cells before they can re-embed into the healthy tissues of the uterus, fallopian tubes, or pelvic region. Research has shown that there is an absence of or weakened immune system in combination with the presence of oestrogen. So, the trigger is the presence of oestrogen in combination with a weakened immune system. The amount of oestrogen is irrelevant, it only has to be present.

The Root of the problem

Over twenty years ago research has shown the existence of a deficient cellular immunity in women with endometriosis. This included a number of functional changes being observed in several natural body immunity components of the peritoneal fluid, as well as in the serum. Their conclusion being; a deficient immunity against the very aggressive separated endometrial cells involved in retrograde endometrium during menstruation may be involved in the pathophysiology of the disease.

Research has determined that with endometrial cell implantation, there is an increase in the number of formed endometriotic lesions, and a large number of substances secreted by certain cells of the immune system that effect the other cells known as cytokines. These natural killer cells and their secretions play a critical role in decreased immunity, surveillance, recognition and destruction of ectopic endometrial cells, thus serves as the facilitator for implantation of ectopic endometrial tissues. To clearly state: the body's natural defense system for these cells is weakened or gone. The research clearly indicates that endometriosis is the result of a weakened immune system.

Additional research was able to expand on previous research by identifying that T cells, also an important part of the immune system was decreased in numbers. The combination of these alterations in the immune system lead to an inadequate removal of ectopic endometrial cells from the peritoneal cavity.

Chemokine functions to attract white blood cells to sites of infection. However, as part of a weakened immune system the body produces less white blood cells.

Applying what we know, and symptom management.

Pregnancy during adolescence is likely to play a role in the prevention or regression of endometriosis. Remember translocation of endometrial cells cannot occur during pregnancy, however researchers are not encouraging early pregnancies. What they have done is identified a timeframe from which the condition first develops. They have identified the presence of oestrogen, and a weakened immune system that is specific to the reproductive system. All of which must be present at the same time.

An opportunity exists here through regular doctor visits to identify the weakened immune system and offer some form of intervention such as boosting the immune system, or an opportunity for hormonal manipulation of endometriosis such as pseudo pregnancy.

Doctors recommend that a pseudo pregnancy only be done for a period not to exceed seven months, then give the body a break where the lining can be shed. Here is a period where a break allowing for the body to clean and repair for two or three months could allow for the translocation of endometrial cells to take place if all the other conditions are met. Clearly this is leaving only one option from which the problem can be approached by, the immune system.

For us to take a look at how to beef up or repair a weakened immune system, or as researchers have called it “an altered immune system” we need to look at the endocrine system.

A group of glands that control every aspect of our body. When all the glands are functioning properly our body is in a perfect state of equilibrium or harmony. When one gland is functioning improperly such as not producing a specific hormone, or over producing a hormone it sets off a chain reaction among all the other glands. Example being one gland produces a hormone to do a job; another gland produces the shut off hormone. Essentially a job is not being shut off properly, or unable to be turned on. This causes a chain reaction of hormonal imbalances to occur, or an altered state to take place. It is also all too easy for a doctor to be confronted with the problem of addressing a secondary health problem instead of tracking the problem to the source.

When looking at preventative measures one has to first look at the adrenal glands. It's not even close to being the master gland, but it produces adrenaline, our fight or flight hormone. When the body is flooded with this hormone for a long enough time, it has the

ability to affect every other gland and system in the body, including our immune system. It can literally make the body wage war on itself.

At this time, I recommend that you read the section in this book covering Living in an altered state (Fight or Flight).

Some of the early signs of adrenaline damage on the body include:

- **Weakened immune system.**
- **Cold hands and feet.**
- **Onset of digestive problems, having to take antacids or stomach pills due to acid production, ulcers, I.B.S, crones, etc.**
- **Chronis fatigue, or experience immediate drops in energy.**
- **Difficulty sleeping or sleeping at the right time.**

With a little more time, you can include:

- **Weight gain.**
- **Causing other glands to over or under produce hormones such as insulin or oestrogen.**
- **Heat flashes.**

Once you have read the section you will be able to understand where our principles originate from, and how to equip your body to combat this problem. There are many health conditions from which the body can fully repair itself with the control over adrenaline production. There are some exceptions where damage is permanent such as a heart attack where a portion of the heart muscle has died. Endometriosis believed to be one of these.

For the purpose of this book I am going to categorize endometriosis similar to a cancer due to it being an abnormal growth, and its aggressive nature. Human physiology has proven that through the control over Adrenaline production the immune system can be rebuilt. **Now if we apply an improved immune system (white blood cells, and killer cells or cytokines, and T cells) to the foreign tissue environment it may be possible for catabolization of the endometriosis tissue to occur.** The job of cytokines and T cells is to break down anything that does not belong.

I would like to say that the scar tissue would be broken down and re-absorbed into the body, but there has never been any study done to date to verify this. What I am saying is through adrenaline control you can slowly shift the body away from the altered state that you like many other people consider to be normal.

The chain reaction is as follows:

- **High adrenaline production with enough time will directly weaken the immune system.**
- **Adrenaline with enough time effects serotonin production in the brain (mood stabilizer hormone) creating stress, depression, and anxiety to occur which tells the adrenal glands to produce more adrenaline.**
- **Adrenaline halts the formation of new bone tissue thus effecting the production of white cells, your immune system. If the white blood cells are not made, then they cannot make all the cytokines and T cells necessary to destroy the aggressive separated endometrial cells.**
- **Adrenaline is produced through the expression of high emotions. Good or bad (anger, frustration, hate, love, joy, excitement) and pain, the body lacks the ability to distinguish any difference and responds by producing adrenaline. All of Chapter 5.**
- **Additional stimulants such as energy drinks, coffee, pills, or herb with the ability to force the adrenal glands to produce more adrenaline.**

To correct your body's system back to a state of being normal requires an adrenaline detox process, to eliminate the dangerous levels from the body. This process is in two parts and it's not easy. The first is to cut down or eliminate stimulants such as coffee and energy producing supplements. The second is the hardest and involves you learning how to control your state of emotions. How to shut off adrenaline production with emotional self-control! This is a change in lifestyle alteration that takes a minimum of sixty days to achieve. See Adrenaline Detox.

Somewhere about half way through this detox process you should start to notice improvements in all the early signs of adrenaline damage. Once your body chemistry has been returned to normal, your immune system should also return. With your immune system in proper working condition, it should be able to identify the spread of new cells, and deal with them as they were intended to.

Chapter 4: The Spirit Factor

Not all people are what I would call spiritual beings. They rely on their limited understanding of physical elements in a physical world. If they can see it or touch it, it is real. Lacking any spiritual experiences, they find themselves venturing into an unknown territory. To have faith in the unseen and untouchable is simply mind boggles.

I have known people who have read some of the Bible, who could even quote passages, and failed to receive anything of value simply because their heart wasn't in their efforts. This spiritual search needs to be done with your heart, not the mind. Searching with the mind with no substance behind your efforts will simply prove worthless, and you will literally find a way to think yourself away from a spiritual relationship with God.

God's word "the Bible" recognizes the need for taking care of the body for it is his earthly temple, but it also describes where your priorities are to be placed. For your spirit is from God and will inherit a new body referred throughout the Bible as a mansion being prepared for you. The word mansion referencing a superior quality house is used as a metaphor for a superior quality body, one not made from earthly hands.

Timothy 4:8 states: For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (NIV)

All you have to do is take some time to sit in a garden or somewhere surrounded by nature to realize the magnitude of things. Listen to the birds and feel the wind as you absorb all that surrounds you. Even from a scientific approach you have to marvel at the complexity of nature and the perfect system. Another way is to simply watch small children play and how they interact with each other.

I find it is truly amazing how some people can spend years working on their physical body, never being aware of a spiritual shield, or how to tap this shield for an energy source, while others just use it. Perhaps they just never thought about it, or possibly ever heard about it. The Bible calls this a shield of faith given by God's grace. It is the same as building a house without a solid foundation. A solid foundation will hold during rough times.

I Corinthians 3: 10 states: By the grace God has given me, I lay a foundation as an expert builder. (NIV)

The (imperfect) human shield is the first to fail you during hard times or at life's end. Brain chemistry (**Serotonin a natural biological shield**) is only so good and will only carry you so far. People fail to consider the spiritual (perfect) shield that reinforces or protects the biological shield. The spiritual shield is perfect and will hold according to

God's intended design. The Bible tells us God will not place upon us more than we can bare, and God tests those he loves.

As our body ages, and change with time, so can our brain chemistry. Without a spiritual shield the brain is vulnerable to changes taking place both physically connected to you, and outside forces that can influence you in negative ways. The spiritual shield is clearly the superior of the two shields as stated in Ephesians.

Ephesians 6:12-17 states: For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of the world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all take the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the spirit, which is the word of God: (KJV)

Working on improving your body without the spiritual element is much the same as saving money for retirement but failing to save in their spiritual future. It is simply to deny yourself a very happy satisfying life.

Psalms 34:18 states: The Lord is close to the brokenhearted and saves those that are crushed in spirit. (NIV)

Acts 17:26-27 states: From one man he made every nation of men, that they should inhabit the whole earth; and he determined the times set for them and the exact place they should live. God did so that man would seek him and perhaps reach out for him and find him, though he is not far from each one of us. (NIV)

The hardships of life humble us and make us appreciate what we have and can set our priorities right if we are just paying attention to the lesson being learned. Your frame of mind will set your path. In times of hardships, Christians will study into the problem, deal with it, and **look for the lesson that is intended for them**, while people that lack faith are more likely to view the hardship for whatever it is.

The shield received through your faith offers additional protection against depression/anxiety. Notice I said additional protection, so do not confuse fire resistant to fireproof. No one is entirely impervious to depression or anxiety. It all depends on the situation that causes the development to occur, the time it was allowed to progress before you address the problem. During the middle ages monks that devoted their lives to Christ spent their time studying and in deep meditation. They also realized the need to maintain their physical health. It was common practice for them to work in gardens and cut wood for the purpose of maintaining the physical body for the body is God's temple.

Our bodies by design is remarkable. We are able to adapt to almost anything. Of particular interest in our gland system, the combined effect hormones, and counter hormones that all balance each other and keeps our whole body's in harmony, or at a state of equilibrium.

Up until the time of the industrial revolution we live life at a much slower pace, and our knowledge and influences was limited to our more immediate environment. To give you more insight we went to bed when it got dark, our travel speed was limited to walking or horse. Today we know everything that goes on in the world, can travel fast, and receive information at super speeds, far faster that our brain can process. Ever heard of people getting headaches from playing computer games? And this is but the obvious example.

The situation here is before the industrial revolution we rested our bodies, and mind. We took the time to experience life and reflect upon the days events. In biblical times there was strict punishments imposed on those that did not set aside the Sabbath day for rest as ordained by God in the Old Testament. The punishment was death, and the method was by stoning. I guess it is a good thing that we don't live in those days. However, the Bible teaches us that God never changes, so does his laws. The fact is the law remains, and we do die by method of punishing ourselves. This is why the rest period was ordered in the first place to allow us to recover from work and prevent Adrenaline damage to our organs.

Biblical Warning:


I Corinthians 3:16-17 states: Don't you know that you your selves are God's temple and that God's Spirit lives in you? If any man defiles the temple of God, God will destroy him: for God's temple is sacred, and you are that temple. (NIV)

Mathew 7:19 states: Every tree that does not bear good fruit is cut down and thrown into the fire. (NIV)

There is a warning here that goes far beyond someone taking the life of someone else or even committing suicide which is to destroy the temple of God. The word used here is "defiles". This word gives a much broader implication. Any purposeful damage to yourself or another is damaging God's temple. Excessive use of food, alcohol, tobacco, and drugs can damage the temple.

Also, when you allow depression to consume your life: there comes a point that it affects your physical body the temple is also damaged. As depression takes it toll on you there comes a point that you are no longer productive with regular life activities. The warning uses the tree as a metaphor to represent people. Once we have allowed ourselves to be affected to the point of not being productive we become like a tree not bearing good fruit.

This warning does not have to be the end. The temple of God has been rebuilt before and will be rebuilt again. Read stress depression and anxiety attacks for more detailed information on rebuilding your serotonin level, reducing adrenaline production, and building a spiritual shield.



The Bible Code for Spiritual Health and Fitness has been revealed.

I had an eye-opening experience when I first realized the hidden message and was amazed at just how well it was not really hidden. The only thing was I had to think like those who lived during biblical times. The real difference is they used descriptions instead of medical terminology.

Man was instructed on how to write detailed information pertaining to health and fitness with a focus on the importance of rest, controlling emotions, and how it related to worship.

The Bible can be a very difficult book to understand especially to those that are not seeking God with an open heart and mind. To those that do, the book becomes open and reveals information that is life changing, healing, empowering, motivational, and uplifting. It is believed that all the answers to life are contained within the writings of this ancient book. Jesus himself said the answers are hidden within Parables; however, these Parables only give up the secrets to the open hearted and believing. To all others the secrets are as if spoken on deaf ears.

Every so often, when the time is right, God allows us to decode information revealing something profound and life altering and usually relevant to the time revealed. Then it becomes easier to look throughout the Bible as a whole to find other passages that reinforce the teachings revealed. This is when you have one of those Ah-ha moments.

The Bible takes a strong role in the proper approach to health and fitness, so strong it is even included in the Ten Commandments and emphasized in detail more than any other commandment.

The purpose is not that shocking, and it definitely applies to our modern time.

Biblical origin and purpose

I will give you a historical outline and show you how each passage builds on the other. All Biblical scripture will be in dark red, with black for supporting information and application. To assist with obtaining the best understanding on how some passages are used, you may want to read the passages before and after the passages we are focusing on.

Old Testament

States, builds upon or references the Sabbath

Genesis 2: 2-3 Origin of the Sabbath.

By the seventh day God had finished with the work he had been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating he had done. (NIV)

First stated and gives us indication that rest is important.

States, builds upon or references the Sabbath

Exodus 6: 22-23

On the sixth day they gathered twice as much – two omers for each person – and the leaders of the community came and reported this to Moses. He said to them, This is what the Lord commanded: ‘Tomorrow is to be a day of rest, a holy Sabbath to the Lord. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning’. (NIV)

The way this passage is used recovers the foundation of the establishment of the Sabbath. It also shows in the following biblical passages that our efforts will be fruitless and in vain.

States, builds upon or references the Sabbath

Exodus 20: 8-11 The Ten Commandments.

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed The Sabbath day and made it holy. (NIV)

This is where things get interesting. There is a total of four passages devoted to “Remember the Sabbath day” and eleven used for all the other commandments combined. The Sabbath was established as a holy day to honor God, intended for worship. Keep in mind only 3 passages earlier he states, “for I, the Lord your God, am a jealous God”. So, this day is for rest and devotion. This is also the only commandment starting with “Remember”, knowing it would meet more resistance

than the others, not be followed, or remembered. The other problem is most churches have condensed the whole Sabbath message to a simple “Remember the Sabbath” and the true message or purpose is lost.

States, builds upon or references the Sabbath

Exodus 31: 12-17 Punishment for not obeying the law.

Then the Lord said to Moses, Say to the Israelites, ‘You must obey my Sabbaths. This will be a sign between me and you for the generations to come, so that you may know that I am the Lord, that makes you holy.

Observe the Sabbath, because it is holy to you. Anyone who desecrates it must be put to death; whoever does any work on that day must be cut off from his people. For six days’ work is to be done, but the seventh day is a Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day must be put to death. The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he abstained from work and rested. (NIV)

Several things are taking place here. God keeps stressing the point of observing the Sabbath “it was the covenant between God and his people”. This day is designated as a time for worship and refreshing the body. Apparently, people in that time are just as stubborn as they are now. People must have continuously looked for ways to bend or break the law for God to issue a death sentence for not observing. Another thing to keep in mind at this time is: The Bible states God never changes, He is the same as he was, and will be. Just as God punished Adam/Eve and all their descendants with mortality/pain/suffering (curse), he attached a punishment for not observing the Sabbath (cut off from his people, and put to death), basically another curse.

The practice of the community stoning someone to death is no longer practiced, nor is necessary because we carry out the punishment on our self by our self on a daily basis. By not observing the Sabbath we create the perfect environment within our body for self-destruction. To rephrase that he allows us to kill ourselves, or in other words free will.

States, builds upon or references the Sabbath

Exodus 35: 1-3

Moses reminds the Israelites of the punishment. No new information is given, just recovers previous information. We are being reminded: Remember it is the only commandment to start with “Remember” and we are going to forget.

States, builds upon or references the Sabbath

Leviticus 19: 3

Each of you must respect his mother and father, and you must observe the Sabbath. I am the Lord your God. (NIV)

“Remember” we are going to forget.

States, builds upon or references the Sabbath

Leviticus 19: 30

Observe the Sabbath and have reverence for my sanctuary. I am the Lord. (NIV)
“Remember” we are going to forget.

States, builds upon or references the Sabbath

Leviticus 23: 3

There are six days when you may work, but the seventh day is a Sabbath of rest, a day of sacred assembly. You are not to do any work; wherever you live, it is a Sabbath to the Lord. (NIV)

Here we find an expanded description of the Sabbath explained. The Sabbath becomes not only a day of rest, with no work, but we are ordered to gather in sacred assembly.

States, builds upon or references the Sabbath

Leviticus 26: 2

Observe the Sabbath and have reverence for my sanctuary. I am the Lord. (NIV)
“Remember” we are going to forget.

States, builds upon or references the Sabbath

Leviticus 26: 14-16 Starts with the warning:

But if you will not listen to me and carry out all these commands, and if you reject my decrees and abhor the laws and fail to carry out my commands and so violate my covenant, then I will do this to you: I will bring upon you sudden terror, wasting diseases, and fever that will destroy your sight and drain away your life. (NIV)

It is stated with an emphasis specifically placed on the Sabbath “the covenant” with the first details of the curse bestowed for disobedience. The reference to sudden terrors describes anxiety attacks, and wasting diseases, and fever that will destroy your sight and drain away your life describes diabetes and the secondary effects associated with diabetes.

It would be a good idea for you to read the whole 46 passages of Leviticus 26 and see if you can relate the information to your health, fear, fruitlessness, and your efforts being in vain for not honoring the Sabbath.

States, builds upon or references the Sabbath

Deuteronomy 5: 12-15

Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore the Lord your God has commanded you to observe the Sabbath day. (NIV)

It is not directly stated, but a reminder of the stress, and lack of rest they endured as slaves. “Remember” we are going to forget.

States, builds upon or references the Sabbath

Deuteronomy 11: 26-28

See, I am setting before you today a blessing and a curse – the blessing if you obey the commands of the Lord your God that I am giving you today; the curse if you disobey the commands of the Lord your God and turn from the way that I command you today by following other gods, which you have not known. (NIV)

The punishment for disobeying the covenants is finally stated as a curse.

However, something else is stated here that will be made more clear later.

“Following other gods” referring to the first commandment, has now been attached to the Sabbath commandment. To not follow the law or commandments, and the covenant is viewed as following other gods.

States, builds upon or references the Sabbath

Deuteronomy 27: 26

“Cursed is the man who does not uphold the words of this law by carrying them out.” Then all the people shall say, “Amen!” (NIV)

The curse is again applied to those who do not follow the commandments, and the covenant.

States, builds upon or references the Sabbath

Deuteronomy 28: 15

However if you do not obey the Lord your God and do not carefully follow all his commands and decrees I am giving you today, all these curses will come upon you. (NIV)

This passage is the beginning of a detailed list of curses to be bestowed. Even though all of Deuteronomy 28 covers the curses to be bestowed I am only going to reference those curses pertaining to your health.

States, builds upon or references the Sabbath

Deuteronomy 28: 20. The Lord will send on you curses, confusing and rebuke in everything you put your hand to, until you are destroyed and come to sudden ruin because of the evil you have done in forsaking him. (NIV)

Here you have to start thinking like those in biblical times. They did not have the complex language we now have, instead they used descriptions and metaphors to point out cause and effect, and how things worked.

“Confusing and rebuke in everything you put your hand to” can be interpreted as confusion, loss in memory, loss in function, easily interpreted as the brain functioning ability during adrenaline production, and as Alzheimer’s from long time adrenaline exposure.

States, builds upon or references the Sabbath

Deuteronomy 28: 21. The Lord will plague you with diseases until he has destroyed you from the land you are entering to possess. (NIV)

Diseases is very direct, however at this point it is not specific to the type of disease such as natural, genetic, or self-induced diseases of our lifestyle that we inflict on our self.

States, builds upon or references the Sabbath

Deuteronomy 28: 22. The Lord will strike you with wasting disease, with fever and inflammation. (NIV)

Here the disease description becomes more specific, described as “Wasting disease, with fever, and inflammation” that easily describes cancer and diabetic decay on the body.

States, builds upon or references the Sabbath

Deuteronomy 28: 27. The Lord will afflict you with the boils of Egypt and with tumors, festering sores and the itch, from which you cannot be cured. (NIV)

“Tumors, festering sores and the itch, from which you cannot be cured” directs the description directly to cancer, and the effects from diabetic decay.

States, builds upon or references the Sabbath

Deuteronomy 28: 28. The Lord will afflict you with madness, blindness, and confusion of mind. (NIV)

“Madness, blindness, and confusion of the mind” describes a variety of mental illnesses, because during biblical times they did not have all the terms we use to distinguish one form of mental illness from another, so madness was a general term applied to all. Blindness is a common secondary effect associated with type two Diabetes which is directly related to the endocrine system functions “Adrenaline”, and confusion is a direct effect from the body being in a state of fight or flight “Adrenaline”.

States, builds upon or references the Sabbath

Deuteronomy 28: 35. The Lord will afflict your knees and legs with painful boils that cannot be cured, spreading from the soles of your feet to the top of your head. (NIV)

Here we have the same description as before, but being more specific to the feet and legs, which describes the lack of blood flow to our extremities caused from Diabetic damage. Decay and Neuropathy.

States, builds upon or references the Sabbath

Deuteronomy 28: 61. The Lord will also bring on every kind of sickness and disaster not recorded in this book of the law until you are destroyed. (NIV)

Referring to new kind of sicknesses not being seen or recorded in their time.

States, builds upon or references the Sabbath

Deuteronomy 28: 65. Among those nations you will find no repose, no resting place for the sole of your foot. There the Lord will give you an anxious mind, eyes weary with longing, and a despairing heart. (NIV)

What the Bible states as “no resting place for the sole of your feet, an anxious mind, eyes weary with longing, and a despairing heart describes the typical daily effects of high Adrenaline output in our body. Throughout the day Adrenaline places our body in a state of fight or flight making us anxious throughout the day, effects our thought process, the decisions we make, unnecessary stresses placed upon our heart, and an inability to fall to sleep or get enough sleep.

States, builds upon or references the Sabbath

Deuteronomy 28: 66. You will live in constant suspense, filled with dread both day and night, never sure of your life. (NIV)

Here again we have a description referring to stress, depression, and anxiety one places upon oneself, and affecting your ability to sleep.

States, builds upon or references the Sabbath

Deuteronomy 30: 15.

See I set before you today life and prosperity, death and destruction. (NIV)

God has given us his commandments and a covenant with his people. He has not only given us a great gift with the covenant, but a curse for those who choose to turn away from his covenant.

At this point there is a transition that takes place in the information being conveyed in the Bible. The books written by Moses serve primarily as to deliver the law, the covenant, including the curse. The books written by King Solomon teach us the value of wisdom by describing the benefits of the law and how to apply the law to our lives through cause and effect. Essentially an ancient health/medical text.

States, builds upon or references the Sabbath

Psalms 1: 2

But his delight is in the law of the Lord, and on his law he meditates day and night. (NIV)

Solomon, considered to be the wisest of all men is using meditation as he studies the law, referring to God’s teaching, and he is practicing this numerous times through the day. This practice of prayer/meditation spaced about 2 -3 hours apart enables one to control their own Adrenaline output.

Psalms 34: 12-14

Whoever loves life and desires to see many good days, keep your tongue from evil and your lips from speaking lies. Turn from evil and do good; seek peace and pursue it. (NIV)

Serves as a warning to have peace in our hearts and we need to keep evil thoughts out of our minds. To establish a mind set free from evil, strong emotions such as anger, hate, or frustration.

Psalms 36: 3-4

The words of his mouth are wicked and deceitful; he has ceased to be wise and to do good. Even on his bed he plots evil; he commits himself to a sinful course and does not reject what is wrong. (NIV)

Taking our anger and frustrations of the day to bed creates the opportunity for evil course that affects our ability to fall asleep and sets the tone for the next morning.

Psalms 48: 9

Within your temple, O God, we meditate on your unfailing love. (NIV)

The key word in this passage is we. Meditation is expanded to being practiced by many.

States, builds upon or references the Sabbath

Psalms 55: 20-23

My companion attacks his friends; he violates his covenant. His speech is smooth as butter, yet war in his heart; his words are more soothing than oil, yet they are drawn swords. Cast your cares on the Lord and he will sustain you; he will never let the righteous fall. But you, O God, will bring down the wicked into the pit of corruption; bloodthirsty and deceitful men will not live out half their days. (NIV)

Reference how the evil of strong emotions will cause you to only live out half of your days.

Psalms 73: 21-22

When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. (NIV)

The presence of strong emotions has inhibited his higher thoughts. Adrenaline produced through high emotions has a direct effect on our thoughts, our ability to think accurately, and retain information.

Psalms 94: 19

When anxiety was great within me, your consolation brought joy to my soul. (NIV)

We know through Psalms 1: 2 King Solomon uses prayer with meditation to study the law, basically communicate with God as a method to eliminate his anxiety and bring peace to his soul.

Psalms 119: 14

I meditate on your precepts and consider your ways. (NIV)

King Solomon reference using meditation as a means to gain wisdom into the law and God's wishes.

Psalms 119: 37

Turn my eyes away from worthless things; preserve my life according to your word. (NIV)

King Solomon reference not placing his eyes on earthly desires and placing God first. To do so places that earthly desire before God and violates the law and covenant.

States, builds upon or references the Sabbath

Psalms 119: 48

I lift up my hands to your commands, which I love, and I meditate on your decrees. (NIV)

Through the use of meditation, he studies the law and covenant. He understands how the covenant works, how it gives them long life and health.

States, builds upon or references the Sabbath

Psalms 119: 97-99

Oh, how I love your law! I meditate on it all day long. Your commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on your statutes. (NIV)

Through the use of prayer and meditation King Solomon gains better insight into the effects of the covenant on our life, our health.

States, builds upon or references the Sabbath

Psalms 119: 164

Seven times a day I praise you for your righteous law. (NIV)

Here we are assigned a number of times per day that prayer and meditation is applied. This schedule comes out to being about every two hours or two and a half hours during the days' time, and also matches with the prayer and or meditation routine necessary to reduce Adrenaline production.

Psalm 127: 1-2

Unless the Lord builds the house, its builders labor in vain. Unless the Lord watches over the city the watchmen stand guard in vain. In vain you rise early and stay up late, toiling for food to eat – for he grants sleep to those he loves. (NIV)

This is where you need to start combining clues. Here we are told of the importance of our daily rest period called sleep, and sleep is granted to those he loves. I Corinthians 3: 10-11 discussed later talks about building on a solid foundation. Here we see building in vain because it is without a solid foundation, a hollow building without spirit and un-disciplined. The term in vain is used twice. We are being told by not resting our efforts will be in vain.

“In vain you rise early and stay up late, toiling for food to eat – for he grants sleep to those he loves”: this is a clear description of violating the Sabbath commandment and being denied your daily rest. Your efforts, or priorities being focused wrong, and God denies you sleep. You have placed something of greater value or importance than God by denying yourself your rest and violated the covenant.

Psalms 131: 1-2

My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things to wonderful for me. But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. (NIV)

King Solomon describes not worrying or having emotions over matters he has no control over. He has also given an excellent description of Adrenaline control, and a weaning off process.

Psalms 145: 8

The Lord is gracious and compassionate, slow to anger and rich in love. (NIV)
Throughout the Bible instruction is given not to sin, but a special emphasis is placed on committing sin through emotions such as anger. Slow to anger is describing to have better self-control over our emotions.

Psalms 147: 3

He heals the brokenhearted and binds up their wounds. (NIV)
Refers to the many things that weights down our hearts and reminds us that if we follow his path (covenant) we can be healed.

States, builds upon or references the Sabbath

Proverbs 3: 1-2

My son do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you prosperity. (NIV)
King David gives a reference back to the Ten Commandments with primary focus toward observing the Sabbath (rest and worship) and avoiding the curse attached to the covenant “punishment of death”.

States, builds upon or references the Sabbath

Proverbs 4: 4

He taught me and said, lay hold of my words with all your heart; keep my commands and you will live. (NIV)
Another reference back to the covenant, and the promise of health and a long life if the covenant is held, or the curse if not.

States, builds upon or references the Sabbath

Proverbs 4: 10

Listen my son, accept what I say, and the years of your life will be many. (NIV)
Another reference back to the covenant, and the promise of health and a long life if the covenant is held, or the curse if not.

States, builds upon or references the Sabbath

Proverbs 4: 13

Hold on to instruction; do not let it go; guard it well for it is your life. (NIV)
The instructions being the commandments, and the covenant. He is also being warned that his life will be cut in half for disobedience by suffering the curse.

States, builds upon or references the Sabbath

Proverbs 4: 20-24

My son, pay attention to what I say; listen close to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find

them and health to a mans whole body. Above all else, guard your heart, for it is the well spring of life. (NIV)

All of Proverbs 4 address the acquiring and using of wisdom and its value and applying the law to our life. However, by reading into the specific passages within you can clearly see he is being instructed to follow the law of the commandments, specifically the Sabbath “the covenant”. He is being instructed to guard his heart and has a promise of longer life by following the law.

Proverbs 5: 22-23

The evil deeds of wicked men ensnare him; the chords of his sin hold him fast. He will die for lack of discipline, led astray by his own great folly. (NIV)

Here we have the description of a darker path. As we will see in some of our passages, emotions both good and bad and lack of rest creates a breeding ground for evil to establish a foothold on a person. This person having no discipline, no self-control over these emotions will allow his deeds to ensnare him. The word folly is not used to identify having fun. It indicates the pursuit of pleasure which also produces the same emotional effect as anger and hate on our body. At this point we start to see that strong emotions we associate as being good is just as bad on our health as the ones we consider to be bad. We are being instructed to have a balance, not to allow our self to experience to much strong emotions both good or bad.

Proverbs 12: 25

An anxious heart weighs a man down. (NIV)

Here we have a direct statement made on emotions weighing down the heart. A clear indication of heart disease and contributing factors such as stress, and anxiety.

Proverbs 14: 12-13

There is a way that seems right to a man, but in the end it leads to death. Even in laughter the heart may ache, and joy may end in grief. (NIV)

It would seem better to experience good emotions over bad ones, that which seems right to man. Prolonged emotional experiences both good and bad have the same effect on our body, they both produce adrenaline. We now have our second reference to experiencing what we consider as good emotions and the damage it has on the heart.

Proverbs 25: 28

Like a city whose walls are broken down is a man who lacks self control. (NIV)

The bible speaks many times on controlling your emotions. It also talks many times in regard to committing sin during emotions. The passage is simply a warning to have self-control over one’s own emotions.

States, builds upon or references the Sabbath

Ecclesiastes 2: 22-23

What does a man get for all his toil and anxious striving with which he labors under the sun? All his days his work is pain and grief; even at night his mind does not rest. This to is meaningless. (NIV)

There are several points made here. Hard work and anxious striving would be called rushing in our time and describes the effect of being kept awake at night due to being anxious. High adrenaline production during the day causes us to stay awake later, and unable to sleep. Sleep eventually becomes possible after we crash from the adrenaline high. We now have a connection between a rushing lifestyle, emotions and the inability to sleep.

Ecclesiastes 7: 15-18

In this meaningless life of mine I have seen both of these: a righteous man perish in his righteousness, and a wicked man living long in his wickedness. Do not be over righteous, neither be over wise- why destroy yourself? Do not be over wicked, and do not be a fool- why die before your time? It is good to grasp the one and not let go of the other. The man who fears God will avoid all extremes. (NIV)

This passage explains the potential danger of lacking self-control over your good and negative emotions. The key here is we are warned of avoiding the extremes (anger, frustration, fear, love, happiness, excitement). As we already know strong emotions produce high adrenaline output and the adrenaline output literally destroys our body.

States, builds upon or references the Sabbath

Ecclesiastes 11: 9-10

Be happy young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment. So then banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless. (NIV)

This is a sarcastic approach to describing the damages from living a sinful life. It's like saying go ahead live a wicked life, go after what you heart desires, live it up, go ahead and apply your time and energy in your efforts. We are warned not to set our eyes on earthly meaningless things and become anxious in the attempt to acquire things because we will be judged for our wasted efforts. We are instructed to banish the anxiety from our hearts and give our troubles to God. Any anxiousness, greed, rushing creates a waste of effort, and produces high adrenaline that attacks our heart, and the body.

Jeremiah 4: 1-31

This book serves as the warning for book **Jeremiah 5**, and even warns of the upcoming disaster to befall them if they do not change their ways. The key passage here is **Jeremiah 4: 14** which states: **O Jerusalem, wash the evil from your heart and be saved. How long will you harbor wicked thoughts?** (NIV)

Remember wicked thoughts are emotional thoughts that cover (hate, anger, frustration).

States, builds upon or references the Sabbath

Jeremiah 11: 3

Tell them that this is what the Lord, the God of Israel, says: Cursed is the man who does not obey the terms of this covenant. (NIV)

What else is there to say! God gave us the law and made a covenant (a promise) with his people. To follow the law was life, to disobey was to suffer the curse which is described in great detail, and death.

New Testament

States, builds upon or references the Sabbath

Matthew 5: 21-22

You have heard that it was said to the people long ago, Do not murder, and anyone who murders will be subject to judgment. But I tell you that anyone who is angry with his brother will be subject to judgment. (NIV)

At this time, we have entered into the New Testament and Jesus is being more specific with targeting the dangers associated with emotions. Remember the Sabbath commandment (covenant), and the curse (punishment). Anger is one of the most powerful emotions for producing adrenaline, thus causing internal damage to your body faster than most other emotions “self-induced murder”. Remember the phrase “Emotions kill” unfortunately they kill the one experiencing them.

Matthew 6: 24

No man can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. (NIV)

The Bible is very clear that money is the root of all evil. It also distinguishes a few things. Keep this in mind: money is needed to survive; it pays the bills, and buys needed supplies necessary to live. Even if money did not exist there would be some sort of barter system, so money can be anything that is used to purchase or trade with. The problem comes from where you place your priorities. Remember the first commandment “There shall be no God before thy God”. The problem comes from placing worldly possessions before God, thus making that earthly item your God. The Sabbath commandment covers your efforts (sacrificing your rest) to acquire the worldly possessions which is also covered in another commandment. Thou shall not covet.

Matthew 6: 27

Who of you by worrying can add a single hour to his life? (NIV)

Worrying is unproductive and also references our mortality.

Matthew 6: 34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (NIV)

There are two points that can be taken from this passage. Worry consumes your mind and time, thus preventing you from being productive in life. Most importantly remember the Sabbath commandment and the punishment. If we are consumed with worry/depression our attention veers away from God. Also, remember the Ten Commandments states God is a jealous God. As our punishment, worry promotes adrenaline thus destroys our heart, elevates blood pressure, and causes IBS and many other lethal health problems.

Mathew 13: 22

The one who receives the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful. (NIV)

Jesus himself said the best knowledge is hidden within Parables. The secret to understanding is to open your heart, to hear with your ears, and to see with open eyes. The point being made here is allowing oneself to be consumed with worry, making them unfruitful/unproductive.

States, builds upon or references the Sabbath

Matthew 24: 20-21

Pray that your flight will not take place in winter or on the Sabbath. For then there will be great distress, unequaled from the beginning of the world until now-and never to be equaled again. (NIV)

The passage is used in referring to things to come at the end of time. A hasty fleeing from something horrible will take place, with a warning not to take time to stop to collect anything. It also contains a prayer that this flight does not take place on the Sabbath for it will cause more distress than on other days. These passages are only a fraction taken from Matthew. I recommend you read all of book **Matthew 24** to see how the passage is used.

States, builds upon or references the Sabbath

Luke 21: 34

Be careful, or your hearts will be weighted down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap. For it will come upon all those who live on the face of the whole earth. (NIV)

Dissipation defined as – self-indulgence, amusement, folly. To be extravagant or dissolute in the pursuit of pleasure.

It is easy for us to become wrapped up with the pleasures of life. We are discussing the pleasure side of the emotion problem here. Both good and bad emotions produce adrenaline. Emotions such as pleasure, excitement, and love allowed to run out of control and for long periods of time has the same end result on our body as bad emotions. Then we are reminded of our mortality, so why make life miserable and short.

John 8: 34

Jesus replied, I tell you the truth, everyone who sins is a slave to sin. (NIV)

Be careful where you place your priorities in life, your lack of self-control over emotions because it can be easy to fall into a path that can turn you into a slave of sin.

States, builds upon or references the Sabbath

Romans 6: 15-18

What then? Shall we sin because we are not under the law but under grace? By no means! Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey – whether you are slaves to sin, which leads to death, or to obedience which leads to righteousness? But thanks be to God that, though you used to be slaves to sin, you whole-heartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness.

I whole heartedly believe this passage is one of the most used or referenced and miss-understood passages in the Bible. Keep this in mind when trying to understand the meaning here; we have an earthly body, a mind, and a spirit. Grace set our sole free from sin, but we are also instructed that it does not give us a free to sin card. We are still instructed to follow the law (commandments) according to the covenant. Our sole is not held prisoner to the law, but our bodies are still subject to the law, and curse.

States, builds upon or references the Sabbath

Romans 7: 9-12

Once I was alive apart from the law; but when the commandment came, sin sprang to life and I died. I found that the very commandment that was intended to bring life actually brought death. For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death. So then the law is holy, and the commandment is holy, righteous and good.

He is referencing learning of the Ten Commandments, specifically about observing the Sabbath, and how the Sabbath was more than a time for worship. For those who embrace the practice it offers a mechanism for a long and healthy life. However, for those who do not follow the commandment it functions as a curse or punishment designed to destroy our health, even kill us, and 100% due to our own actions.

States, builds upon or references the Sabbath

Romans 7: 22

For in my inner being I delight in God law; (NIV)

Refers to the spirit taking delight in the commandments and the life it gives.

States, builds upon or references the Sabbath

Romans 7: 23-24

But I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? (NIV)

Thank goodness for grace: it is referring to our spiritual struggle with the sins of the flesh, and the body's state of attachment to sin. Only through our mind and spiritual are we able to control our body's sinful nature.

States, builds upon or references the Sabbath

Romans 7: 25

Thanks be to God – through Jesus Christ our Lord! So then, I myself in my mind am a slave to Gods law, but in the sinful nature a slave to the law of sin. (NIV)

Our bodies being of the earth is bound by earthly laws and sin: our minds being of the spirit and not subject to the law through grace by Jesus Christ. The key word is mind in this passage. It clearly distinguishes a difference from the mind and body in regard to being bound by the law. The body is still bound to the laws or commandments, and the curse.

States, builds upon or references the Sabbath

Galatians 5: 17

For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. (NIV)

Again, the Bible distinguishes that there is a difference from how the law is applied.

States, builds upon or references the Sabbath

Ephesians 4: 22

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. (NIV)

We are instructed here on the dangers of deceitful desires because they are the starting point for numerous bad emotions to take root. Also, here we see instructions on the attitude of our mind, training ourselves to have self-control over emotions. The new attitude is also saying there is a difference in the natural ways of our mind and body, and that the mind can be made new (not free from sin because we are mortal, but free from the law of sin). Nowhere does it say the body, because the perfect body is promised in heaven.

States, builds upon or references the Sabbath

Ephesians 4: 26

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. (NIV)

For me this is one of the more interesting passages, because it really says a lot based on what we have already learned. There are several passages about committing sin in anger, but that is not the focus here. It goes back to the whole principle of the Sabbath and rest. It also covers the expansion of rest at the end of each day. The purpose is for worship and to physically recover, rest, and basically piece ourselves back together. High adrenaline output during the day winds us up

making it difficult for us to rest or sleep at night as our body was intended to. Anger and hatred not only produces the Adrenaline that prevents rest and sleep, it also allows the mind to dwell on sinful thoughts and sets the tone for the next morning.

States, builds upon or references the Sabbath

Ephesians 4: 30-31

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. (NIV)

God wants his people to be healthy, happy, and content. Strong emotional output springs from evil and can lead you on a path of misery and destruction. Turn your problems over to God.

States, builds upon or references the Sabbath

Philippians 2: 3

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. (NIV)

This passage not only covers the retraining of your mind, a new attitude, but also selfish ambition and vain conceit; which as we have already discovered violates the covenant where you are placing something else before God.

Philippians 4: 6-7

Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

Again, you are instructed not to worry/anxious about anything, because no good can come from it. Again, you are instructed to be thankful for what we have and hand your problems over to God. We are also taught here that by doing so, our hearts and minds will be protected.

States, builds upon or references the Sabbath

I Timothy 4: 8-9

For physical training has some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance. (NIV)

These passages say it all for our spiritual fitness approach. We live in a world that is all about appearance, especially when it comes to diet/fitness. Physical has value, some value but not the most important. Now if you think of godliness, that is living life as God has instructed us, we begin to see a much bigger picture. It starts with self-control over our actions and emotions. By learning this technique of self-control, we can master adrenaline production which is the root of many problems. Adrenaline directly effects out heart, blood pressure, stomach ulcers, IBS, and more. Adrenaline also breaks down our brains natural defenses (serotonin) making us vulnerable to stress, anxiety, and depression.

Punishment for disobeying the Sabbath is death (curse), and adrenaline output will kill us. God has also instructed us that if we reduced our brains natural defenses we will become unproductive or unfruitful.

By demonstrating good self-control over extreme emotions, and long durations of emotions one can turn on/off adrenaline production at will. With good self-control one can become productive or fruitful and give full attention to God.

James 1: 14-15

But each one is tempted when, by his own evil desire, he is dragged away and enticed. Then after desire has conceived, it gives birth to sin; when it is full-grown, gives birth to death. (NIV)

Desires create temptations. Desires are evil because they create a playground for dangerous and strong emotions to occur, and as we have learned emotions can kill us.

James 1: 19-21

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for mans anger does not bring about the righteous life that God desires. Therefore get rid of all moral filth and the evil that is prevalent in you, which can save you. (NIV)

Slow to become is referencing having good self-control over your emotions, and God desires you to have control of yourself. There are many passages referring to lack of emotional self-control and how it relates to sin. Good self-control will enable you to get rid of all moral filth.

States, builds upon or references the Sabbath

I Peter 1:3

Therefore prepare your minds for action; be self controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. (NIV)

This passage is basically a call to action instructing for using good self-control and preparing your mind (humbling oneself or being content) to receive the spirit. We know that throughout the Bible we are taught that grace is given freely, however we are also taught that through a lack of self-control with our emotions we are training our mind to take a darker path. This path can take many forms that can affect our health, how we socialize or deal with others, how we view things or people, our deeper feelings and can eventually alter our very person.

I believe that God is instructing us here to be more than prepared. To receive the light, one has to be able to first see the light (God's truth).

I Peter 5: 6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be self controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (NIV)

To be thankful for what you have (content) and demonstrate good self-control. This is one of the many passages instructing you to give you anxieties to God.

Focus your attention on what really matters for the devil prowls looking to devour. Keep this in mind; the devil is not going to point blank approach you. This is the reason he is called the master of lies. He is deceptive, and sometimes takes the necessary time to prepare you for your spiritual demise. Through your own lack of self-control is the perfect attack point.

Summary of Sabbath:

God instructed us to observe the Sabbath and rest as he did after the creation. He is showing us that there is an importance to rest, and to allow time to recover from our six days of labor. Our bodies by design need a certain amount of daily and weekly rest to recover from the normal daily activities of life. Without the proper amount and utilized in the daily/weekly routine as illustrated in the Sabbath commandment we place our bodies in a state of continuous stress where the stresses carry over and over from day to day only to build up creating numerous health complications even premature death.

The Sabbath was probably the most difficult of the commandments to follow because it covered so much territory, and in many ways, it is the one that pulls all the other nine commandments together. I was always taught, the more times something is referenced the greater the importance. The Sabbath is either directly stated, built upon, or referred **52 times** that we have identified, and in both the Old Testament, and New Testament. God's covenant with man, also referred to as the law was replaced by grace in the New Testament, and I believe this is where a lack of understanding occurs. **Romans 6: 15-18.** Grace was for the salvation of our souls. This however does not mean that just because we have grace we are free from the law in the way of sinning. The commandments serve not only as a set of rules we are expected to live by but should want to live by. This is why the covenant contained a curse specific to our lifestyle choices.

Great detail has been given pertaining to the Sabbath because there is much more to this commandment than first meets the eye. When reading the passages directly covering the Sabbath and directly referencing the Sabbath, there is a much bigger picture revealed. The point is to take time to rest, worship in assembly, and give God his time. God simply wants his time, as should we want our time with him. Remember the first commandment **Exodus 20: 3. There shall be no God before me.** God has simply put in place a system where he comes first, he gets his time, and we reap the health benefits for honoring his covenant or suffer the punishment (curse) for our disobedience.

To not rest as instructed and by not honoring the covenant creates various stresses on and within the body, and shows not being content with our self, our possessions, or our place in life. It shows greed taking form in some kind of material possession, power, control, or lust. This can only be viewed as an attempt to elevate yourself from your place. The Sabbath later being described more in detail also describes how we are to apply the covenant toward a daily rest routine. There is only one way to look at this practice. To not follow the practices of the Sabbath and the covenant, one has placed something in their life before God.

Now with the full picture of the Sabbath, it now clearly points you to only one logical place. The First commandment: **Exodus 20: 3. There shall have no other God before me.** Not being content, displaying greed, attempting to elevate ones-self places money or possession before God. We create our own stresses on our body from disobedience, and the death penalty (curse) of the Sabbath is carried out on our self by one's own self.

We are taught to be content throughout the Bible. That is to not have all those strong negative emotions such as greed, anger, hate, jealousy, resentment, and several more.

Below is a listing of specific passages that state or describe a health condition described under the covenant.

Health Condition	Passage
Heart Disease	Deuteronomy 28: 65, Psalms 147: 3, Proverbs 4: 20-24, Proverbs 12: 25, Proverbs 14: 12-13, Ecclesiastes 11: 9-10, Luke 21: 34
High Blood Pressure	High Blood pressure for most part is a secondary effect from stress depression and anxiety: Leviticus 26: 14-16, Deuteronomy 28: 28, Deuteronomy 28: 65, Deuteronomy 28: 66, Proverbs 12: 25, Ecclesiastes 2: 22-23, Ecclesiastes 11: 9-10, Matthew 6: 34, Luke 21: 34, Philippians 4: 6-7, I Peter 5: 6-7
Type 2 Diabetes	Leviticus 26: 14-16, Deuteronomy 28: 22, Deuteronomy 28: 27, Deuteronomy 28: 28, Deuteronomy 28: 35
Ulcers, Crohns, IBS	Digestive tract problems being for most part a secondary effect from stress depression and anxiety: Leviticus 26: 14-16, Deuteronomy 28: 28, Deuteronomy 28: 65, Deuteronomy 28: 66, Proverbs 12: 25, Ecclesiastes 2: 22-23, Ecclesiastes 11: 9-10, Matthew 6: 34, Luke 21: 34, Philippians 4: 6-7, I Peter 5: 6-7
Stress, Depression, Anxiety	Leviticus 26: 14-16, Deuteronomy 28: 28, Deuteronomy 28: 65, Deuteronomy 28: 66, Proverbs 12: 25, Ecclesiastes 2: 22-23, Ecclesiastes 11: 9-10, Matthew 6: 34, Luke 21: 34, Philippians 4: 6-7, I Peter 5: 6-7
Alzheimer's	Deuteronomy 28: 20, Psalms 73: 21-22, Psalms 73: 21-22
Cancer	Leviticus 26: 14-16, Deuteronomy 28: 22, Deuteronomy 28: 27
Mental Spiritual Roadblocks	Deuteronomy 28: 65, Psalms 73: 21-22, Matthew 6: 34
Sleep Disorders	Deuteronomy 28: 65, Deuteronomy 28: 66, Psalm 127: 1-2, Ecclesiastes 2: 22-23
Other health conditions	Many of the passages listed give a general reference to health conditions that are new, unlike any seen before.

Solomon instructs us on the importance on meditation and prayer, and how to communicate with God through prayer.

Meditation

Psalms 1: 2, Psalms 48: 9, Psalms 119: 14, Psalms 119: 48, Psalms 119: 97-99, Psalms 119: 164

You're Temple

I Corinthians 3: 10-11

By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. For no one can lay any foundation other than the one already laid which is Jesus Christ. (NIV)

This passage holds true for several things such as building a house, building family, and building your body. As with most anything the foundation needs to be solid. When you think about it, it makes more sense to build a house on solid ground instead of soft ground. Building a family on solid values or building your body from the inside out, we are talking about your vitals, and internal body chemistry. Muscles are cosmetic.

I Corinthians 3: 16-17

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred and you are that temple. (NIV)

Your body was constructed with a solid foundation for you to build upon, and God's spirit dwells within you. Good and evil cannot coexist, so to have high emotions creates an environment for the devil to establish a foothold.

I Corinthians 6: 19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body. (NIV)

Our ticket to heaven was bought by God through Christ's blood. God only asks that we seek him out.

Additional verses where you may find comfort and support.

Old Testament	New Testament
II Samuel 22:7 II Samuel : 22: 33-37 II Samuel 22: 39-40 Nehemiah 6: 9 Job 33: 25 Psalms 6: 1-3 Psalms 38: 18-23 Psalms 40: 1-2 Psalms 71: 20 Psalms 147: 10-11 Proverbs 3:27 Proverbs 4: 20-27 Proverbs 10: 21 Proverbs 12: 25 Proverbs 16: 24 Ecclesiastes 3: 12-13 Isaiah 41: 13 Jeremiah 17: 14 Amos 8: 11	Matthew 6: 23 Matthew 7: 7 Matthew 8: 2-3 Matthew 10: 37-38 Matthew 11: 28-29 Mark 9: 23 Luke 9: 23 John 8: 12 John 14: 6 John 15: 5 Romans 5: 3-5 Romans 6: 14 Romans 8: 11-12 I Corinthians 15:51 II Corinthians 5: 1-10 II Corinthians 6: 1 II Corinthians 7: 10-11 Colossians 2: 18 II Thessalonians 1: 4 II Thessalonians 5: 14 II Timothy 4: 8-9 Hebrews 13: 12-13 James 4: 10 I Peter 1:13

Chapter 5: Renew your Attitude and renew your faith

This section will give you the necessary background information to help you piece it all together in Chapter 8. Before attempting to work the system, you need to understand Adrenaline and Adrenaline production, and the method used to place it under your control.

Tapping your hidden energy

Each one of us has some sort of energy or driving force that motivates us. This energy is different in each one of us and originates from different places, and not all energy is good to tap into. Those associated with **high emotions, both good and bad**, such as anger, frustration, aggravation, extreme happy, excitement, even a competitive nature. Some of us have better control than others when it comes to eliminating the bad and tapping into the good energy. **For the purpose of dealing with Adrenaline reduction, a good emotion is any emotion that does not produce Adrenaline and lacking intense feeling.**

For some no effort may be required, they simply focus on the target and go straight toward the result. However, there are those that may require more creative approaches. You need to figure out what motivates you. Somewhere within the Jenkins Motivation Model you should have some idea of how high you would place your priorities in each of the four areas (money, power, sex or love, and spirituality). Within these four areas you can apply almost anything. Some possible things to use as motivation could be “the family needs you, I will not accept failure, this is God’s plan for me, my body is Gods temple, or I am tired of feeling tired or like this. Establish a purpose but keep your emotions out of the picture. I always liked the phrase what’s my purpose. This is where I would apply that phrase to.

A sense of purpose, to have a purpose with a focus on some end result, lacking any strong emotional attachment.

The end process of tapping this energy you discover, is learning how to make it work for you. Identify it, understand it, how it affects you, then play with methods of self-control to master it.


Whatever you find as your motivation or inspiration, it can then be used as your driving force. Remember if there are mental/spiritual roadblocks such as depression or heavy stress, antidepressants may be needed for a time to help you over the hump (the hump being time to produce adequate serotonin to stabilize your brain chemistry). If you are one that has a spiritual shield and a personal relationship with God, I cannot think of a

better place to pull your energy from. God gives freely so ask for the energy you need, trust and be sincere.

Step one here would be to get control of the emotions that damage you. We call this Adrenaline detox. Whatever your background weather spiritual or not there is one thing that cannot be disputed: The Bible contains specific information written thousands of years ago on how to control this Adrenaline damage, and the effects it has on the body.

One key thing to realize in our modern translations of the Bible is: there are not always a even translation from word to word from Hebrew. The problem here is with the word **Joy** which appears throughout the bible. Scholars now realize that the better translation was **Content**. Once corrected this now fits into the Adrenaline picture. No matter your position in life, no matter your financial status, family, relationship status you are to be content, this means thankful for what we have. Can we say being **Humble**.

This word correction literally identifies and brings into light the very qualities Satan brought upon our world.



Don't fool yourself

It's all too easy to fall victim to mass marketing. The example I will use is energy drinks and health supplements. To prevent losing customers and sales, every drink and vitamin company has added caffeine or herbal stimulants to their product line to give us more energy. So we have our morning coffee and our energy drinks throughout the day.

What did we do before energy drinks, how did we survive? Actually, we did just fine. Morning coffee was it, that alone was not enough to cause any real damage, and I am referring to 1-2 cups in the morning only. What people did was eat healthier. Our bodies got its fuel from proper nutrition and our bodies were programmed to work that way. We have programmed our bodies to run off stimulants and we even rely on stimulants to compensate for lack of proper nutrition. Stimulants make us feel good, they help mask other problems and give us a false sense of security even euphoria.

We have reprogrammed our bodies to depend on stimulants to achieve some sort of feel good state in our body. We even experience withdrawal symptoms such as: headaches, tiredness, feeling crappy, and achy muscles, when we don't have our stimulants. Sounds like addiction withdrawal symptoms, that's because it is.

Your emotions cause the production of adrenaline. Now imagine what kind of adrenaline production takes place when combined with stimulants designed to target your endocrine (gland) system. Adrenaline production is the evil culprit of our time, causing epidemic proportion health problems such as heart disease, high blood pressure, ulcers, IBS, stress, depression, and more.

Something to think about: If we could educate people to stop taking stimulants and control their adrenaline production, then we could prevent 90-95 % of Heart Disease, High Blood Pressure, Ulcers, IBS, Stress, Depression, and Anxiety, Erectile Dysfunction, Osteoporosis, Type 2 Diabetes, even reduce the rate of Cancer, and Alzheimer's. As medical expenses went down insurance would become cheaper, we would pay less as taxpayers due to the burden on Medicaid/Medicare, need less doctors/nurses, and some rich person's hospital and pharmaceutical stocks would lose value. I don't know about you, but I am not going to lose sleep over rich people's stock going down.

However, it does make me feel good to know each health problem listed above can almost be eliminated through control of Adrenaline production.

The point there is Adrenaline is very bad, very addictive and we can produce it ourselves. Anything that promotes Adrenaline production needs to go. I am sure that you very well know what to expect with withdraw symptoms, two days without coffee or energy drinks, and here comes the withdrawal symptoms.

It would be highly advisable to slowly wean yourself off coffee and energy drinks over two or three weeks' time to minimize the withdrawal effects. Kicking the stimulant habit will also take discipline. Look when you go into your local gas mart. There it is next to your favorite beverage just staring at you, and again at the counter where the cash register is bottled stimulants. The only difference is store owners are not in a back alley selling from their car trunk.

Products that affect our health in very negative ways usually find themselves in the center of class action lawsuits and then pulled from the shelves. It only takes adequate time for the damage to become present and the research to back it up. I'm scratching my head on this one. Two plus two still equals four, right. These health problems have only become epidemic level since the industrial revolution, during the age of Worry/Adrenaline/Rushing (**W.A.R.**). Over the past 2 decades we also have test results from countless studies to back up the effects of Adrenaline damage on our bodies. We know what causes Adrenaline production, and we know the effects Adrenaline has on the body short term feel good effects, and long-term health condition effects. So why are these products still on the shelves, and within the reach of our children, and not behind the Pharmacists counter, or off the market?

The Big Picture and the cure

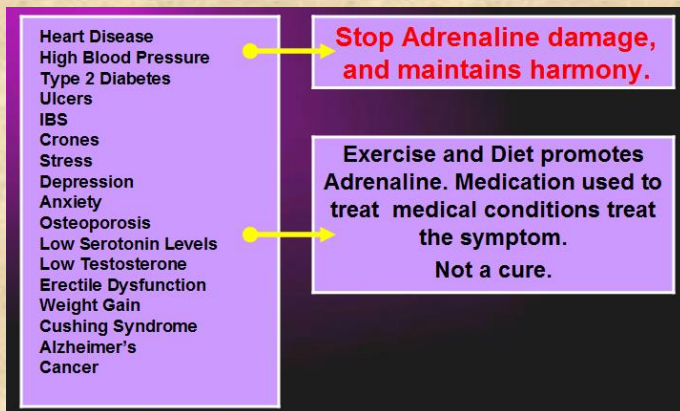
Medical approach VS preventative care.



This section is simply a breakdown, or analysis of two opposing methods towards health and fitness practices.

To the left you see a list of health problems that we face in our world today, and each one associated with Adrenaline production.

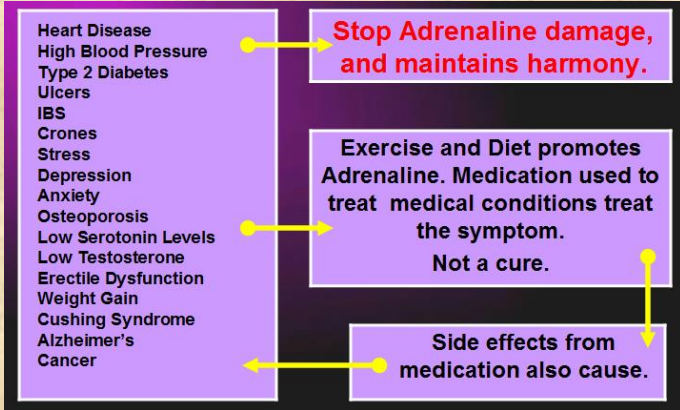
My question would be “If we know that all these major health conditions can be caused or traced back to heavy long-term Adrenaline production, then why are we not addressing Adrenaline as the number one single health issue in the world?”



We will first take a look at how both approaches look. Let's take the simple approach that was first described in detail over 5000 years ago. If you stop Adrenaline production you stop the cycle, and if you stop the cycle your body can partially or completely heal over time.

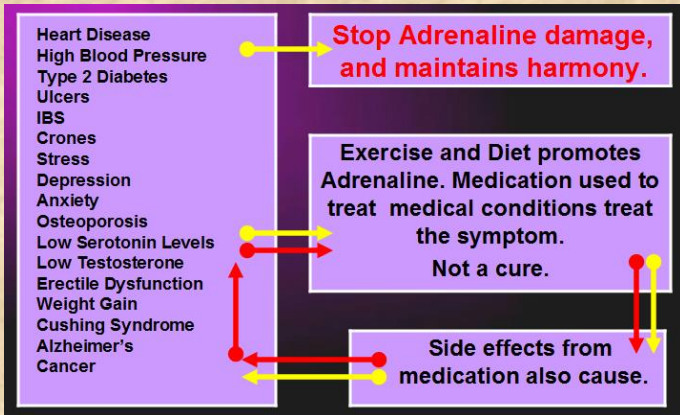
The second approach was developed slowly over many years by the medical profession creatively attempting to create to ways of treating secondary health conditions as a primary cause. Doctors love to treat every problem as a stand-alone issue, prescribing medications knowing that there is side effects that can easily affect other health conditions, not to mention poorly interact with other medications. In essence turning us into a walking medical experiment.

Notice the two examples of how to improve your health. One using the **W.A.R. Adrenaline reduction method** described in detail later, and common medical practices where medication, diet, or exercise is prescribed while not addressing the true problem.



As you can see Adrenaline is produced, with additional medication side effects that usually target one of the other medical conditions in the list, causing more medications to be prescribed

As one medication contributes to another condition the doctor identifies another condition and you get a new pill. The new medication also comes with a new list of side effects, and the vicious cycle is set in motion.



Eliminating Adrenalin from your life will not entirely eliminate all the medical conditions, but it will eliminate the major contributing factor, only leaving genetic factors and diet. Adrenaline is never addressed for any of these health conditions; however, it is common

for the doctor to tell you to relax and get rest. This sounds like they are in the ball park because it sounds like stress reduction, Adrenaline reduction, and recovery elements. Doctors have recently coined a new word (**hormonal aging**) where they try and explain the damages hormones have on the body. Still Adrenaline is not directly addressed, nor is a reduction method introduced.

Prayer and or meditation is the key to stopping Adrenaline production in your body and initiating the health rebuilding process. 319 Re-Juvenate takes it a step further, designed to rebuild the body's natural energy production system, and build up all the critical areas necessary to achieve one goal: To jump start the health rebuilding process. It reverse engineers the process that started the health problem enabling the body to repair itself.

3:19 Re-Juvenate
Check it out and see what it can do.

Are you really in control

Here we will discuss how lifestyle affects our ability to produce Adrenaline. We take a typical person who is under high levels of stress from which the source of stress may vary. They also live a rushing lifestyle. This means they experience frequently periods where one may be running late or trying to meet a deadline.

High stress, rushing lifestyle, frequent display of high emotions, energy drinks, and not enough rest.

More relaxed pace lifestyle, emotional self control, no energy drinks, and adequate rest.

Try a typical morning where you're trying to get yourself and kids ready for work and or school. Everyone has to get where they need to be by a certain time. You typically are

running late or just have no time to waste.

Now let's throw a few intense emotions into the picture. Possibly you are frustrated with the kids, or worried about getting to work on time. To make matters worse you have to deal with all those bad drivers on the road. You get caught in slow traffic, or someone cuts you off. Now you become frustrated, angry, or just have pure road rage. You get to work, and you get slammed with work, or handed a new task to handle.

You have two or more cups of coffee during the morning, remember this is only the morning hours, and or an energy drink or shot. Each and every situation, emotion, behavior, or drink listed tells your adrenal glands to produce Adrenaline.

High stress, rushing lifestyle, frequent display of high emotions, energy drinks, and not enough rest.



Generates Adrenalin and Cortisol production.

Adrenalin and Cortisol attacks your body's systems.

More relaxed pace lifestyle, emotional self control, no energy drinks, and adequate rest.



Generates 0 – little Adrenalin and Cortisol.

You are not creating war on your body, enabling you to have faster results with less effort.

On the other side of the coin we have a person that had a good sleep (we will pick this up later) plans in enough time, starts with a short prayer and or meditation, and has good self-control over emotions, does not drink any energy drinks, and has two cups or less coffee.

Notice the difference in their effects on the body. This is just a morning example, just imagine the amount of Adrenaline produced

from an entire day.

No matter the health condition covered in our book, and many more not covered, exercise is commonly prescribed as a good preventative measure. Gym memberships have been on the increase for decades, and late-night TV is crammed full of infomercials attempting to sell equipment, and a variety of programs all designed to tone you up. However, there is one thing that is very troubling.

Exercise and the body's state of equilibrium.

Method 1	Method 2
Traditional approach to Diet, Health, and Fitness	W.A.R approach to Diet, Health, and Fitness.

All the programs are nothing more than redecorated workout routines based on the same old information used for the past 30 years. And they do nothing to promote your overall

health. In fact, they are capable of doing just as much damage as good.

Method 1 is the traditional fitness approach to diet, health, and fitness.

Method 2 is the W.A.R (Worry, Adrenalin, Rushing) fitness model approach to diet, health, and fitness.

Exercise and the body's state of equilibrium.

Method 1	Method 2
Traditional approach to Diet, Health, and Fitness	W.A.R approach to Diet, Health, and Fitness.
↓	↓
Generates Adrenalin and Cortisol production.	Generates 0 – little Adrenalin and Cortisol.
The adrenalin attacks your body's systems, and the Cortisol causes weight gain.	You are not creating W.A.R. on your body, enabling you to have faster results with less effort.
Causing you to Diet or Exercise harder to achieve your goal.	
And attacks the body's systems.	

Traditional approaches to diet, health, and fitness have a natural tendency to trigger many strong emotions such as anger, frustration, or competitiveness in the effort one has to apply or, in its ineffectiveness. The thing is; it thrives on Adrenaline as the fuel and produces Adrenaline with Cortisol as a byproduct. Does it make any sense to use exercise to improve your health only to produce a hormone that attacks your health, and promotes weight gain? You are

waging war within your body, and on your body.

The W.A.R. approach is built around Adrenaline reduction, and how to get the maximum benefits from your efforts in the least amount of time. This can easily be achieved, because of the elimination of Adrenaline, and Cortisol.



Adrenaline is a good thing when production is normal (yellow line). It provides us with the **Fight or Flight** ability. We refer to it as a spike when we get an immediate jolt, and it can be caused by a wide variety of things. It will shoot


Adrenaline production to an immediate high level and usually lasts long enough to handle an emergency. Then when the incident that caused it passes, Adrenaline production returns to normal.

Now let's pretend the end of this line was time to go to bed, and where the adrenaline is at that time. This is a picture of a day where falling to sleep and a restful, peaceful sleep should occur.



However, remember the day from above where the person had more than two cups of coffee, or an energy drink, and had a total lack of emotional control. The red line represents what high Adrenaline production for a long period of time

would look like throughout the day. Now look at the end of the day as before. See how the Adrenaline (red line) just drops off hard. This is a crash. This can happen in a couple of ways. This is when your adrenal gland basically shuts down from exhaustion. This can happen anytime during the day, and your general response is to grab an energy drink, or it happened late at night after you spent hours trying to go to sleep.



Be a Master, not a slave of your emotions

EMOTIONS CAN KILL unfortunately it kills the one experiencing them. I will say this is where your first focus should be. The reason I say this is simply because you can take your workout planning tool and immediately implement the workout part, but it could possibly take some time to modify your thought process to control your emotions. Most of us are not disciplined in controlling our emotions. Discipline and self-control is not something you just learned overnight.

There is a real power issue taking place here. For some of us being in control is important and giving up that control is not in our set of rules. Others feel without control, they more less float on a river without a paddle going where the current takes them. Then the people that fall in the middle have learned to give and take whenever the situation calls for it.

People that function with the feeling of no or little control will most likely find that there is a depletion of their serotonin levels in the brain that has weakened their mental/spiritual shield forming roadblocks. Their need is to stabilize the brain chemistry and retrain the mind not to doubt their true abilities.

Control appears in many forms from control over one's self, one's destiny, all the way to control over others you have contact with. The underlining common trait with all control people, is control over one's self. It is easy to deceive yourself that you are truly in control of yourself if you have no control over your emotions. A true sign of someone that is in control is one that observes, studies things, and not quick to respond. They are cool under pressure with complete discipline over their emotions. True control is being able to turn on/off emotions at will and control of intensity level of emotions during intense emotional spikes caused from unexpected traumatic events. Emotional spikes are normal and should pass in a short time, not be dwelled upon.

This method goes hand in hand with Biblical teachings. Before one can receive power or be powerful, one must first surrender. What this means is not to worry about the things that you do not have control over or don't really matter. Give your troubles to God as we are taught to. Place your attention where it needs to be and ask for the strength and wisdom to make it happen.

How can you be in control when you cannot even control your own emotions and Adrenaline production? The misconception here is the people that appear to be the strongest among us are actually at a higher risk for not having control, even higher than those that have no control from depression issues.

This is where a stress dot or mood ring can help with biofeedback. Once you are able to identify emotional triggers through monitoring color changes in the ring, you can start applying your calming technique. Making immediate changes in your emotional thoughts can alter your adrenaline production before and damage starts to occur.

I find prayer offers the quickest calming results. However, everyone is different. Pre-Christians believe prayers are heard. Christians know their prayers are heard when requested with a faithful sincere heart. Note: I said heard. God will answer prayers as he sees fit, and they are the answered that are best for us, not necessarily what we want.

Having faith, not hope is a key for prayer to work. Faith falls into the spirituality motivation area. This motivation area leaves the human side and requires a higher-level thought process. The mind has evolved and willing to explore unknown possibilities (a leap of faith). It takes faith to venture out of the box. Without faith finding God and a relationship with God cannot take place.

Adrenaline Detox

To detox you are going to have to attack this problem on two fronts; your emotions, and stimulant consumption. Neither of these is going to be easy, but necessary if to break the cycle, the damage, or before your body can make repairs. Your body can only repair to a certain point, so be realistic with your expectations. As an example, let's say a person who has experienced a Heart Attack can improve their overall condition, but not the damaged heart muscle.

A mood ring or stress dot may sound a little corny, but they measure the body temperature through their color offering an inexpensive effective means of biofeedback. When placed on the hand they can accurately read the affects Adrenalin is having on your body at that time. Through monitoring the color changes, one can identify Adrenalin producing events, emotions, and stimulant consumption. One can also use the same method to introduce prayer and or meditation to transform a continuous Adrenalin flow into a spike and bring it down.

Any of the following situations that produce strong emotions or just experiencing them produces Adrenaline and challenges the body's equilibrium.

- **Angers you**
- **Frustrates you**
- **Hurries you**
- **Pain of discomfort**
- **Excitement**
- **Joy or extreme Happy**
- **Deadlines & demands**
- **Annoys you**
- **Worries you**
- **Challenges you**
- **Depression**
- **Over commitment**
- **Regret**
- **Any kind of change**

Just in case you didn't notice, there are some emotions included in the list above. As I have already stated, the brain lacks the ability to distinguish the difference between strong emotions weather good or bad emotions. It interprets it as stress and produces Adrenaline. It is in our nature to seek good stress (extreme pleasure), even challenges. We live in a culture where we are hooked on activities we enjoy such as preparing a great dinner, the football game you watch every Sunday, playing golf, or going to the gym just to give a few examples.

Does any of the following apply to your choice activity?

- **Do you find yourself looking forward to the activity?**
- **Do you fantasize about the activity?**
- **Do you feel satisfied when you are involved in the activity?**
- **Do you feel withdraw symptoms if you are unable to participate?**

If you answered yes to any one of these questions you may need to analyze your behavior. You don't have to quit your activity; just alter the way you look at it. Remember your brain controls the Adrenaline production, so you can control this problem.

You have to look at the activity as a task and nothing more.

I highly recommend that until you become effective using this technique, you use a mood ring as your biofeedback tool, and periodically check the color.

To state it emotions, stress, and depression create Adrenaline, and Adrenaline affects our brain chemistry over time. Remember this all glands work together. When a gland produces hormones another produces a counter, and so on. Adrenaline can slow down or completely shut down the production of serotonin, a hormone in the brain. This hormone is basically what holds our brain together.

Without an adequate amount of Serotonin, we can become susceptible to stress, depression, and anxiety. It can affect our reasoning ability, allowing fear, and doubt to rule out thoughts. It can affect our drive, our emotions, our decisions, and consume out thoughts, making us unproductive.

It creates a mental/spiritual roadblock.

Not only does the Bible talk about Adrenaline, it talks about stress, depression, anxiety, and allowing it to consume you're thought over time, and emotions. It allows your mind to become stagnant and unproductive. This is where the point is clearly made:

If your mind is stagnant, and unproductive then you are unable to give God his time.

This situation also creates a vicious cycle. As stress, depression, and anxiety sets in, they also cause the production of more adrenaline, which in turn then attacks the entire body.

The Bible holds the only answer.

Here again we are looking at self-control over your emotions through prayer and meditation. God gives the faithful a shield of faith, use it and go boldly. With time you can rebuild your brains biological shield and eliminate any mental/spiritual roadblock. **This is the whole point of prayer and meditation. To communicate and give God his time.**

Example of a prayer:

Location.	Location should be quiet enough for you to piece your thoughts together, and free from interruptions.
Position.	Any variation of knelling or sitting is preferred, but it can be done standing or even while doing an activity such as walking.
Address God. Give thanks.	Always start with Oh father, Oh heavenly father, God. Spend some time here because no matter what is wrong in your world, there is more that is right. Give thanks for your life, any person important to you, a roof over your head, food, even things that may of not have been so good but taught

Give God your troubles.	you a positive lesson. Approach this with an honest heart, and some faith. God hears all prayers, however just because you pray for something does not mean you will get it the way you want. It will be answered in the way that is right for you. Tell him your troubles, worries, concerns. I have also found this is where you ask for strength, wisdom, prudence.
Acknowledgement.	I always end mine with: In Jesus name I pray, Amen

Example of meditation:

This is a confusing area to most people. Meditation, contrary to popular belief is not some Buddhist going ummm, ummm somewhere. It was used long before as the means of clearing our minds from distractions, so to become one with God. A method of worship, thanks, presenting our troubles, and receive wisdom. Solomon speaks of using prayer with meditation during his search for wisdom.

The process is intended to recreate ourselves through divine healing, hence the term (to recreate, or recreation) has also evolved from this point.

There are many different types of meditation, each with its own goal. There are three components involved with meditation.

- **Quiet mind:** - Being able to clear your mind from all distractions, all problems, and all stressors.
- **Being in the now:** - Being in the moment, experiencing one moment at a time.
- **Altered state of consciousness:** - This basically means to find a place somewhere between sleep and awake. This element is used to produce positive brain waves, and a heightened sense of awareness.

There are two classes of meditation according to their focus:

1. **Mindfulness:** - You focus on an image, sound, your breathing such as (inhale/exhale), etc. A narrow focus to a fixed point (zoom lens). Example: breathing becomes slower and deeper, and you become more tranquil. Used for clearing and calming the mind. [Requires some practice to develop technique](#), and also applies to prayer.

Types of mindfulness techniques: - Yoga and Tai Chi. Focus being on breathing, postures, while being aware of body movement during the change from one position to another. [Requires practice to develop technique](#).

Activity oriented meditation: - This type of meditation can occur anywhere that you are involved in a repetitive physical activity. An example would be walking, gardening, performing a task with hands, etc. This technique is sometimes referred to as [getting into the zone](#). [To master this technique may require practice for some, it is \(faith based\)](#). However for some of us it comes very natural. We call it our [get to know God, or get to know Jesus moment](#). It's that place where we have naturally learned to go and commune with our maker, take our problems to

him, and receive wisdom.

Spiritual meditation: - More commonly referred to as (prayer). Our goal is similar to Activity oriented meditation, but in a formal structured process, **where one gives thanksgiving, and communicates with God.** We sometimes receives guidance or an inner wisdom to deal with life situations. **This meditation method is also faith based.**

Faith based meditation: - The most interesting thing about faith-based meditation is **Christians usually can develop this technique themselves very effectively, and without training.** It is as if we already know, or perhaps through wisdom we are able to get into the zone. Other methods require time and discipline to master. **You can combine stretching and postures with this technique to achieve the best results.**

2. **Concentrative:** - You place yourself in the third person, like an observer that is not involved (wide angle lens). This method involves being mindful and aware of your surroundings. You tune in on the sensations such as sounds, smells, images, and thoughts, but do not react to them. Used to help you stop and appreciate life and be less impulsive. This basically changing from a focused point on yourself to a focused part outside of yourself.

I guess this is where i should place the **WARNING** sign. This method can be taken too far and involves attempting outer body experiences. Biblical scripture warns us of dangers with attempting this method. There is a boundary line just don't cross it.

The physiological result from any technique used is to help you control your emotions and teach you to have control over adrenaline production. The Bible discusses in more places than can be counted on the damage emotions, stress, and depression has on the body.

Example of combination or modification:

No matter which method you use you should address God, then give thanks. I personally like using mental imagery of a place such as waterfall, park, on a beach listening to the waves. Imagine sounds that would be there and let your imagination run with it. You could even use some of those nature sound CDs to assist here. I actually like the beach, and thunderstorm. Pick a part of your body and place your full attention there. Wet a fingertip or feel the wind on your skin or hair and experience the sensation. Focus on your heart beat if you can while taking a bath. Also manipulating two metal stress balls in your hand offers a good focus point. Monitor your mood ring or stress dot and give your acknowledgement when done.

To detox your body from stimulants is no different than trying to quit cocaine or heroin. Withdraw symptoms will be experienced no matter the rate you start decreasing by. Keep this in mind, you have progressively increased the amount of energy drinks and caffeine

to the point you are at now. You have programmed your body that it needs more and more. Now you are going to tell it less, and it will resist the change with withdraw symptoms. There is no magic time frame to wean yourself off the juice, but cold turkey is not an option. Any reasonable timeframe would be a minimum of two to three weeks. However, it could take longer depending on the amount you take per day.

A reasonable reduction rate should be one cup per day, or half of an energy drink per day reduction, and be carried out over 4 to 7 days. Then reduce again. Repeat the process as many times as needed to get you down to no more than two cups of coffee per day. Do not reduce the energy drinks, and coffee at the same time, it's just too much at once.

If you were like me and drink coffee all day long an alternate path may be used. You can have one cup of coffee in the morning then replace the remaining coffee with tea throughout the day. The tea has less caffeine and can count as one of your reduction steps. Don't forget to reduce the tea after the energy drinks have been eliminated.

Prayer and or meditation is the key to stopping Adrenaline production in your body and initiating the health rebuilding process. However, it is time to state a fact. Everyone is capable of learning and mastering this technique, but for some reason there is a small percentage of people that just cannot drop their worries, and stressors thus posing a challenge for stopping Adrenaline production and the detoxification process.

This is where 319 Re-Juvenate can assist. It allows the body to make repairs to the overall body at an accelerated rate by reverse engineering the process that started the health problem.

3:19 Re-Juvenate

[Check it out and see what it can do.](#)

Chapter 6: A different body chemistry, A different kind of diet

The mere thought of weight loss produced many emotions from excitement to dread, frustration even anger. The driving force could even range from determination, desperation, or even avoidance. No matter how you look at the issue or your involvement there is some form of emotions involved. Remember it is simply a task to be completed; nothing more.

Over the years there have been many approaches to dieting, some good, most not so good. Something to think on: It's not about specifics because we are all different, and our nutritional needs are also different. One diet plan does not apply to all, and never will. What this means is a person weighing 150 pounds will not be on the same calorie intake as someone weighing 250.

Beware of the money train: Diet companies that sell food. If the bulk of their money comes from selling you food, they are a food company, and an overpriced one at that. The other method would be the miracle pills that promise weight just dropping off. The pills are effective at first from 5 – 10 pounds then your body adjusts, and the effectiveness is lost. You have to continue buying the magic pill.

The primary method these pills use to achieve their goal is to give you more energy by stimulating the production of Adrenaline. Remember this: Adrenaline should only be used when working towards a therapeutic benefit (adaptogen herb) and include an exit plan. Also remember Adrenaline causes the production of Cortisol. The Cortisol being unable to do its primary job due to the high production of Adrenaline then targets its second function. It causes your body to store fat, specific to the belly, thigh, and buttocks region. You are literally waging W.A.R within your own body.

You have to then diet harder to try and see results causing frustration even anger, but this causes more Adrenaline and more Cortisol.

The only way to lose weight effectively is in an Adrenaline free environment.

A simple diet approach that works

A healthy strong outside starts with a fit inside. Unfortunately for some of us we have put on extra pounds of fat which will call for some extra effort on our part.

According to the latest obesity statistics:

- **58 Million Overweight; 40 Million Obese; 3 Million morbidly Obese**
- **Eight out of 10 over 25's is Overweight**
- **78% of American's not meeting basic activity level recommendations**
- **25% completely Sedentary**
- **76% increase in Type II diabetes in adults 30-40 yrs old since 1990**

Have you ever tried some weight loss system only to lose 10-20 pounds, then for no apparent reason you gain most of it back? Here is the reason why most people fail at their diets. Let's assume that you consume about 4000 calories a day, and your diet cuts you down to 2000 calories a day. The first 5-7 pounds of weight loss is due to the limiting of your sodium intake. Sodium causes you to retain water, therefore less sodium means less water retention. This is also why so many diet product companies make claims such as lose 5 pounds in one week.

If your body was living on 4000 calories per day, the drastic cut in calories after a few days will send a message to your brain that you are starving. The brain tells your body to retain the fat as an energy reserve, and therefore sacrifices your muscle tissue as a fuel supply. This is why it's so important that you exercise as you diet so to stimulate muscle growth.

Once you have started a diet you should stay on it. The process of losing weight only to gain it back, then to attempt

Prevent your body from going into starvation mode.

another diet is very damaging to the body. Each time you lose weight your body reacts by going into starvation mode. Your body will learn to stay in starvation mode in preparation for the next diet. Each time you attempt a diet and quit, you are in fact trading muscle tissue for fat. A diet is not a trend to fix all your weight problems. You cannot start a diet only to quit after you have lost a select number of pounds. A diet can only work if you select it as a change of lifestyle. Once you start the process you cannot stop until the cycle of weight loss is complete. If you stop before the process is complete you will most likely regress back to your former physical condition. It's not just about losing the weight and exercising, it is a process of changing the body's metabolism. Once the body's metabolism has been sped up the difficult part of keeping your weight off has been achieved.

The repeated on/off diet is sometimes called the yoyo effect. For health reasons you would actually be better off not to go on a diet, instead of causing the yoyo effect. When

you lose weight without exercise, you lose muscle at the same time. Then if you gain the weight back, it's only the fat you gain back. Each time you repeat this process without exercise you lose more and more muscle tissue.

To be labeled as one of the leading countries in the world for our medical knowledge, producing the most athletes, and gym memberships, we are also known as one of the leaders in obesity, diabetes, hypertension, and heart disease. All you have to do is take a trip to the grocery store and read the food labels. Look at the fat, and sodium content which is listed in grams, and then the total amount of calories. We are a society that has become dependent on pre-fixed foods, and the pre-fixed foods are the worst selections when it comes to fats, and sodium.

Now take a look at protein and carbohydrate content, and you will find that they are generally lower. A **typical meal** would consist of about 50% carbohydrates, 20% protein, and 30% fat. A **properly balanced meal** should be about 65% carbohydrates, 25% protein, and 10% fat. The difference in the fat content is the biggest concern. A 20% higher fat content doesn't sound like much, but when you figure in the amount of energy which comes from a fat molecule, the number becomes astronomical.

One of the worst misconceptions about dieting is for example; my tummy is fat, so I will start doing some sit ups and burn the fat away. Well it doesn't work like that. To start, unless the activity lasts an excess of three minutes you will only use your anaerobic system. To cause the aerobic system to kick in, you must use up your immediate energy supply. After you start using the aerobic system you will want to gradually increase your time to about 30 minutes. This time can be broken up to two 15-minute aerobic periods, or even three ten-minute periods per day. Don't be alarmed at the time, you can back off at a more relaxed pace once the aerobic system has kicked in.

The sit ups would build I nice layer of muscle underneath the tummy fat but would not burn away the fat specific to that area. Fat is utilized from all over the body at the same time, so you would lose fat proportionately from all over the body. Keep in mind that the only way to utilize this process is to activate the aerobic process.

This is a point that I feel is best suited for me to mention a warning toward inventions that focus on the tummy, boasting amazing results and even endorsements. Keep this in mind, an endorsement means someone famous is paid to speak about how great something is. Some of these inventions may be suitable to use as an addition to your fitness equipment, but most offer no real benefit.

As with any professional in the field of fitness, and nutrition would tell you the only way to lose weight effectively, and healthy is to exercise and diet at the same time. The following is a carefully planned and structured system to help you achieve a steady and healthy loss of weight. If you are looking for a quick fix to your weight problem, this is not it. I refuse to show

**If you are looking for a quick fix to your weight problem, this is not it.
No pills required.**

anyone an unsafe weight loss system that potentially may jeopardize their health.

Weight loss systems that focus on diet alone are promoting the loss of muscle tissue and are unsafe. However, we have free will. The only thing I can do is present the facts. The path you choose is yours.

If you are interested in losing weight, and you also have your weight gain specific to the abdominal/belly region, this is of specific importance.

Your body's response to adrenaline is to calm you back down through the release of Cortisol. Cortisol has a negative effect and cancels out adrenaline, the two functioning as a balance. The problem is Cortisol is also produced through prolonged periods of stress, and anxiety with no pick up to balance the bringing down effect. So, to sum it up Cortisol produced from long periods of stress and anxiety lead to weight gain specifically targeting the abdominal area, heart disease, and your ability to remember and think straight.

If you are finding that this describes your situation and you are looking at fat primarily in the abdominal region you need to question the level of stress, depression, and anxiety in your life. To diet would only be to treat the side effect of the bigger problem. To have any success with weight loss you need to address the real issue being stress, depression, or anxiety.

You should aim at a 2 pound per week loss. A weekly loss of anything more on a continuous basis would not be healthy. This does not apply to the first week, due to the weight loss due to reduced sodium intake.

For your exercises, all you need to do is follow the aerobic training section. Don't try to push yourself too far too fast. Work at your own limit, and don't worry about being able to last 20 – 30 minutes all at one time. You should try to last 4 – 5 minutes, stop and rest, then repeat the exercise until your time totals 20 – 30 minutes. If you can last longer than 30 minutes, then go for it. The exercises that you choose should be practiced religiously on a regular routine.

The previous paragraph assumes that a person would be able to start exercising at 4 – 5 minute intervals, but what if the person in question is unable to last the suggested duration. **This is only a suggested time to start at.** The true intent and purpose is for the individual to reap the maximum benefits from his or her abilities. If you figure in factors such as age, severe obesity, medical problems, or physical impairments, a 4 – 5 minute workout may be unobtainable. In such case the individual may have to start walking short distances, and gradually increasing distance over a long time, or start in an aerobic, or yoga class designed for those sitting down.

The thing to keep in mind is nobody is perfect; everyone has limitations and weaknesses of some kind. The idea is to make the most from what you have. Some physical activity is much better than no physical activity. Movement promotes muscle growth, while the

absence of movement causes atrophy (the wasting away of muscle). This goes back to the old saying “**use it or lose it**”.

How do you know that this is the correct choice for you? There are several weight charts that will give you a suggested weight based on your height. They don't really work because they don't take into consideration for large bone/small bone differences, and muscle mass/fat ratio. For example, if you are a large bone person, and already have some muscle and go by the charts recommended weight, you will find that you are listed as overweight. The only way to get an accurate reading is to have a fat percentage test ran. These tests are able to give you a body fat percentage with only a few measurements along with your height, and weight.

The normal fat percentage for a male is 12%, and the normal for a female is 16%. With diet, and training it is possible to lower the percentage of body fat. Top athletes have achieved a lower level, and maintain that level depending on the sport they are participating in. Bodybuilders average a fat percentage of about 6 – 7. So, unless you are focused on becoming a bodybuilder keep your goal realistic, to achieve this requires a tremendous amount of discipline.

Any person capable of running the fat percentage test (doctor, dietician, or fitness instructor) can convert the percentage to pounds. If you are more than 15 pounds overweight, then this program is right for you. If your weight is less than 15 pounds then you should refer to the instructions given under training for size, or strength, for best results.

As you are dieting and training according to the endurance, and aerobic directions, you should slowly and progressively increase your strength and endurance while decreasing your weight. So, when you achieve a body weight that's within the neighborhood of 15 pounds of your desired weight and are planning to switch to size, or strength training, you may disregard the diet at this time as long as you continue with your exercise program. At this time, you should have built up enough tolerance to exercise and be strong enough to convert your training to size, strength, or push for more endurance. The 15 pounds that you have will serve as a fuel source to start your exercise process.

I would also suggest that if the exercises you are performing does not impact all body parts, then you should add more exercises to your routine from the endurance category which will impact those muscles.

If after following the program for two months you don't notice any loss in body weight, you should see a physician to check if your weight may be caused by a medical problem such as with the endocrine system (thyroid).

The diet part of the weight loss program is in card form for convenience purposes. There is a separate card representing each meal. For each meal there are different possible variations you can match up to create a well-balanced nutritional meal. For example, on the lunch card you should pick one item to eat from each of the four areas. The lunch

card instructs you to choose two vegetables. So, for lunch you might have a potato, broccoli, and fish from the meat section, bread from the grain section, and a glass of tea from the drink category. If you desire to have a sandwich in place of your fish, then it would count as your meat and grain.

Establishing your calorie intake:

When determining your calorie intake for a diet you should have 10 calories for each pound of body weight per day. This means a person weighing 200 pounds should consume 2000 calories per day. You will then need to make adjustments on your calorie intake based on how fast your metabolism is. If your metabolism is slow then subtract 500 calories. With this system your diet could vary from 1500 to 2500 calories which should take care of almost all people's needs. This example is based on a person weighing 200 pounds.



We will refer to the first two weeks of your diet as a detox period. This is basically where you are flushing excess sodium and retained water out of your system. Drinking plenty of water and/or un-sweetened grapefruit juice is necessary. It is recommended that everyone drink 8 glasses of water per day, every day.

At the end of two weeks you will notice that you have hit a plateau in your weight loss. This is normal, because your body is adjusting to your new diet, and will literally start storing food because it believes it is starving. The human body can adapt to almost anything.

Prevent Starvation Mode from occurring:

This is what makes our system work. You take the daily calorie count you have determined from the scale before as your daily intake (example 2000 calories). You will remain on your diet for four days, and then take away 500 calories on the fifth day (example 1500 calories). You will repeat the four days on regular calorie intake, with the fifth day take away 500 calorie break cycle indefinitely until you have achieved your goal. This negative 500 calories break every fifth day is enough to prevent your body from going into starvation mode, and prevent you from retaining or storing fat. You will have created a diet routine that your body cannot adapt to, because you are changing the calorie intake faster than the body is capable of adjust to. If you fail as this task your weight loss will come to a standstill, and possibly even gain weight.

In starvation mode the body favors muscle proteins over fat as a fuel source. The combination of exercise, and the negative 500 calories every fifth day will prevent this from occurring.

I would strongly recommend that you purchase a food calorie count book to assist with your dieting. Some people require some specifics when it comes to calorie counting. The fact is you only need to be close. It is no big deal if you go over, or under by 50 calories.

The main point is that you eat healthy and stay within the suggested limits of your plan. My system is set up for nutritional value, and not to be specific on the calorie count. So, don't stress over the calories.

The first thing we will do is to eliminate all white foods from your diet. White foods are notorious for their high fat content. A sizeable dent can be placed in your diet just from eliminating white foods like egg whites, white breads, pastas, whole milk, rice, mayonnaise, and salad spreads. Now to assist you with eliminating these items, you will need to find some alternative foods to replace with. Eggs are a common ingredient in most baked products and nearly impossible to eliminate, but you can limit your intake of eggs by avoiding foods that you know contain eggs. Wheat bread is the most common replacement for white bread, as is brown rice for white rice. This also applies to breakfast cereals that are made from rice. There are several alternative options made from wheat, corn.

Pastas are an interesting area. There are many different kinds of pastas, made from many different kinds of ingredients. I will say that this is an area that I can easily substitute alternatives for without sacrificing any taste. The alternative pastas taste better but cost more than your standard grade of white/yellow colored pastas.

Mayonnaise, and salad spreads contain enough calories, sodium, and fat in one teaspoon that it can equal a nice meal without the protein. There are no alternatives in this category, not even light, or fat free. **Take a close look at the labels and don't be fooled by the terms used. Fat free has more calories/sodium, and light has higher fat content.** The best alternatives for flavor are mustard, herbs, and spices.

The second area we will work on is the different condiments we normally use. All condiments are loaded with a combination of fats, sugar, and sodium that can destroy any diet. Included in this group are mayonnaise, salad spreads, salad dressing, ketchup, barbecue sauce, and spaghetti sauce. There are some things you can do here to reduce the fat, and calorie intake. Choose salad dressings that are made of oils/vinegar, and herbs to reduce the damage. Instead of using barbecue sauce you can marinate your meats with an oil and herb marinating sauce. About all you can do with ketchup, and spaghetti sauce is watch for the sodium content.

Certain food combinations may work against you. When planning a meal, you should gear it toward protein, or carbohydrates. The reason for this is the two don't digest well together. A high fiber diet mixed with fat also goes against you because the fiber binds

with the fat molecule making it difficult to digest. Then the big problem: junk, processed, and fast foods. Some of these go against, or even defy all the rules of nutrition.

Don't forget that your diet is only one side of the equation. Don't forget that on the other side of your lifestyle change, and what I consider the backbone to the whole process is utilizing aerobic activity to burn off fat and promote muscle development.

There are other diet programs out there that work, but for them to work it requires someone to monitor your progression, any plateau you may hit, and make adjustments as needed in your diet. The problem I have with them is they fail to promote physical fitness and miss the other side of the equation. Remember that without including physical activity you will also lose muscle mass, damaging yourself.

Other diet programs are set up to promote calorie loss with little or no continued information. Their goal is to sell food. There are several dieting companies that have transformed their business to where their primary revenue comes from the continued sale of food products, which makes me have to question where their priorities are.

The Plain Hard Fact:

It is easy to create a diet and make claims of its effectiveness. All you need to do is package it nicely and promote it. It is even legal for a company to associate their product with a doctor. The problem is that there is no government regulatory entity to govern what qualifies as a diet. The only thing that is regulated is food products, and they are regulated by the Food and Drug Administration for sanitary, safe processing, and packaging, not their nutritional value.

Marketing of these products is another story of great concern. Take a close look at the name of the product, who endorses it, of an approval from something that looks like a government entity. It is legal to pay a physician to endorse something. Some doctor somewhere got a sweet pay check for doing that. It is also legal to create companies that contain physician, doctor, federal, bureau, administration, and the list goes on.

My favorite marketing strategy is when a star is used to promote a weight loss product. The problem is the model is being presented as what everyone is supposed to look like, she is the norm, and you will also look like her if you do what she says. How many people do you really know that look like that and is achieving that a realistic goal for you. Remember setting a realistic goal is important, because failure will only create more stress, depression, and anxiety, and here comes the Adrenaline again. Then think about this: they have money, and access to all the technology to keep looking like that. How often do you hear of a star having breast implants, liposuction, Botox, plastic surgery, etc? **The answer is every day.**

Names and endorsements carry a lot of marketing weight in this business, but their product may be no better than Jo-Bobs diet center.

Before starting any diet or fitness program, I recommend that you see your physician, and find out your limitations if any.

Use this table to help determine your daily calorie intake for the four-day cycle.

Proposed weight		10 calories per pound of weight	=	Daily calorie intake
100 Lbs	X	10	=	1000
120 Lbs	X	10	=	1200
140 Lbs	X	10	=	1400
160 Lbs	X	10	=	1600
180 Lbs	X	10	=	1800
200 Lbs	X	10	=	2000
220 Lbs	X	10	=	2200
240 Lbs	X	10	=	2400
260 Lbs	X	10	=	2600
280 Lbs	X	10	=	2800
300 Lbs	X	10	=	3000

Using and understanding the meal cards:

The first thing you need to understand is that these cards are not designed to count specific calories. They focus on nutritional value plus get you in the ballpark of your needed calorie intake. Some of the items listed on the cards are accompanied by a specific measurement. For those items that are not, figure them as the equivalent of 1 cup measurement. When figuring meat base your measurements to 1 large piece of fish, chicken breast, or 2 slices of lunch meat. When considering liquids, coffee or tea does not have to count as your drink. You can have milk or juice, and then some coffee or teas as you wish because they have very calorie content. Hint: just take it easy on the cream/sugar.

As you may notice by looking at the cards that it emphasizes a wholesome breakfast, a large lunch, a small dinner because you will be going to bed, and your system runs slower while you sleep, which means you will store weight, and a small snack before bed of high energy low calorie food.

The Four Level Approach to Weight Loss

Which one is right for you? The main point with any of the health conditions is; the Adrenaline has to go. How far you decide to diet, or exercise really depends on your ambition, health, and goals. Most people will only require Level one, possibly Level two.

- **Level one – Adrenaline reduction (Detox)** – Suggested for those that only need to lose a small amount of weight, **less than 30 pounds**. Program consists of prayer and or meditation done before workout and between each activity. Prayer and or meditation should be done as needed throughout the day as needed. Short duration workouts done at least 3X week. The purpose is designed for Adrenaline reduction, metabolism boost and lean muscle development. Once your body becomes adjusted to activity you can add some weight training if desired.
- **Level two – Adrenaline reduction with minor dietary alterations** – Suggested for those that are carrying **more than 30 pounds** over suggested weight, or when Level one has proven ineffective. You continue to follow the instruction pattern for Level one, but with these additions. Alter your diet by removing all white foods from your diet. This includes sugar, egg whites, rice, pasta, breads, and condiments. Healthy alternatives can be used to replace the white versions for most products. Increase the time of each exercise routine 3X week with a focus on aerobic activity for the purpose of achieving a metabolism boost.
- **Level three – Adrenaline reduction, structured diet plan** – Suggested for those that are carrying **more than 50 pounds** over suggested weight, or when Level one and Level two has proven ineffective. You continue to follow the instruction pattern for Level one and Level two, but with these additions. Increase regular fitness routine 3+X per week with a focus on aerobic activity, but no more than 6 days, Save one day for your rest day. This is done for the purpose of achieving a metabolism boost, and fat catabolism.
- **Level four – Adrenaline reduction, structured exercise plan, diet plan may vary from minor to a specific highly structured plan depending on desired end results.** This area is intended for the most rapid weight loss and athletic training. Level Four is not intended to be a progression step from Level three. It is a stand-alone alternative path to take where a participant wants to lose weight and replace fat with muscle mass.

Program consists of prayer and or meditation done before workout and between each activity. Prayer and or meditation should be done as needed throughout the day as needed. Short duration workouts done at least 3+X week. The purpose is designed for Adrenaline reduction, metabolism boost, and lean muscle development with the focus placed on size or mass. Some aerobic activity is needed to burn calories.


When determining if any dietary adjustments are needed you should go by the number of pounds overweight indicated in Level one, Level two, and Level 3.

Desired for the most rapid lean muscle development, raising metabolism, and optimal fat cell catabolism 4-6X per week for maximum results. Don't forget to save one day for rest. If you think you want to follow this path for weight loss, make sure you discuss your plans with your doctor prior to starting.

My choice method to lose weight may not be your choice method. I love the exercise, you may not. You may only need to learn how to control adrenaline production.

A special note for weight loss: If this is an area of your interest, I want you to understand the importance of learning to control your emotions and Adrenaline production. As I said before as Adrenaline is produced so is Cortisol. Cortisol targets fat cell growth in your mid-section. You can diet and exercise both, but as long as you cannot control your emotions you will have to deal with the Cortisol, which is working against you. For many people a Level One approach may be all that is needed to achieve weight loss.

When we produce this Cortisol it works against us, making us have to work harder to reach our health or fitness goal. Eliminating the Adrenaline alters our body chemistry to a more natural state where we can achieve our **goals with less time and effort.**



Chapter 7: A different body chemistry, A different kind of workout

Every fitness program for the past 35 years has been based off the techniques and routines developed in the early nineteen eighties. The packaging has changed many times, but the principles remain the same. Every program likes to promote the idea of something new, when the music, packaging, or focusing on a single aspect is the only real change.

The traditional exercise models all focus on working within an Adrenaline environment. The very act of performing the exercise even produces more Adrenaline. Remember the Adrenaline causes the production of Cortisol. The Cortisol being unable to do its primary job due to the high production of Adrenaline then targets its second function. It causes your body to store fat, specific to the belly, thigh, and buttocks region. You are literally waging W.A.R within your own body.

The only way to show results is to break the Adrenaline producing cycle.

The Healthy Workout (Rest)

Whatever your end result or the training path you choose to follow, there are three components that must be present to create a healthy workout and maximize your results. Let me start by saying that there are a great number of people in the gym with little or no progress being shown, no strength gains, no size gains, no increase in endurance, or weight loss. This is why I am stressing using all three areas of a healthy workout.

- **Proper nutrition intake** prepares your body for the change or growth. Some calorie modifications can be made as determined by scale included in this book.
- **Proper exercise** that is specific to your end result. Exercise prepares the body for growth. No growth takes place during exercise. Some modifications can be made here to prevent your body from becoming physically adapted to the workout.
- **Proper resting cycle:**
 1. **Between exercises** – This allows your body adequate time to transport oxygen rich blood, and nutrients to your body parts or muscles to replenish your fuel supply. This practice also allows you to get more repetitions and better results with your next exercise.

Resting your brain before and between each exercise allows your brain to prepare and recover from any Adrenaline production, bringing your body/mind/spirit back to a state of equilibrium.

Never look at the entire exercise routine, for it can cause your mind to become overloaded with frustration thus producing Adrenaline. Look at each individual exercise as a task to be done, and nothing more. This way you can break any workout into controllable segments and control all Adrenaline production. The resting period if properly done between each exercise should vary between 1-3 minutes. The end result is less Adrenaline, less time involved to get the same results.

2. **Between workouts** – This is where muscle growth and muscle adaptability take place. With the proper nutrients in the body and the proper method of exercise placed on your body, your muscles and bones will grow and develop according to your training.

Once a muscle or muscle group has been exercised it must be allowed adequate time to recover properly. As a general rule you should never exercise the same muscle or group two days in a row. There are some exceptions to this rule, and that being when you alter your routine to prevent a plateau from occurring (a period where muscle growth does not

occur).

Exercise breaks down muscle fibers, causing microscopic tears; the body rebuilds these fibers during rest, causing growth in muscle size, and strength.

- 3. Daily Rest** – I cannot stress this enough. We have a natural tendency to push ourselves to stay up long hours. Long hours awake means little sleep or rest. The Adrenaline we produce throughout the day does not just go away. It takes time for it to burn out of our system. This is why we cannot just relax at the end of the day.

When using proper prayer and or meditation throughout the day we are able to reduce Adrenaline production to a normal controllable level thus enabling you to relax prior to your required amount (8 hours) of sleep.

It is necessary to relax and unwind prior to sleep because the worries, frustrations, and lack of sleep severely effect us from the time we get up the next morning.

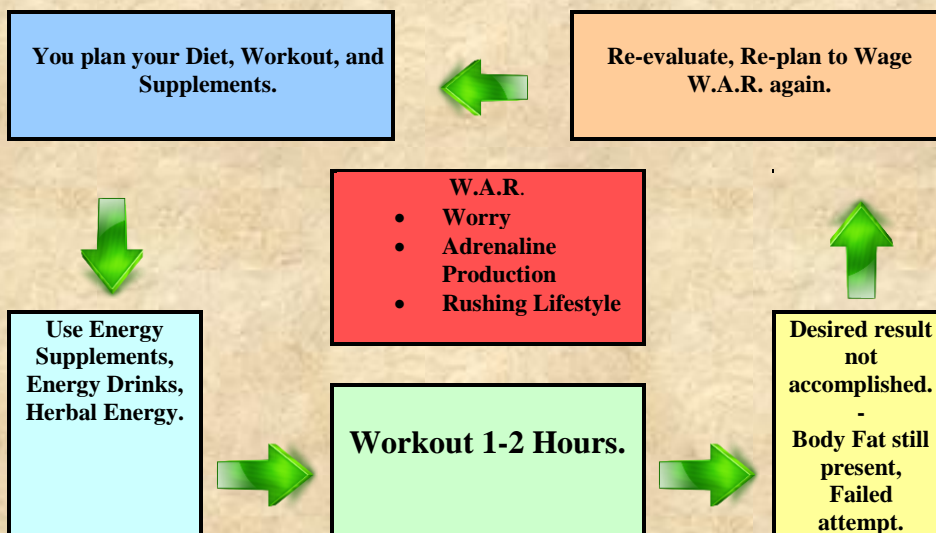
- 4. Weekly Rest** – This is the most important of all rest cycles. One day per week needs to be set aside where no work is performed, no weekly troubles dealt with. Considered this as a rebuilding phase. Relax and be lazy.

Applying the W.A.R. fitness method

Do you wage W.A.R. in the gym?

Most people wage W.A.R. in the gym. I have been there myself. Like any good general you have a plan of attack (your routine). You delegate orders to your troops to not stop, not surrender, and let nothing stop you from the objective (your muscles do as you command and push onward). You meet heavy resistance; you need to work a new plan and send your troops back into action (your muscles push onward).

At this time, you go back to the planning phase, and start questioning your old plan. Why did I not achieve my goal, or achieve the results you wanted? Do I need to spend more time in the gym? Do I need to eat less? Do I need to take more supplements? Do I need to add more weight, or perhaps you just need a new game plan to win the W.A.R.



The W.A.R. model is based on our psychology, and body chemistry, and how our own body can turn against us. This model illustrates how we can get into a cycle where we literally wage WAR on ourselves without realizing it. As I have always said the brain plays a bigger role in fitness than most could ever realize.

During the act of waging WAR on oneself, the following takes place to create a vicious cycle. You go to the gym, and in anticipation, you psych yourself up to prepare. You take some form of stimulant for the extra energy; you put in countless hours without showing the progress you want to see. In each step I listed, you have trained yourself to produce large quantities of Adrenaline. Every strong emotion produces Adrenaline the same as an emergency situation (anger, frustration, happy, joy, excitement, etc). The Adrenaline makes you feel good, giving you a false sense of security however adrenaline causes long term damage to your organs as covered in detail under Stress, Depression, and Anxiety.

The problem here is as your body produces Adrenaline to boost you up, it also produces Cortisol to help bring you back down.

The vicious cycle is within the Cortisol that is left behind after you exercise. Keep in mind the more excited, or aggressive approach you take toward exercise the more Cortisol is produced and left behind. The Cortisol targets the placement of fatty tissue throughout the body, and particularly favors the abdominal, buttocks, and thigh area.

Apply the resting principle to all forms of exercise; it is as an important component to fitness as the time spent performing the exercise. Prior to starting your warm up you should stretch and relax your mind. The objective here is to eliminate any excitement, urge for competitiveness, showing off, or just joy from the activity. You need to be at peace prior to starting. This method can be done in combination with your stretching, prayer, and/or meditating.

Find you a quiet location free from as much distraction as possible. Think about something peaceful and relaxing such as an open valley, or near a waterfall. I sometimes focus on a specific part of the body and try and expand my senses of touch, or my heart beat. Prayer is also a good relaxer. This could take several minutes but could take longer if you're not used to meditation. Once you are relaxed go do your warm up activity. Keep in mind this should never be a competition.

After the warm up is completed find you a quiet area once again and start using the breathing technique of taking in a slow deep breath through the nose and breathing out through the mouth. During this time close your eyes and focus your attention on your heart beating, and clear your mind from any negative thoughts, including those of high energy. Return to that valley or waterfall. When your breathing and heart rate returns back to a normal range you are prepared to start the first exercise of your routine. This should only take 1-2 minutes. If you think this is long for a break I will show you how this ties together at the end.

When you start to perform the exercise, you need to look at it as a task to be completed, nothing else. While under the weight you are going to perform your maximum number of repetitions to the point of muscle failure, pause 5-10 seconds then squeeze off another repetition. The objective here is to stimulate maximum growth with the least amount of time by allowing a small amount of oxygen rich blood to enter the muscle then use it. If you performed this right the muscle should not be able to perform another repetition due to muscle failure. This last forced repetition at the point of muscle failure will have the same effect as performing a second set on that exercise.

Return to your place of meditation and repeat the resting process again, and in between each exercise you perform. Utilizing a method of intense bursts of energy to the point of muscle failure drastically reduces the amount of time spent lifting, and with mini meditation rest periods between each exercise will prevent your body from producing too much Adrenaline, and Cortisol.

You should always do some kind of warm up for a few minutes, including stretching to prepare your muscles for the workout. Warm ups will also reduce the chances of you pulling a muscle.

Choose a warm up that utilizes large groups of muscles.

Mental preparation (phase).

- **Find a quiet room or area.**
- **Sit Indian style, kneel or yoga style, just make sure it is comfortable.**
- **Clear your mind from all worries, all concerns, competitiveness, anything that can divert you from your focused task. This also includes emotions (anger, frustration, agitation, excitement, happy, etc).**

As you sit, relax your body and mind. Take your mind to a relaxing place. Visualize being somewhere very pleasant, very relaxing. A beach or mountain field works well for me. Visualize a warm breeze blowing across your skin and sounds of nature. After you have placed yourself in the choice environment, pick a location on your body and focus your attention there. It can be the sensation from that body part or your heart beat. I will sometimes wet my finger tip and focus on the cool sensation (meditation). Alternative methods to focusing on body sensation could be prayer. I find that combining meditation with prayer works great. All you have to do is marvel at the greater design in things.

This is the key point to setting the pace for your workout. So, it is naturally the longest. To properly put your body in a relaxed state could take 5-10 minutes for a beginner and achieved in 1 minute for someone more experienced. Use the biofeedback method until you master the technique.

Warming up (phase).

Perform your chosen warm-up exercise for up for 3-5 minutes. This is just enough to kick in the aerobic energy system. Keep your mind clear from emotions. When you perform the exercise, you need to look at it as a task to be completed, nothing else, non-emotional and unattached.

Cooling down (phase).

After the warm-up is completed, you will need to return to a place that is not busy and resume your meditation/prayer routine. As you sit, relax your body and mind. Take your mind to a relaxing place. Visualize being somewhere very pleasant, very relaxing.

If you have followed the path this far and maintained your mental programming, it should only take 2-3 minutes to mentally cool down your emotions. At this point you can return to your workout.

Exercise Phase.

The objective here is to get the maximum results with the minimum amount of time invested.

The combination of too much time, too much strain can lead to Adrenaline production from frustration or agitation.

We need to de-program you from the old way of thinking. Too much time in the gym is just as bad as not enough time in the gym. This is the other half of the W.A.R. fitness principle and is also built on rest.

Per your desired outcomes, your workout weight should allow you to be able to perform a certain number of repetitions before exhaustion. Example: You are training for bodybuilding, so your max number of repetitions should be 12-15 then you experience muscle failure. If you can do more than 15, you need to add more weight.

As you perform the exercise movement your motions should be a little fast. No rest period or stalling. You complete all repetitions and exhaust all local glucose energy in the muscles. You will then rest the weights and only allow 5-19 seconds to pass. This time allows a small amount of glucose to go to the muscles. It functions much like a second wind.


At this time, you will attempt with all your energy to get an additional repetition or two. After this last repetition your muscles should be at the point of failure. This is where you want to be. The last 1-2 repetitions will equal the effect of performing an additional set.

Very little time was spent under the weights; the muscles were exhausted and prepared for the resting phase (maximum growth).

If this step was done properly you were not exercising long enough to activate Adrenaline production. Take your 1-2 minute cool down break (meditate/prayer), and go to the next exercise on your list. By repeating this method between each exercise, you prevent the buildup of emotions and adrenaline, save time in the gym, and reap maximum fitness results. If there is no Adrenaline there is no Cortisol (the adrenaline counter part).

Cortisol produced as the counter for Adrenaline gets left behind far longer than Adrenaline. This Cortisol targets weight gain in the abdominal region. This actually means emotions produce adrenaline and Cortisol, and competitiveness undermines the traditional fitness approach because you have to workout harder to try and get rid of that abdominal region. The extra energy, frustration, and competitiveness produces more Adrenaline/Cortisol locking your body into a revolving door path, where no progress is possible until you learn to control your emotions.

Depending on your training objective, there are few reasons why any workout should last longer than 3 minutes, with most workouts at 5 minutes. This time does not include rest periods.



Chapter 8: Achieving your goal through Biofeedback

Biofeedback is a term applied to a method of learning to control one's bodily functions by monitoring an aspect a body function. The body function choice for Adrenaline production is the body temperature, specifically in the hands.

This is due to the Fight or Flight effect produced from Adrenaline, and the pulling of blood from the extremities to be utilized for other functions. The more Adrenaline produced, the colder the hands will register on a mood ring or stress dot.










Do not use another piece of jewelry using the same mood ring technology that has been made for use on another part of the body. Bracelets and necklaces will always give false readings due to their locations. Another thing to keep in mind is don't choose your ring strictly on appearance; it also needs to be close to the finger to get an accurate reading.

These rings are easy to find on line or in novelty stores. They are only good and accurate for a few years, so they need to be replaced. The good thing is they are cheap.

How to understand your mood ring or stress dot

Natural body temperature is 98.6, and if you notice the chart colors reflect the same color indicators on a thermometer that is placed on your head. However, you lose a slight amount of body heat as your blood travels to your extremities (hands, feet, and penis).

The temperature scale is readjusted to be applied to the hand, because the hand is the only location from which to measure constricted arteries from the Adrenalin effect.

Colder Temperature Poor Blood Flow		Body Temp	Meaning
	Black	20C – 68F	High stress, overworked, fear, depressed, intense.
	Brown or Grey	21C – 69.8F	Nervous or anxious.
	Amber or Yellow	22C – 71.6F	Stressed, tense or excited.
	Green	25C – 77F	Some stress, restless, irritated, distressed, worried.
	Blue Green	28C – 82.4F	Normal – Somewhat relaxed, upbeat, pleased
	Blue	30C – 86F	Normal – Calm, relaxed, peaceful, pleasant, no Adrenaline influence. Target Temperature.
	Dark Blue	33C – 91.4F	Normal – Deeply relaxed, happy, bliss. Target Temperature.
	Violet Burgundy	35C – 95F	Happy or romantic, mischievous, moody.
	Pink	37C – 98.6F	Very happy, warm, affectionate, loving, infatuated, curious.
Warmer Temperature Best Blood Flow			

When applying a period of prayer and or meditation you can calm your emotional output, thus affecting your Adrenaline output bringing your body back to a state of equilibrium.

Adrenaline control is that simple to apply. When combined with reducing your intake of stimulants, through this Detox process you can begin the health prevention, and repair process. Any lifestyle transformation should take a minimum of 60 days to create the new normal. **So start your 60 day challenge.**

Understanding how the ring works will enable you with to read it properly. There are certain situations where a false reading can take place. This would be under extreme weather conditions where the extreme cold or hot can affect the color displayed. Cold temperatures where your body is not capable of producing enough body heat to maintain the normal core temperature and

Understanding how the ring works will enable you with to read it properly.

will produce darker colors. The same principle can be said when working or exercising the body can produce body heat faster than it can be gotten rid of, and this will produce cooler blue and turquoise colors. This is also why rest is important. It enables you to properly eliminate extra body heat and get a true reading.

Piecing it all together

I will outline two general examples to base your daily routine by.

Example 1: Daily routine.

- **Wake up:** Usually not fully rested from limited sleep. Get up 15-30 minutes earlier; you will see why this works at bedtime. Start off with a stretch routine to release some built-up tension. Then before anything else start an in-depth prayer and or meditation. This one really counts because it starts your day, so take as much time as you need. Monitor your mood ring or stress dot to alert you throughout day when prayer or meditation is needed.
- **Getting ready for work:** Usually associated with lack of time but includes rushing, and frustration. Prayer and or meditation may not be possible due to interaction with others but pull from the calming effects you gathered from your morning prayer and or meditation.
- **Getting children ready for work:** Also associated with lack of time but includes rushing and frustration. Prayer and or meditation may not be possible due to interaction with others, but pull from the calming effects you gathered from your morning prayer and or meditation.
- **Driving children to school or going to work:** Lack of time becomes more intense. The rushing and frustration may have increased by dealing with traffic situations producing anger and road rage. Get the children involved in something. Turn on some relaxing music to set a mood. Implement prayer and or meditation; utilize your surroundings to help you. Focus on the positive and tone out the negative such as traffic.
- **Arriving at work:** Work can easily involve dealing with new situations, less than polite people, or additional work. Producing frustration, anger, hopelessness, or rushing due to deadlines. This is probably the most difficult time to implement some form of stress reduction prayer and or meditation. The key at this point is preparing before you get there. Utilize your drive time properly.
- **Lunch time:** Even though lunch should be seen as a break, the emotions can easily carry over because you have to go back after work after lunch. Here you actually may have some time. Find a place free from distractions if possible. If possible enter a more in-depth prayer and or meditation.
- **Two hours prior to getting off work:** An excitement tends to start building up because you are getting ready to get away from work. Remember everything is just a task to be completed. Implement a mini break for prayer and or meditation. Depending on your work you may not be able to actually stop, so you can just simply start a conversation with god as you work.
- **Driving home or picking up children:** Not as likely to be under a strict time frame as the morning, but you have to deal with the same rushing traffic and produces anger and road rage. Get the children involved in something. Turn on

- some relaxing music to set a mood. Implement prayer and or meditation; utilize your surroundings to help you. Focus on the positive and tone out the negative such as traffic.
- **Making Dinner or work taken home:** The family or work is depending on you. You're rushed or frustrated. This is supposed to be your wind down time. Implement a mini break for prayer and or meditation. View the activity as a task to be completed, and do not become emotionally attached.
 - **Helping children with homework or getting chores done:** Got to do the honey do list, and or help the children. Frustration, possibly a rushing pace. Again, where's your wind down time. Implement a mini break for prayer and or meditation. View the activity as a task to be completed, and do not become emotionally attached.
 - **Unable to go to sleep:** You are unable to sleep or resort to medication to assist with your sleep. A full day of emotional fueled Adrenaline is present and interferes with the natural sleep process. Implement at minimum a short exercise routine 1-2 hours prior to sleep time to burn off surplus Adrenaline (follow exercise routine instructions), and prayer and or meditation at bedtime. This step prepares your body and trains your brain that it is time for sleep. You should get more restful sleep enabling you to also have more time in the morning. The night before sets the morning mood and the morning carries through the day. However, any event through the day can set the day into an emotional frenzy. This is the reason why you need to monitor your mood ring or stress dot regularly and intervene with prayer and or meditation.

Example 2: Exercise routine.

There is no real secret to the specific time of day to set as your exercise time. The secret is what works best for you. Maybe it works well in the morning to get you going, in the evening to burn up Adrenaline before bedtime, or a midway it is a social activity during the day.

Routine should always start with some form of stretching to eliminate tension and prepare the muscles for a workout.

Find a quiet area, or at least where you won't be interrupted. This is the prayer and or meditation to set the mood for the entire workout. There is no specific timeframe here, but it needs to be long enough to get you in a relaxed state. The mood ring or stress dot helps here. Blue or violet is where you want to be.

If you are starting to exercise for the first time use lighter weights. Repetition is the key to introduce your muscles to the world of exercise. If your chosen exercise path involves weight training, and after a few weeks of repetition training you can then change to the regular training.

Your method will be to find the weight amount that you will exhaust your muscles at

depending on the desired outcomes. These repetition numbers can be found under training for size, strength, or endurance.

After finding the number of repetitions for your result, it is now time to forget all the things you were taught about weight training, such as circuit training. Putting large amounts of time in is part of the problem.

The key is rest and the time applied to rest, not long stress producing workouts.

Decide which region of the body you are going to work on for the day. Then choose an exercise that utilizes the muscle group, avoid isolating exercises until the end. You must view the exercise as a chore, where no emotion is involved. Perform the max number of repetitions, this is the point where you no longer have any energy left, pause for a short period, 30 seconds should be sufficient for some blood to reach the muscles. Then squeeze off another repetition. This completes the exercise and should have totally exhausted the muscle.

Time for a short rest and enter another prayer and or meditation to maintain the blue or violet color of the mood ring or stress dot.

Perform another large muscle group exercise using exactly the same method.

Time for a short rest, and enter another prayer and or meditation to maintain the blue or violet color of the mood ring or stress dot.

Perform another large muscle group exercise, or isolation exercise using exactly the same method.

Time for a short rest, and enter another prayer and or meditation to maintain the blue or violet color of the mood ring or stress dot.

Perform an isolation exercise using exactly the same method.

Time for a short rest, and enter another prayer and or meditation to maintain the blue or violet color of the mood ring or stress dot. You can also integrate this step into your stretching to loosen up the muscles.

That is all that is needed to promote muscle growth. Do not forget to mix up your exercise routine once a week to prevent your muscles from adapting to the routine.

Chapter 9: Workout principles

The why, what, and how to exercise.

The first question to ask yourself is: Why am I here reading this book? It is either a desire to improve your health/appearance for some reason, or possibly that little voice in the background that suggests you read this because it could help you. Maybe you are on a diet or looking for a diet plan that can work and change as your needs change. Possibly looking to improve upon your health, appearance, or reap the therapeutic benefits that come from exercise such as your mental/spiritual health.

Within the contents of this book I have included all the necessary information to help you achieve all the above and understand just what is taking place with your body as the changes take place. There should not be any need for additional information on the subject of fitness.

A mental/spiritual journey is a lifelong pursuit.

Additional reading materials are highly recommended, as when you start on a spiritual path you will find that you want to know more. Be cautious not to be misled, this is an individualized journey that is different for each person. Create a support circle from people that can share a spiritual journey with you. For all you know a neighbor could be able to assist you on this journey.

Proverbs 23:12 states: Apply your heart to instruction and your ears to words of knowledge. (NIV)

I have avoided using complex terminology as much as possible which would defeat the purpose of you using the information. If you are unable to understand information, then this information is worthless to you.

Why did you take interest in this total mental/spiritual/health, exercise and fitness book? You want to make a change in your body or improve it in some way. All you need to do is decide what type of changes you wish to make and how to go about making them take place. Either you want to eliminate Adrenaline production, improve your health, loose weight, increase your muscle size, increase endurance, increase strength, eliminate mental/spiritual roadblocks, or improve yourself through therapeutic applications of fitness. The type of diet and training you do will reflect the desired outcomes you are trying to accomplish.

In regard to weight loss you would only stay on the designated program until you are approaching your desired weight. Once you have reached this point you should switch to one of the other programs for example: the endurance, muscle size, or strength programs.

If you are within fifteen pounds of your designated weight you should start with the endurance, muscle size, or strength programs. The reason for this is the remaining fat is a good fuel source especially when endurance training is considered.

In regard to endurance, muscle size, or strength training programs, a lot of the same or similar exercises will work for all three. The key to the type of end result you desire is in the amount of resistance (weight), the number of repetitions you do, and how often you exercise (frequency). It sounds simple but there is a science to it.

Here's how it works: Take a standard barbell curl illustrated in (E.1). The number of repetitions you are able to complete with a single time lifting is called a (set). At the completion of the set you should not be able to do any more repetitions. The goal is to push the muscle to the point of failure (exhaustion). The following repetition numbers are to be used as a standard guideline for all activities.

Strength

The completion of 1 - 7 repetitions and experience muscle failure

Bodybuilding

The completion of 8 - 15 repetitions and experience muscle failure

Endurance (aerobic)

The completion of 16 - Up repetitions and experience muscle failure

For example: I am training for muscle size. I would want to complete between 8 – 15 repetitions. If I am able to do more, then the weight is not enough to achieve my objective. If I continue to do more than 15 repetitions I am working on endurance.

If your intentions are to lose weight instead of becoming Mr/Mrs Olympia, then don't let my example deter you. The examples are there only to help you understand the principles which will apply to everyone to some degree. The weight loss program is low impact and will increase in intensity as you are able to increase with your efforts. The main point here is for you to be physically active and not physically/mentally burned out.

**If the desired weight loss is minor,
The Adrenaline detox may be
enough by itself.**

How your fuel supply works

Clear and simple here is the only way your body can burn off fat or use up its daily supply of fuel (food). Your body is a set of well controlled systems. It will burn the fuel source easiest to get to first before proceeding to the next. Then when that fuel source is gone it will proceed to the next, and so on.

To start your body will use the ATP (Adenosine Triphosphate) which is located within the cells of the muscles. This fuel will last about 1 ½ minuets. As the ATP is diminished your muscles will start calling upon Glucose (sugar located in the blood) which when broken down produce **2 ATP and 2 Lactates** per each sugar molecule. The Lactate is an inhibiting factor that if you allow it to increase to rapidly will cause you to burn out and become exhausted. This is the reason sprinters are exhausted at the end of their run and why distance runners pace themselves to not build up the Lactates to fast.

Glucose and Glycogen will last as a fuel source for 3 minutes before it diminishes. If you paced yourself and have not built up lactate to fast, the Lactate will be used to produce **Pyruvate to produce 38 ATP**. This is the point when the aerobic system starts to function. Notice the drastic increase in ATP energy. You can still produce the Lactate faster than your body can convert it to ATP, so you still need to pace yourself to prevent burnout or becoming exhausted.

When the Glucose is starting to diminish, and Pyruvate is no longer being formed from that source, the body will once again call upon its next ready source of energy, Fat. One molecule of **Fat can yield 131 ATP** and is in abundant supply even in people whose bodies don't show any fat. Your body has Fat throughout the lining of the intestines for cushioning.

Last but not least the proteins in your muscles can function as a fuel source if you diet without exercise. When attempting to utilize the aerobic system the key is to pace your self and not build up Lactate to fast.

Stretching

First there are two uses for stretching, and the concept behind are also different.

Basic stretching is when you perform simple stretching movements both large muscle groups and isolating a single muscle **for the purpose of warming up** for your exercise. You can get better results from weight training after stretching out. This warms up prepares the muscles for their workout.

One of the biggest misconceptions is that muscle mass will make you stiff and reduce your range of motion. That's not necessarily so. Though I am sure that there are some bodybuilders with stiff muscles, the majority are very flexible because they stretch. To perform a simple stretch routine every day will also help you build muscle mass faster.

There are five principles to stretching:

- **You should not have a bouncing or rocking motion while you stretch.**
- **Don't exceed your pain threshold.**
- **You need to breathe normally at all times.**
- **Don't compromise your joints when stretching.**
- **Don't stretch an area where a recent injury has occurred.**

Most medical studies also show that flexibility in the joints will help to prevent some injuries. Also, when you stretch your muscles get a stronger contraction. Just think of your muscle as a rubber band.

This allows you to use stored elastic energy to cause your muscles to have a stronger contraction.

Different health professionals suggest stretching at different times. Some say it's better to stretch before a workout, some say it's better to stretch afterwards. The point here is all professionals are recognizing the importance of including stretching into their workout. It makes perfect sense to me to include stretching primarily before to warm up, and then a little afterward to loosen up.

Warming up

Prior to the warm up process you need to place yourself in the right mental state for exercise.

For full details on the foundation for this practice you need to cover the section on Adrenalin detox. Find you a quiet corner, or area that is not hectic. Your objective

here is to stretch and meditate. Stretching will prepare the muscles, and the prayer and or meditation will prepare your mind. The mind plays a key role in healthy exercise more that would have ever been thought. Relax and focus on something enjoyable, visual imagery is very useful. The purpose of this is to bring down the excitement level thus brings down Adrenaline production, blood pressure and heart rate.

The whole point of warming up is to inform your body to prepare for the upcoming exercise. Warming up can be any number of things you would do during a workout, but to a lighter degree. When warming up you should include stretching out, and then followed with a short period of exercise approximately 3 -5 minutes long of aerobic dance, running, stair climbing, shadow boxing, or several other activities that will prepare your muscles for action.

By warming up you will be better prepared to concentrate on the exercise performed. Also, by warming up you are reducing the chance of receiving an injury.

If you have warmed up for 3 ½ minutes you have turned on your aerobic energy system thus increasing your metabolism and allowing for faster oxygen delivery to your muscle tissue. Also warming up will cause more muscles fibers to contract and contract faster.

Remember from a mental state you need to practice as a daily/weekly habit embedded into your routine, but not allowed to take the form of an addiction, something you start to depend on or crave after. The question you need to ask yourself is do you use exercise or another activity as an escape mechanism.

Back technique and support

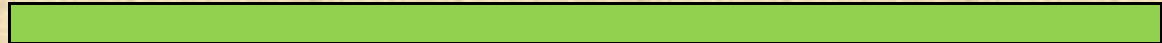
When exercising you need to pay extremely close attention not to place your back in a compromising position. Exercises that could place unnecessary stress upon your back will have a description of a safe technique to perform the designated exercise safely. For most exercises the back is not placed in unnecessary danger, but you may want to wear a weight lifting belt that offers adequate support for exercises where your position is compromised.



Proper Technique: No unnecessary stress placed on the lower region of back.



Improper technique: Places unnecessary stress on the lower back region. This technique can pull muscles and pinch a disc between the vertebrae.



Exercise without a gym

Having a gym to work out in is a luxury, not a necessity. I can easily show you examples of men and women who have achieved a great physique by only using a small amount of weights such as a barbell/dumbbell set or with no weights at all. Some of the better examples would be our armed forces, boxers, and those in martial arts. People in these areas up until the past thirty years didn't include weight training as a regular part of their overall training. So, with only a little know how and a lot of determination they were lean, firm, and muscular.

Through this section I will show you how to utilize your surroundings to accommodate your needs. Then for less than \$100.00 purchase a few pieces of equipment that can go a long way.

Perhaps you live where there are no gyms accessible to you, maybe your funds won't allow for membership costs at a gym, or for you to purchase a home gym. Another thing to consider is if you are just starting to experiment with exercise, you may not want to invest a large sum of money into equipment. Besides I think it's better to know how to exercise with basic equipment first. It forces you to be creative with your exercises and I think you will learn more.

For my first five years that I exercised and lifted weights, all that I did were the exercises which are illustrated for this section, and a cheap 110 pound weight set. Even though that was all I had, I could still match or out perform others who had access to a gym. My muscles were large enough that strangers would ask me what high school I played football for. This will show you that you will get out exactly what you put into your workout. So, with a little common sense and a minimal investment you can start an exercise program.

Exercising this way is no different than the other way shown in this book, because the same principles apply. Your body will adapt to the exercise therefore you must continually increase the repetitions, sets, or weight, and decrease your resting time to force your body to overcome and adapt to the stress (resistance) placed upon it. When you stop increasing the stress (resistance) on your body, it will stop growing.

Just as with other programs, you will need to set yourself a routine when you are exercising specific muscle groups. You will need to alternate your days, spending one day exercising your abdominal region, and lower body. The next day being spent working on your back and upper body. You will want to include in your routine several exercises for each muscle group, and then perform them for two sets or more.

Once you have started exercising and have decided that you may need some additional equipment, you need to shop around for prices on the desired items. The main item needed is a small weight set that has a mixture of different size plates. This will offer you

some flexibility to start low and grow. Cost of a vinyl coated weight set is around \$100.00. If you want to get a bench, then the starting price of a standard weight bench will run you about \$110.00. A pair of weight lifters gloves is a must to prevent chafing your hands.

If you are starting out from a weakened condition, you may be interested in therapy putty which will run you about \$10.00, wrist or ankle weights which will run about \$10.00 each, or rubber therapy bands which if you purchase them could run about \$20.00. Sometimes therapy bands can be obtained from your therapist if you ask for them.

Exercises are illustrated in back of book under No equipment needed section (I).

Without weights:

I - 1	Push ups.		Arm
I - 2	Chin ups.		Arm
I - 3	Triceps dips.	Advanced.	Arm
I - 4	Dip between two chairs.		Arm/Shoulder
I - 5	Wall Push up.		Arm
I - 6	Arm clockwise (clockwise, counter clockwise).		Arm/Deltoid
I - 7	Hammer raise.		Arm
I - 8	One are dumbbell row (milk jug)		Arm/Back
I - 9	Push up (with someone sitting on back).	Advanced.	Arm
I - 10	Upside Down Push up.	Advanced.	Arm
I - 11	Rowing between two chairs.	Advanced.	Arm/Back
I - 12	Broomstick Twist.		Back
I - 13	Pretend dead lift (against car bumper).		Back
I - 14	Head rises (side to side).		Neck
I - 15	Knee ins.		Buttock/Leg
I - 16	Two armed side laterals.		Deltoid
I - 17	Squats		Leg
I - 18	Sissy Squats		Leg
I - 19	Step ups.		Leg
I - 20	One leg squat.		Leg
I - 21	Front lateral raise.		Leg
I - 22	Calf Raises		Leg
I - 23	One leg calf raise		Leg
I - 24	Squat down calf raises		Leg
I - 25	Lunge.	(Advanced).	Leg
I - 26	Leg rises.		Abs
I - 27	Leg rises. (Moving legs side to side / up and down).		Abs

I – 28	Sit ups.	Abs
I – 29	Crunches.	Abs
I – 30	Side leg raises.	Abs
I – 31	Reverse crunch.	Abs
I - 32	Crunch crossover.	Abs

Training for size (the bodybuilder)

Anyone considering training to become a bodybuilder has two goals. The first is to gain as much muscle mass as possible, and the other is to lose body fat to illustrate muscle definition. Though aerobic exercises would seem to be the best way to lose fat anyone training to build muscle mass will want to stay away from it as much as possible.

- **You should only train aerobically for minimum of 3 ½ minutes during your warm up. This not only warms up your muscles, it also kicks in your aerobic system.**
- **You can warm up longer if desired. Your time under the weight, or lifting should be between 1 ½ - 5 minutes. Your efforts may become counter productive if you exceed 5 minutes.**
- **Additional cardio time is allowed, but don't over do it.**
- **Time does not include periods of rest between different exercises.**

Muscle mass requires food for fuel. As your body transforms to muscle it will slowly start calling upon more food for fuel. So, if you are on a diet this may give you some ray of hope. If your metabolism is ready, you should eat more protein, and carbohydrates to supply the extra needed energy your body is demanding. You will be able to train your body to effectively burn fat. Muscle tissue burns more food than the same amount of fat tissue, so as you slowly transform fat to muscle your body is becoming more efficient, and thus your metabolism will speed up.

It's hard to say how many calories you should consume because it all depends on how much muscle mass you have and how your metabolism is. If this is the training route you are going to take, then you will need high calorie intake to fuel muscle growth.

Remember the calorie intake chart under diet and weight loss: If your metabolism is slow then subtract 500 calories. If your metabolism is fast, then add 500 calories. If you have a high body fat content, or low muscle mass content subtract 500 calories. If your body has a low percentage of fat and high percentage of muscle mass add 500 calories. With this system your diet could vary from 1000 to 3000 calories which should take care of almost all peoples needs.

Whenever trying to determine the number of calories that best suites you, one thing to remember is as your body changes so does your needs. The full description of how to use the dieting approach is under the dieting section of this book.

This system is based on your body weight, muscle/fat ratio, and a high or low metabolism. So, as you transform your body so should your calorie intake.



In the following pages you will find a listing of exercises broken down by the body regions which they are used for. Choose at least 3 - 5 exercises from each section to help you develop that area of your body. Perform them and complete a set, then repeat the set 1 -2 more times to complete a workout. To yield the best desired results you will want to perform 8-15 repetitions of each exercise. The 8-15 repetitions should work the muscle to the point of exhaustion. If you are able to repeat the exercise movement more than 15 times you need to up the weight. If you do less than 8 repetitions your workout is geared more toward strength. If you do more than 15 you are working on endurance.

Adrenaline production comes from our elevated emotions and stress, both good and bad. Adrenaline control during exercise comes from rest, and relaxation. Muscle growth also comes from the rest period between exercises. Exercise stimulates growth, but the actual muscle growth takes place during rest. Exercise is but one variable in a much bigger picture. Everything mentioned here is setting up the environment in which change will take place. Then the changes will take place according the prepared environment.

- **Proper nutritional intake** prepares for the potential growth; you don't grow as you eat.
- **Proper exercise** prepares the body for growth; you don't grow as you exercise.
- **Proper rest** increases blood flow to extremities, allowing you to supply more oxygen, and nutrients to the hands and feet, thus enabling you to get more repetitions.

Choose a warm up that utilizes large groups of muscles.

A. Warm up / Cool down.

1	Aerobic Walking.	3-5 minutes
2	Aerobic dancing.	3 minutes
3	Shadow boxing	3 minutes
4	Swimming. (1 lap)	3 minutes
5	Running in place.	3 minutes
6	Jumping jacks.	3 minutes

7	Elliptical machine	3 minutes
8	Stair climbing.	3 minutes
9	Bicycling.	3 minutes
10	Rowing machine.	3 minutes
11	Treadmill. (3-5 mph)	3 minutes
12	Stretching out + another exercise	

The 5 day alternating workout: You will want to work your abdominal and lower body region on the first third, and fifth day of your week. On the second and fourth day you will focus your workout on your back and upper body region. On the sixth day there is a special alternate workout listed at the end of this section. Your seventh day is for rest, and recovery. At the beginning of the next week start the routine over.

B. Back

1	Dead lift. (leg bent)	10-15 repetitions.
2	Cable row.	10-15 repetitions.
3	Barbell row.	10-15 repetitions.
4	Lat pull down.	10-15 repetitions.
5	One arm dumbbell row.	10-15 repetitions.
6	Seated machine row.	10-15 repetitions.
7	One arm cable row.	10-15 repetitions.
8	Prone incline laterals	10-15 repetitions.
9	Cable upright rows	10-15 repetitions.
10	Bent over cable laterals.	10-15 repetitions.
11	Chin ups. (forward grip)	As many as you can.
12	Hyperextensions.	As many as you can.

C. Waist.

1	Incline sit ups. (add weight)	20 repetitions.
2	Knee ups.	As many as you can.
3	Hanging knee ups.	As many as you can.
4	Full extended sit up. (advanced)	10-15 repetitions
5	Leg rises twist.	As many as you can.
6	Cable pull down crunch.	As many as you can.
7	Bent leg raise.	20-30 repetitions.
8	Trunk twists.	1 minute.
9	Twists	1 minute.

D. Chest.

1	Bench Press.	10-15 repetitions.
2	Dumbbell flies.	10-15 repetitions.
3	Parallel bar dips. (weighted)	10-15 repetitions.
4	Incline bench press.	10-15 repetitions.
5	Cable crossovers.	10-15 repetitions.
6	Decline dumbbell press.	10-15 repetitions.
7	Cross bench dumbbell pullovers	10-15 repetitions.
8	Pec dec flies.	10-15 repetitions.
9	Flat bench cable flies.	10-15 repetitions.
10	Flat bench dumbbell press.	10-15 repetitions.
11	Reverse crunch.	As many as you can.

E. Arms (flexors).

1	Standing barbell curl.	10-15 repetitions.
2	Hammer curl.	10-15 repetitions.
3	Preacher curl.	10-15 repetitions.
4	Concentration curl.	10-15 repetitions.
5	Incline curl.	10-15 repetitions.
6	One arm cable crossover.	10-15 repetitions.
7	One arm preacher curl.	10-15 repetitions.
8	Standing concentration curl.	10-15 repetitions.
9	Wrist curl.	10-15 repetitions.
10	Standing dumbbell curl.	10-15 repetitions.
11	Barbell upright row.	10-15 repetitions.
12	Barbell concentration curl.	10-15 repetitions.
13	Cable crossover.	10-15 repetitions.
14	Chin ups. (reverse grip)	10-15 repetitions.

F. Arms (extensors).

1	Bench press.	10-15 repetitions.
2	Dips. (add weight)	10-15 repetitions.
3	Dumbbell kickback.	10-15 repetitions.
4	Military press.	10-15 repetitions.
5	Inclined dumbbell press.	10-15 repetitions.

6	Pulley push down.	10-15 repetitions.
7	Dumbbell triceps extension.	10-15 repetitions.
8	Lying triceps extension.	10-15 repetitions.
9	Lying one arm triceps extension	10-15 repetitions.
10	One arm Dumbbell row.	10-15 repetitions.
11	Two arm dumbbell row.	10-15 repetitions.
12	Lat pull down.	10-15 repetitions.
13	Cross bench dumbbell pullover.	10-15 repetitions.

G. Legs.

1	Squat.	10-15 repetitions
2	Leg curl.	10-15 repetitions.
3	Leg extensions.	10-15 repetitions.
4	Leg press.	10-15 repetitions.
5	Front lunge.	10-15 repetitions.
6	Standing calf raise.	10-15 repetitions.
7	Sissy squat.	10-15 repetitions.
8	Side lunge.	10-15 repetitions.
9	Partial squat.	10-15 repetitions.
10	Hack squat.	10-15 repetitions.
11	Seated calf rises.	15-30 repetitions.
12	Side cable kick.	10-15 repetitions.
13	Leg press / calf raise combo.	10-15 repetitions.
14	Single leg curl.	10-15 repetitions.

H. Shoulder.

1	Behind the neck press. (Military Press)	10-15 repetitions.
2	Dumbbell front raises.	10-15 repetitions.
3	Shrugs.	10-15 repetitions.
4	Cable upright row.	10-15 repetitions.
5	Dumbbell side laterals.	10-15 repetitions.
6	Lying two arm laterals.	10-15 repetitions.

The alternate sixth day workout is to keep your muscles from adapting to your regular workout. **Remember to increase the weight** so that 6-8 repetitions are all you can complete. You will in fact be tricking your body into staying in a muscle development stage.

Alternate day workout.

G-1	Squats.	5-8 repetitions
F-1	Bench Press.	5-8 repetitions
I -1	Dead lift.	5-8 repetitions
F-2	Dips.	5-8 repetitions
E-1	Barbell curl.	5-8 repetitions
C-1	Incline sit ups.	5-8 repetitions
B-2	Cable row.	5-8 repetitions

The Lord rested on the seventh day, so should you! You need one day off each week to give your body time to fully recover from any rigorous training.

Training for endurance (aerobic)

Almost all forms of exercise can be altered to become an endurance activity. Just about any weight training exercise can be altered by simply reducing the amount of weight or resistance being applied so that the number of repetitions can be increased. Anything over 15 repetitions would be endurance training, the more repetitions the better. If endurance training is your primary purpose, **I would suggest performing 25 to 30 repetitions** as a bare minimum to gain the desired effect. If you are not able to successfully complete this number don't be ashamed to decrease the weight more because you are not trying to build muscle mass. As with any other type of weight training you should expect some muscle growth. If you train in this manner, you will become firm, lean, muscular, well toned with a medium build, but not too bulky. Some people would call this the athletics look.

The key to training the endurance system is done by decreasing the pounds handled to a point where you can start exercising the type 1 muscle fibers as much as possible. If the exercises are preformed properly, you should begin to feel the burning sensation in your muscles as you approach the final repetitions of the specific exercise. You shouldn't worry if you start to feel this, because the heat generated from this burning sensation is burning fat.

- **You should only train aerobically for minimum of 3 ½ minutes during your warm up. This not only warms up your muscles, it also kicks in your aerobic system.**
- **You can warm up longer if desired. Your time under the weight, or lifting should be between 1 ½ - 5 minutes. Muscle size, definition, and weight loss not being the objective, if using lighter weights to achieve endurance, you want to spend more time here.**
- **Additional cardio time is allowed, but don't over do it.**
- **Time does not include periods of rest between different exercises.**

In the following pages you will find a listing of exercises broken down by the body regions which they are used for. Choose at least 3 - 5 exercises from each section to help you develop that area of your body. Perform them and complete a set, then repeat the set 1 -2 more times to complete a workout. To yield the best desired results you will want to perform 16 - up repetitions of each exercise. I prefer 25 – 30 repetitions. The 16 – and up repetitions should work the muscle to the point of exhaustion. If you are unable to repeat the exercise movement at least 15 times you need to decrease the weight.

These exercises (using weight) are great to increase the endurance of specific muscles or muscle group but do little for your cardiovascular fitness. Anyone training in this style must also train aerobically to reach the full benefits of the endurance effects.

When endurance becomes aerobic conditioning, you can just forget about most weight training. Aerobic conditioning is endurance pushed to the point where your body utilizes fats as an energy source, which is about three minutes from the time you begin the specific movement or activity, repeatedly or continuously.

The body is a well-trained system. By training aerobically, you will first raise your heart rate, then oxygen intake. The heart rate increases the blood flow of oxygen rich blood to the working muscle tissue. The blood also carries fat molecules to the muscle tissue to be burned as fuel. As the muscle cells are used more and more aerobically, they stimulate the Mitochondria (the cells power plant) in the muscle cells to grow into vast networks which helps oxidize more food and fuel faster. This will help you retain your glycogen reserves that if depleted would leave you exhausted and helps eliminate lactic acid which is formed during exercise. Oxidized fat inhibits the rate of glycolysis. Glycolysis is the breakdown of your body's food to a usable source of energy. This plainly means while training your body will adapt by creating a more efficient system.

The real trick to this type of training is to take it easy, don't wear yourself out. You should go slow but steady, trying to last for as long as you can. Though it only takes 3 ½ minutes to activate the aerobic system, endurance training can take much more time such as 10 to 30 minutes. If you can't last but a few minutes, that's fine because it takes time to build up your endurance. Once you reach a desired time you may want to try and increase your speed a little.

Whenever preparing for an aerobic workout you should also warm up. This can be done by performing an aerobic exercise at a slower speed for a couple of minutes and should always include stretching in your warm up.

If you are a very inactive person, don't push yourself; do only what you can handle. Sit and take a short rest (under 5 minutes), then continue with your workout. If the warm up is just about all you can handle, just stay at this level, and keep repeating the short periods of exercise with frequent periods of rest taken. Periodically you may want to stop and check your pulse.

A good system to monitor your pulse rate would be to start with the number 220 and subtract your age which will give you your maximum heart rate. For example, if you are 30 years old. Then subtract 30 from 220 and your maximum heart rate will be 190.

The object you are trying to do is not exhaust yourself from the start. There is a real good system for this. What you want to do is last for a long time at a comfortable pace to utilize the fat burning process of the aerobic system. This can be achieved by speeding up your heart rate to 50 or 60% of your maximum heart rate. So, if your heart rate is 190, then you would want to raise your heart rate to a point between 95, and 115 beats per

minute. If your heart rate has already gone higher, then slow down or take a short break. You need to let your heart rate come down, and then you can continue.

In case you don't know how to take your pulse, you can take two fingers and place them beside your throat (trachea) for 30 seconds and multiply it by two to get your heart rate (pulse).

In case the aerobic exercise that you have chosen doesn't exercise all or most of the muscle groups in your body, you may want to add a few additional exercises to your fitness program to get an effect in those areas. For example, if you jog or ride a stationary bike, then you would want to add a few exercises to your program to develop the muscles in your upper body. Remember if the aerobic effect is your goal then I would choose an exercise from the weight lifting chart. Then keep the weight light and perform a large number of repetitions. If you don't have weights you can get a great result by doing sit ups, push ups, chin ups, etc. see section exercising without a gym.

Your workout can be done all in one time or in several shorter time periods which will add up to the desired time.

Adrenaline control during exercise comes from rest, and relaxation. Muscle growth also comes from the rest period between exercises. Exercise stimulates growth, but the actual muscle growth takes place during rest. Exercise is but one variable in a much bigger picture. Everything mentioned here is setting up the environment in which change will take place. Then the changes will take place according to the prepared environment.

- **Proper nutritional intake prepares for the potential growth; you don't grow as you eat.**
- **Proper exercise prepares the body for growth; you don't grow as you exercise.**
- **Proper rest increases blood flow to extremities, allowing you to supply more oxygen, and nutrients to the hands and feet, thus enabling you to get more repetitions.**

After the warm up is completed find you a quiet area once again and start using the breathing technique of taking in a slow deep breath through the nose and breathing out through the mouth. During this time close your eyes and focus your attention on your heart beating, and clear your mind from any negative thoughts, including those of high energy. Return to that valley or waterfall. When your breathing and heart rate returns back to a normal range you are prepared to start the first exercise of your routine. This should only take 1-2 minutes. If you think this is long for a break I will show you how this ties together at the end.

When you start to perform the exercise, you need to look at it as a task to be completed, nothing else. While under the weight you are going to perform your maximum number of repetitions to the point of muscle failure, pause 5 seconds then squeeze off another repetition. The objective here is to stimulate maximum growth with the least amount of time by allowing a small amount of oxygen rich blood to enter the muscle then use it. If

you performed this right the muscle should not be able to perform another repetition due to muscle failure. This last forced repetition at the point of muscle failure will have the same effect as performing a second set on that exercise.

Return to your place of meditation and repeat the resting process again, and in between each exercise you perform. Utilizing a method of intense bursts of energy to the point of muscle failure drastically reduces the amount of time spent lifting, and with mini meditation rest periods between each exercise will prevent your body from producing too much Adrenaline. Remember Adrenaline causes the production of Cortisol, and Cortisol causes abdominal weight.

Choose a warm up that utilizes large groups of muscles

A. Warm up / Cool down.

1	Aerobic Walking.	3-5 minutes
2	Aerobic dancing.	3 minutes
3	Shadow boxing	3 minutes
4	Swimming. (1 lap)	3 minutes
5	Running in place.	3 minutes
6	Jumping jacks.	3 minutes
7	Elliptical machine	3 minutes
8	Stair climbing.	3 minutes
9	Bicycling.	3 minutes
10	Rowing machine.	3 minutes
11	Treadmill. (3-5 mph)	3 minutes
12	Stretching out + another exercise	

For exercising specific muscles, you should refer to the specialized exercise chart under (training for size). You will however need to modify the exercise to reflect the specific type of training you are trying to accomplish. For the 5 day workout listed in section (b) through (h) you will need to change the number of repetitions 15 or higher. You should target 25 to 30 repetitions to reap the maximum effect. You should have enough weight to only be able to perform that specific number of repetitions before you exhaust the muscle.

The following is a listing of those exercises which could be preformed to push your endurance abilities into the aerobic range

A. Aerobic training.

1	Aerobic Walking.	20-30 minutes
2	Aerobic dancing.	20-30 minutes

3	Shadow boxing	20-30 minutes
4	Swimming. (1 lap)	20-30 minutes
5	Running in place.	20-30 minutes
6	Jumping jacks.	20-30 minutes
7	Elliptical machine	20-30 minutes
8	Stair climbing.	20-30 minutes
9	Bicycling.	20-30 minutes
10	Rowing machine.	20-30 minutes
11	Treadmill. (3-5 mph)	20-30 minutes

B. Back

1	Dead lift. (leg bent)	15 + repetitions
2	Cable row.	15 + repetitions
3	Barbell row.	15 + repetitions
4	Lat pull down.	15 + repetitions
5	One arm dumbbell row.	15 + repetitions
6	Seated machine row.	15 + repetitions
7	One arm cable row.	15 + repetitions
8	Prone incline laterals.	15 + repetitions
9	Cable upright rows.	15 + repetitions
10	Bent over cable laterals.	15 + repetitions
11	Chin ups. (forward grip)	As many as you can.
12	Hyperextensions.	As many as you can.

C. Waist.

1	Incline sit ups.	20-30 repetitions.
2	Knee ups.	As many as you can.
3	Hanging knee ups.	As many as you can.
4	Full extended sit up. (advanced)	As many as you can.
5	Leg rises twist.	As many as you can.
6	Cable pull down crunch.	As many as you can.
7	Bench leg raise.	15 + repetitions
8	Trunk twists.	As many as you can
9	Twists	As many as you can

D. Chest.

1	Bench Press.	15 + repetitions
2	Dumbbell flies.	15 + repetitions
3	Parallel bar dips. (weighted)	15 + repetitions
4	Incline bench press.	15 + repetitions
5	Cable crossovers.	15 + repetitions
6	Decline dumbbell press.	15 + repetitions
7	Cross bench dumbbell pullovers	15 + repetitions
8	Pec dec flies.	15 + repetitions
9	Flat bench cable flies.	15 + repetitions
10	Flat bench dumbbell press.	15 + repetitions
11	Reverse crunch.	As many as you can.

E. Arms (flexors).

1	Standing barbell curl.	15 + repetitions
2	Hammer curl.	15 + repetitions
3	Preacher curl.	15 + repetitions
4	Concentration curl.	15 + repetitions
5	Incline curl.	15 + repetitions
6	One arm cable crossover.	15 + repetitions
7	One arm preacher curl.	15 + repetitions
8	Standing concentration curl.	15 + repetitions
9	Wrist curl.	15 + repetitions
10	Standing dumbbell curl.	15 + repetitions
11	Barbell upright row.	15 + repetitions
12	Barbell concentration curl.	15 + repetitions
13	Cable crossover.	15 + repetitions
14	Chin ups. (reverse grip)	15 + repetitions

F. Arms (extensors).

1	Bench press.	15 + repetitions
2	Dips. (add weight)	15 + repetitions
3	Dumbbell kickback.	15 + repetitions
4	Military press.	15 + repetitions
5	Inclined dumbbell press.	15 + repetitions
6	Pulley push down.	15 + repetitions

7	Dumbbell triceps extension.	15 + repetitions
8	Lying triceps extension.	15 + repetitions
9	Lying one arm triceps extension	15 + repetitions
10	One arm Dumbbell row.	15 + repetitions
11	Two arm dumbbell row.	15 + repetitions
12	Lat pull down.	15 + repetitions
13	Cross bench dumbbell pullover.	15 + repetitions

G. Legs.

1	Squat.	15 + repetitions
2	Leg curl.	15 + repetitions
3	Leg extensions.	15 + repetitions
4	Leg press.	15 + repetitions
5	Front lunge.	15 + repetitions
6	Standing calf raise.	15 + repetitions
7	Sissy squat.	15 + repetitions
8	Side lunge.	15 + repetitions
9	Partial squat.	15 + repetitions
10	Hack squat.	15 + repetitions
11	Seated calf rises.	15 + repetitions
12	Side cable kick.	15 + repetitions
13	Leg press / calf raise combo.	15 + repetitions
14	Single leg curl.	15 + repetitions

H. Shoulder.

1	Behind the neck press.	15 + repetitions
2	Dumbbell front raises.	15 + repetitions
3	Shrugs.	15 + repetitions
4	Cable upright row.	15 + repetitions
5	Dumbbell side laterals.	15 + repetitions
6	Lying two arm laterals.	15 + repetitions

The alternate sixth day workout is **to keep your muscles from adapting to your regular workout**. For exercises with a time limit add an extra 5 minutes or increase the difficulty to cause the muscles to work harder. For endurance non-aerobic exercises, you will need to increase the weight so that 8-12 repetitions are all you can complete. Perform 2-3 sets depending on your condition.

Alternate day

G-1	Squat.	8-12 repetitions.
F-1	Bench press.	8-12 repetitions.
B-1	Dead lift.	8-12 repetitions.
F-2	Dips.	8-12 repetitions.
E-1	Barbell curl.	8-12 repetitions.
C-1	Incline sit ups.	8-12 repetitions.
B-2	Cable rows.	8-12 repetitions.

The Lord rested on the seventh day, so should you! You need one day off each week to give your body time to fully recover from any rigorous training.

Training for power

Power training can be achieved by working out with the heaviest amount of weights that you can handle and able to perform 1 to 7 repetitions. At the time you finish the last repetition in your set, your muscles should be at the point of failure (exhaustion). Never start a training for power approach from a I just started exercising position (beginner). The risk of damaging ones muscles, tendons, or back is high. Utilizing the bodybuilder approach serves as a good starting point to build muscle size, and strengthen your body, specifically the back.

Muscles under normal conditions are only supposed to be so big or so strong. This is the reason why we have to overload the muscles with heavy weights to stimulate growth beyond the normal condition. One way to get bigger and stronger is to always try to squeeze off an extra repetition taking your muscles to the point of failure. It's the last few repetitions which stimulate your muscles to adapt and grow to your desired results.

Whenever you are dealing with exercises utilizing large muscle groups, you should first perform a few repetitions only using 50-60% of your maximum limit. This will help loosen up the muscle and prevent possible muscle tears. Once you have done this you may then increase your weight to 100%.

As a person trains for power, your primary goal is to increase your strength as much as possible. If you train in this fashion you will definitely increase the size of your muscles, but you won't have the chiseled body definition that a bodybuilder would. This is a direct reflection of your training. You wouldn't normally be performing the wide variety of exercises that a bodybuilder would. A bodybuilder isolates his muscles to get his desired results. A person training for strength will train muscles as a group for a total opposite result.

Your diet will not be as strict as the other forms of training. It's not as important to count calories because you will want to eat a large amount of food, specifically those rich in protein, and carbohydrates.

In the following pages you will find a list of exercises broken down by the body region which they will be used for. **Choose at least 3 - 5 exercises from each section to help you develop that area of your body. Perform them and complete a set, then repeat the set 2 - 3 times to complete a workout. Choose exercises which will require the use of several muscles at the same time.**

- **You should only train aerobically for minimum of 3 ½ minutes during your warm up. This not only warms up your muscles, it also kicks in your aerobic system.**
- **A longer warm up period could prove counterproductive. Your time under**

the weight, or lifting should be between 1 ½ - 5 minutes. Your efforts may become counter productive if you exceed 5 minutes.

- **Additional cardio time is allowed, just remember cardio trains to be lean, not large. To be strong you have to be large to a point.**
- **Time does not include periods of rest between different exercises.**

In the following pages you will find a listing of exercises broken down by the body regions which they are used for. Choose at least 3 - 5 exercises from each section to help you develop that area of your body. Perform them and complete a set, then repeat the set 1 -2 more times to complete a workout. To yield the best desired results you will want to perform 1 - 8 repetitions of each exercise. The 1 - 8 repetitions should work the muscle to the point of exhaustion. If you are able to repeat the exercise movement more than 8 times you need to up the weight.

The same as body building, you should train aerobically for the first 3 ½ minutes during your warm up, and a 3 - 5 minute workout 2-3 times a week. Some power lifters will argue with this, but you need some aerobic activity to keep a strong cardiovascular system. They will claim they have a strong heart; they do that's not the issue. The heart will develop accordingly to the type of training you do just like the other muscles in the body. The heart will be large and strong, but it will lack the large stroke volume needed to supply food and oxygen to the body. You will need aerobic, just don't over do it.

Adrenaline control during exercise comes from rest, and relaxation. Muscle growth also comes from the rest period between exercises. Exercise stimulates growth, but the actual muscle growth takes place during rest. Exercise is but one variable in a much bigger picture. Everything mentioned here is setting up the environment in which change will take place. Then the changes will take place according the prepared environment.

- **Proper nutritional intake prepares for the potential growth; you don't grow as you eat.**
- **Proper exercise prepares the body for growth; you don't grow as you exercise.**
- **Proper rest increases blood flow to extremities, allowing you to supply more oxygen, and nutrients to the hands and feet, thus enabling you to get more repetitions.**

Choose a warm up that utilizes large groups of muscles.

A. Warm up / Cool down.

1	Aerobic Walking.	3-5 minutes
2	Aerobic dancing.	3 minutes
3	Shadow boxing	3 minutes
4	Swimming. (1 lap)	3 minutes

5	Running in place.	3 minutes
6	Jumping jacks.	3 minutes
7	Elliptical machine	3 minutes
8	Stair climbing.	3 minutes
9	Bicycling.	3 minutes
10	Rowing machine.	3 minutes
11	Treadmill. (3-5 mph)	3 minutes
12	Stretching out + another exercise	

The 5 day alternating workout: You will want to work your abdominal and lower body region on the first third, and fifth day of your week. On the second and fourth day you will focus your workout on your back and upper body region. On the sixth day there is a special alternate workout listed at the end of this section. Your seventh day is for rest, and recovery. At the beginning of the next week start the routine over.

B. Back

1	Dead lift. (leg bent)	5-8 repetitions
2	Cable row.	5-8 repetitions
3	Barbell row.	5-8 repetitions
4	Lat pull down.	5-8 repetitions
5	One arm dumbbell row.	5-8 repetitions
6	Seated machine row.	5-8 repetitions
7	One arm cable row.	5-8 repetitions
8	Prone incline laterals	5-8 repetitions
9	Cable upright rows	5-8 repetitions
10	Bent over cable laterals.	5-8 repetitions
11	Chin ups. (forward grip)	As many as you can.
12	Hyperextensions.	As many as you can.

C. Waist.

1	Incline sit ups. (add weight)	20 repetitions.
2	Knee ups.	As many as you can.
3	Hanging knee ups.	As many as you can.
4	Full extended sit up. (advanced)	5-8 repetitions.
5	Leg rises twist.	As many as you can.
6	Cable pull down crunch	As many as you can.
7	Bent leg raises.	20-30 repetitions.

8	Trunk twists.	1 minute.
9	Twists	1 minute.

D. Chest.

1	Bench Press.	5-8 repetitions
2	Dumbbell flies.	5-8 repetitions
3	Parallel bar dips. (weighted)	5-8 repetitions
4	Incline bench press.	5-8 repetitions
5	Cable crossovers.	5-8 repetitions
6	Decline dumbbell press.	5-8 repetitions
7	Cross bench dumbbell pullovers	5-8 repetitions
8	Pec dec flies.	5-8 repetitions
9	Flat bench cable flies.	5-8 repetitions
10	Flat bench dumbbell press.	5-8 repetitions
11	Reverse crunch.	As many as you can.

E. Arms (flexors).

1	Standing barbell curl.	5-8 repetitions
2	Hammer curl.	5-8 repetitions
3	Preacher curl.	5-8 repetitions
4	Concentration curl.	5-8 repetitions
5	Incline curl.	5-8 repetitions
6	One arm cable crossover.	5-8 repetitions
7	One arm preacher curl.	5-8 repetitions
8	Standing concentration curl.	5-8 repetitions
9	Wrist curl.	5-8 repetitions
10	Standing dumbbell curl.	5-8 repetitions
11	Barbell upright row.	5-8 repetitions
12	Barbell concentration curl.	5-8 repetitions
13	Cable crossover.	5-8 repetitions
14	Chin ups. (reverse grip)	5-8 repetitions

F. Arms (extensors).

1	Bench press.	5-8 repetitions
2	Dips. (add weight)	5-8 repetitions
3	Dumbbell kickback.	5-8 repetitions

4	Military press.	5-8 repetitions
5	Inclined dumbbell press.	5-8 repetitions
6	Pulley push down.	5-8 repetitions
7	Dumbbell triceps extension.	5-8 repetitions
8	Lying triceps extension.	5-8 repetitions
9	Lying one arm triceps extension	5-8 repetitions
10	One arm dumbbell row.	5-8 repetitions
11	Two arm dumbbell row.	5-8 repetitions
12	Lat pull down.	5-8 repetitions
13	Cross bench dumbbell pullover.	5-8 repetitions

G. Legs.

1	Squat.	5-8 repetitions
2	Leg curl.	5-8 repetitions
3	Leg extensions.	5-8 repetitions
4	Leg press.	5-8 repetitions
5	Front lunge.	5-8 repetitions
6	Standing calf raise.	5-8 repetitions
7	Sissy squat.	5-8 repetitions
8	Side lunge.	5-8 repetitions
9	Partial squat.	5-8 repetitions
10	Hack squat.	5-8 repetitions
11	Seated calf rises.	8-12 repetitions
12	Side cable kick.	5-8 repetitions
13	Leg press / calf raise combo.	5-8 repetitions
14	Single leg curl.	5-8 repetitions

H. Shoulder.

1	Behind the neck press.	5-8 repetitions
2	Dumbbell front raises.	5-8 repetitions
3	Shrugs.	5-8 repetitions
4	Cable upright row.	5-8 repetitions
5	Dumbbell side laterals.	5-8 repetitions
6	Lying two arm laterals.	5-8 repetitions

The alternate sixth day workout is to keep your muscles from adapting to your regular workout. Remember to increase the weight so that 3-4 repetitions are all you can

complete. You will in fact be tricking your body into staying in a muscle development stage.

Alternate day workout.

G-1	Squats.	3-4 repetitions
F-1	Bench Press.	3-4 repetitions
I -1	Dead lift.	3-4 repetitions
F-2	Dips.	3-4 repetitions
E-1	Barbell curl.	3-4 repetitions
C-1	Incline sit ups.	3-4 repetitions
B-2	Cable row.	3-4 repetitions

The Lord rested on the seventh day, so should you! You need one day off each week to give your body time to fully recover from any rigorous training.

Exercise Illustrations, and Technical Information.

When printing keep in mind the number of color pages, and the quantity of ink needed. I am recommending that you print only the illustrations that pertain to your chosen exercises to conserve on ink.

Each exercise listed in this book is numbered consistently for easy understanding and show you that it is a chosen exercise that is safe for a particular medical condition. If you have two or more medical factors to consider the chosen exercise should be labeled as safe for each condition. Keep in mind each person's physical condition is different. Your doctor has the best working knowledge of your health condition; get their opinion before starting this or any exercise program.

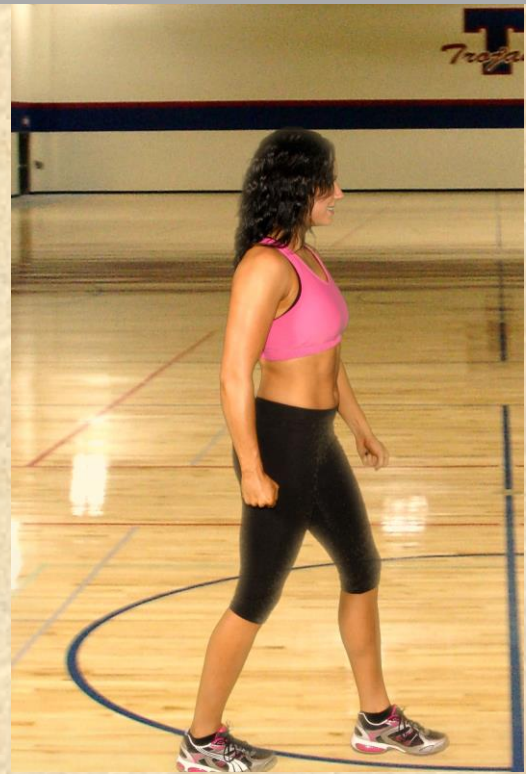
Adaptability Chart	
1	High blood pressure (hypertension)
2	Heart disease and stroke prevention
3	Osteoporosis and degenerative bone disease
4	Spinal chord injury
5	Back pain
6	Prosthesis
7	Arthritis
8	Asthma, and allergies
9	Diabetes
10	Weak knees

All exercises are coded approved for the following medical conditions/disabilities. This coding system does not apply healthy and physically capable individuals.

1	White box with number means: approved for the coded condition.
2	Pink box with number means: may need some modification for the medical condition/disability.
X	Red box with an X in place of number means: do not attempt, of not safe for coded condition.

Warm up/Cool down

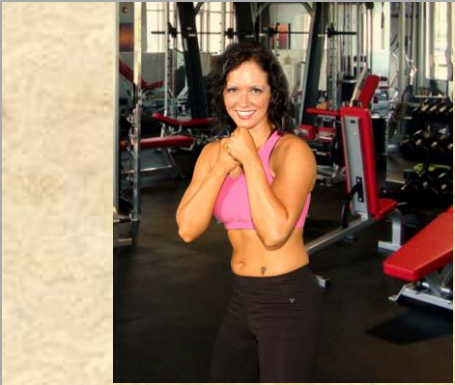
A-1	Aerobic Walking										
<p>Is great for the legs, and lower back region. This exercise does not produce the impact on the knees like jogging or running. This exercise is performed with a fast walking pace, but not breaking into a run.</p> <p>The wheelchair alternative (medical condition 4) is great for the arms, shoulders, and upper back region. The focus is on increasing your heart rate.</p> <p>No modifications needed for all other medical conditions.</p>											
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A-2	Aerobic Dancing										
<p>Is great for overall body, especially the legs. This exercise has the potential of producing great effects on every muscle group in the body.</p> <p>There are too many dance routines to mention that would qualify for this exercise. Any consistent or repetitive movement would be great as long as it lasts long enough to qualify as a warm up.</p> <p>This exercise can be done with knee prosthetic devices if the person holds to a stable object.</p> <p>People with other medical conditions (3, 6, 8, 10) may want to take a slower pace to avoid pain, or injury.</p>											
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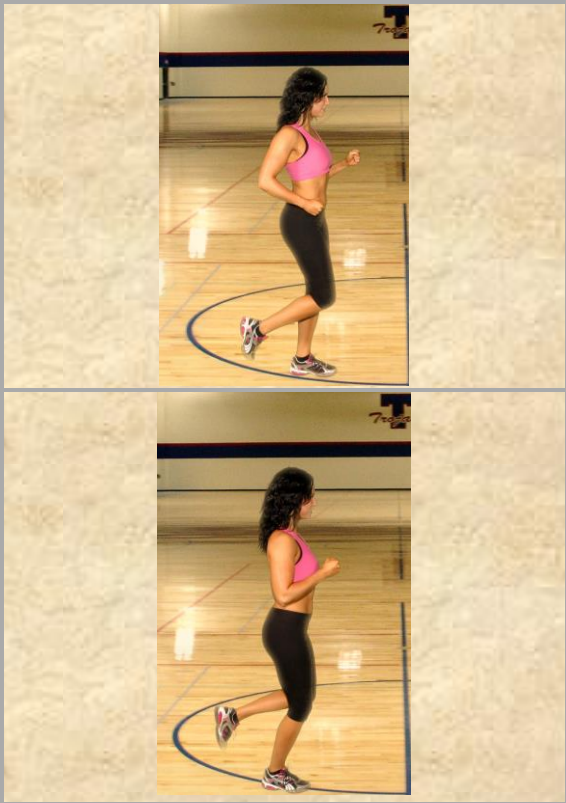
A-3	Shadow Boxing										
<p>Shadow boxing is also a good warm up because it utilizes most muscle groups. The primary movements take place at the back and upper body; however, you can add some foot motion if desired. You can create your own movement or a set of patterns, such as swings, jabs, or hooks as you twist at the back. I prefer the right, right, left combination.</p> <p>Due to the twisting of the back involved with this exercise you should take it slow at first so not to pull something.</p> <p>Because of the swinging motion of the upper body you should not try this with arm prosthesis unless it is secured with a shoulder strap.</p> <p>Persons in a wheelchair or with lower body paralysis can do this exercise from a sitting position.</p>											
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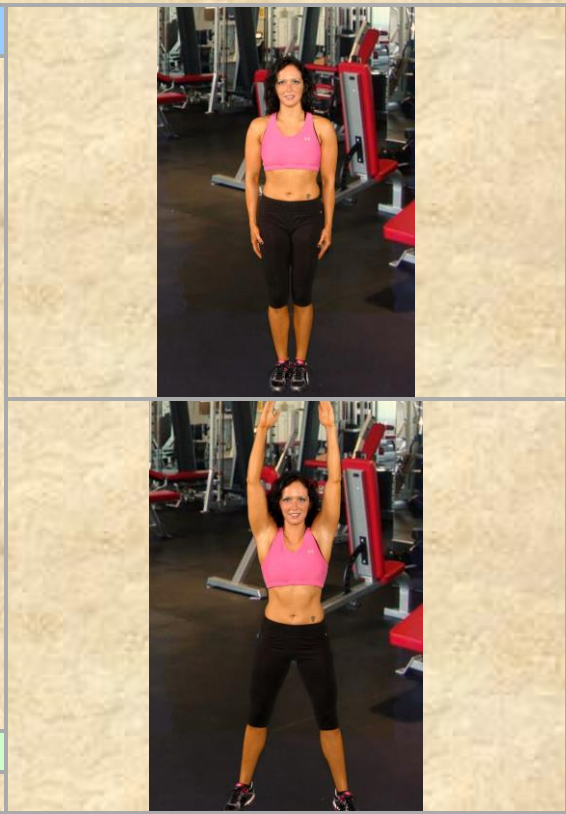
A-4	Swimming Laps										
<p>Swimming is one of the greatest exercises for its fitness applications. It works every muscle group in the body and is very adaptable to accommodate physical limitations. Water reduces your weight, offers resistance to your movement, and with heated water offers some therapeutic effects. For asthmatic people a heated pool can over time allow you to exercise for longer periods of time. You may use any desired stroke to accommodate a specific limitation.</p> <p>Even if a person only has partial use of their arms from a paralysis they can gain benefits from this exercise.</p> <p>For spinal chord injuries, and amputee's extra precautions should be taken to assist with keeping the person afloat. A life jacket or flotation device may be needed to compensate for the loss.</p>											
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A-5	Running in Place										
<p>Running in place is great for the legs, buttocks, and lower back. It also produces a light impact on the legs, and joints. This exercise is preformed while standing in place, and the repetition is slow thus making it comfortable.</p> <p>Some impact on the joints is good to assist with lubricating bone tissue. If severe damage has been done to the knees, ankle, or hip region you can substitute the elliptical machine in place of this exercise.</p> <p>This exercise can be done with leg prosthesis if the prosthetic device is attached so not to come off. If you feel this may pose you a problem, then you can substitute the elliptical machine in place of this exercise.</p>											
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1	2	3	X	5	6	7	8	9	10		



A-6	Jumping Jacks										
<p>Jumping Jacks are an overall good exercise that affects all muscle groups, but due to the outward side movement this exercise is not good for several medical conditions, and disabilities.</p> <p>The outward side motion is hard on all joints, the jarring motion can aggravate back pain, and weak frail bones could fracture under the stress.</p> <p>This exercise is next to impossible to perform with prosthesis due to the outward/inward motion. Prosthesis devices are not designed to perform this movement.</p>											
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1	2	X	X	X	X	X	8	9	X		



A-7

Elliptical Machine

Elliptical machines are the greatest running type exercise you can perform. These machines take away the impact on your joints you normally get from all other running exercises. They are designed to move in a steady smooth flow, where you can reap the benefits, without any negative effects.

Due to the no impact on the joints, and back regions, as long as you are able to place your feet or prosthesis in the foot holders you can do this exercise.

Approved for medical conditions:

1 2 3 **X** 5 6 7 8 9 10



A-8

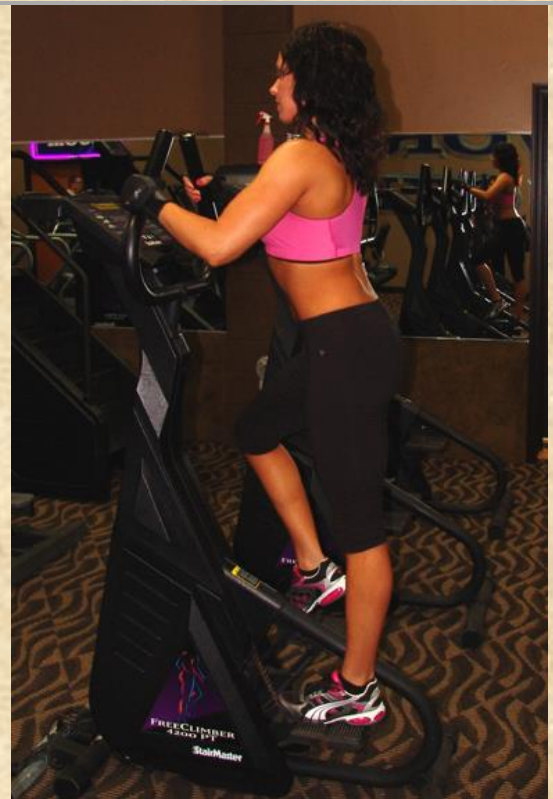
Stair Climbing

Stair climbing is a great exercise for the legs, buttocks, and lower back, but it also requires more strength than all other warm up exercises. Due to the intensify effect in the upper leg, and buttocks you are more likely to be exhausted by the time you can get the aerobic system to start.

There is also a danger of when you become fatigued of falling on stairs and injuring yourself. I prefer this exercise to finish off a workout and push toward an exhaustion point because it requires speed and places a weight on my body to where the effect is more like a sprint runner.

Approved for medical conditions:

1 2 **X X X X** 7 8 9 10



A-9	Bicycling										
<p>Bicycling is one of the safest and most adaptable exercises being second only after swimming. There are two types of bicycles. The first resembles the basic bicycle and sets up high. However, it may be difficult for some people to get on them due to a medical condition or prosthesis. The other design sits closer to the floor and is more open to allow for climbing on/off.</p> <p>If the petals have stirrups for your toes to fit into then this machine becomes usable for all people except those with a lower extremity paralysis.</p> <p>People who have a paralysis but have some use of their arms can use an alternative hand bicycle unit. These units have handles in stead of pedals.</p>											
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1	2	3	X	5	6	7	8	9	10		



A-10	Rowing Machine										
<p>With a rowing machine you push off with your legs and pull with your arms. The primary impact area of this machine is your back. It is a good well-rounded machine that impacts every muscle group.</p> <p>This exercise can be modified to where the legs are stationary allowing the full movement to be absorbed with the arms and back for leg prosthesis, and leg paralysis (condition 4, 6).</p>											
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A-11	Treadmill										
<p>Treadmills are the granddaddy of the aerobic craze, and an all around good machine. The Elliptical machine is a much better machine to use due to the impact on your joints you receive from regular running on a treadmill (condition 5, 6, 7).</p>											
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1	2	X	X	5	6	7	8	9	X		

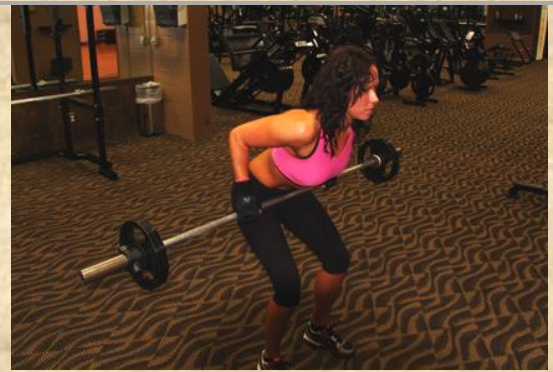


A-12	Stretching Out										
<p>Stretching should always be included as part of your warm up, and cool down process. The process of stretching warms up the muscle, and also allows for stronger muscle contractions to occur.</p> <p>Stretching out does not count as one of you're warming up exercises. This activity should be done prior to starting any warm up.</p> <p>There are many different kinds of stretches that can be applied to nearly every part of the body. Osteoporosis is the only condition mentioned here as to remind you not to over stretch muscles around a much weaker bone...</p> <p>This is an area you will need to experiment with based on paralysis, and prosthetic devices. The only other advice when stretching applies to all other conditions is: do not over extend your joints.</p>											
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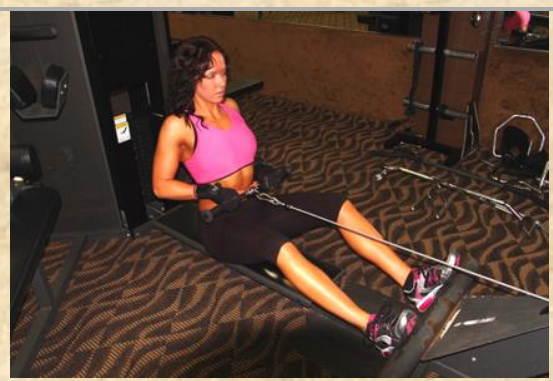
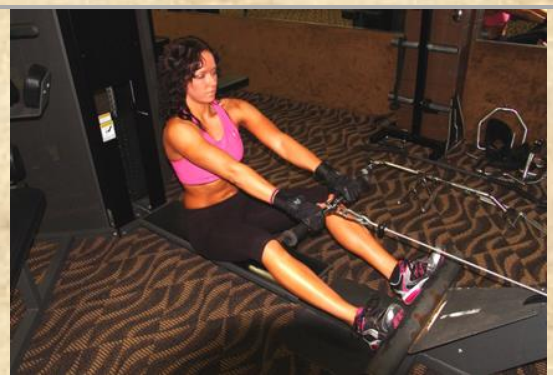


Back.

B-1	Dead lift								
<p>The proper way to lift is to use an alternate grip with hands placed slightly wider than shoulder width. Your back should be slightly arched in to prevent damage. I recommend using a lifting belt for this one. When lifting use your legs to do most of the work. Then slowly lean back and straighten up legs, locking your knees. Then with arms raise the weight to the waist.</p>									
<p>Approved for medical conditions:</p>									
1	2	X	X	X	X	7	8	9	10



B-2	Cable row								
<p>You need to leave your knees slightly bent. You will need to be sitting in a straight position with your back slightly arched in to prevent any damage. No movement should take place with the back. Your arms should be extended forward grasping the bar and repeatedly pulled backward until the bar is against your abdomen.</p> <p>For modification purposes you can keep you legs in a straight position but lessen the weight to compensate.</p> <p>A weight belt may be used during this exercise if you are handling excessive weights.</p> <p>This is my choice exercise for Osteoporosis, back pain, spinal chord injury (waist down), and any prosthesis because you have more stabilization for your body. Remember the therapeutic benefits to the lower back and keep the weight at a manageable level.</p>									
<p>Approved for medical conditions:</p>									
1	2	3	4	5	6	7	8	9	10



B-3**Barbell row**

To perform this exercise, you will need to place both feet close together, and bend over forward. Make sure to arch your back inward so not to place any unnecessary stress on the lower back region.

From a starting position hold the bar at shoulder width with your palms turned toward you, with your arms fully extended downward.

Pull your arms upward until you're your elbows are extended behind you and the bar is against your chest. Return the weight down slowly and repeat the desired number of repetitions.

Unlike the deadlight (B-1) your grip is different, and you stay bent forward to place the workout on the upper back.

If you have osteoporosis or back pain, a seated Cable Row (B-2) or Seated Machine Row (B-6) is a better choice if they have a padded rest for your chest to rest against.

Approved for medical conditions:

1	2	X	4	X	6	7	8	9	10
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**B-4****Lat pull down**

Sitting in an upright position this exercise can be done two ways. Wide grip or Close grip.

For wide grip place your hands-on bar above your head slightly wider than your shoulder. Repeatedly pull the bar behind your head until it touches your neck.

For close grip you will pull the bar down to your chest. You will need to lean back as you pull weight down.

Quadriplegics with some control over their deltoid/triceps can perform these movements. You will need to use an adaptive device in the palm of your hand to compensate for loss of grip. Keep in mind that the eight is pulling you upward so you will need to anchor your wheelchair if you are using much weight.

Approved for medical conditions:

1	2	3	4	5	6	7	8	9	10
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B-5**One arm dumbbell row**

With your body bent over forward you need to support your weight with one arm. The dumbbell is then repeatedly lifted from a dangling position to a level even with the chest. Remember you are not curling during this exercise, you are pulling upward. Do not create a swinging motion because it will undo the effect.

Arm amputee may perform this exercise with another arm. Light weight should be used for those with osteoporosis. Spinal chord injuries affecting only the lower extremities can perform this exercise by simply using a stable surface to lean on.



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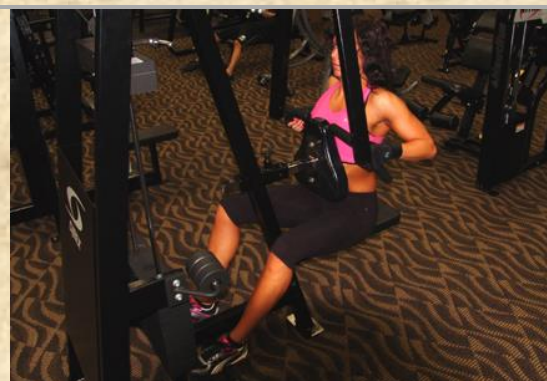
1 2 3 4 5 6 7 8 9 10

B-6**Seated machine row**

This exercise is similar to (B-2) except you are in a sitting position. The legs are not used with this machine; there is a padded rest that you place your stomach against. This machine isolates the back and is better suited for strength training with zero strain placed on spinal area due to the padded rest against the abdomen.

For a leg prosthetic the machine used in (B-2) is better suited.

This exercise can be simulated very safely with a different machine to accommodate a wheelchair.



Approved for medical conditions:

1 2 3 4 5 6 7 8 9 10

B-7**One arm cable row**

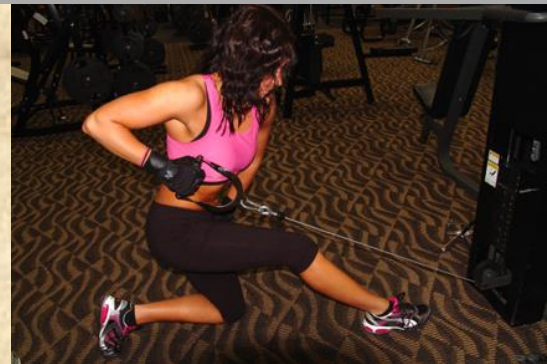
Start with arm extended outward then pull the arm backward until the handle is along side the chest. Balance will be acquired by stepping forward with the opposite leg, kneeling forward, and resting the opposite hand against the knee.

This exercise requires the use of strength and balance. The rowing motion of this exercise requires a more extended range making it not suitable for a prosthetic because several muscle groups are utilized.

As you can see there is no support other than your stance and balance. This exercise places the strain along the Latisimas Dorsi muscle that runs down the back. If you have back pain from weak back muscles this exercise is a good choice, but for all other back issues including osteoporosis, this exercise should be avoided.

Approved for medical conditions:

1	2	X	X	5	6	7	8	9	10
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**B-8****Prone incline laterals**

This exercise is performed in a sitting position. You should lean forward with a small dumbbell in each hand. Your arms should hang toward the floor with the motion of the arms extending outward and up to the point where they are parallel to your shoulders.

This is an excellent exercise because it distributes the force on your upper back evenly. Just remember to keep the weight light.

This exercise cannot be performed with arm prosthesis due to the direction of the motion. The weight should be kept light for osteoporosis.

With any spinal chord injury waist down there should be no problem performing this exercise from a wheelchair. You will need to anchor yourself into the chair.

Approved for medical conditions:

1	2	3	4	5	X	7	8	9	10
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B-9

Cable upright row

The impact of this exercise in the upper back and shoulder region. With the arms fully extended downward with a close grip on bar, pull the bar close to the chin in a rowing motion.

Keep the weight light if you have osteoporosis. This exercise is not suitable for most arm prosthetic devices.

This exercise can be performed by a person with a spinal chord injury that has maintained full function of their arms. Their torso must be secured to their chair.



Approved for medical conditions:

1 2 3 4 5 X 7 8 9 10

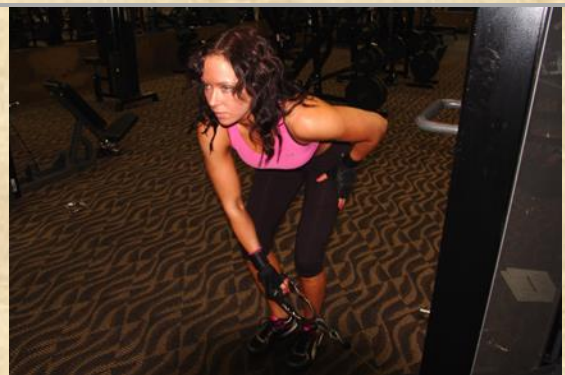
B-10

Bent over cable laterals

Bend forward and rest the opposite hand on the opposite knee for support. Take the other arm and extend outward below the chest to the cable. Extend your arm outward until the hand/arm is parallel to your shoulders. Your back should be arched in at all times.

This exercise is performed in a bent forward standing position. Balance is a crucial element here because the weight is lifted one side at a time and extended to the side. Be careful not to tip a wheelchair sideways. Any wheelchair should be stabilized to properly perform this exercise.

This is not a good exercise for osteoporosis or arm amputations due to the excessive force placed on the long bones.



Approved for medical conditions:

1 2 X 4 5 X 7 8 9 10

B-11

Chin ups forward grip

This is very effective in the upper back and shoulder area. It requires a sufficient amount of strength. You should master the Lat Pull Down (B-5) handling your body weight before attempting this exercise.

You will have your hands placed slightly wider than shoulder width. You will repeatedly pull your body up to where the bar is even with the top of your chest.

Arm prosthesis, any spinal chord injury should not attempt this exercise.



Approved for medical conditions:

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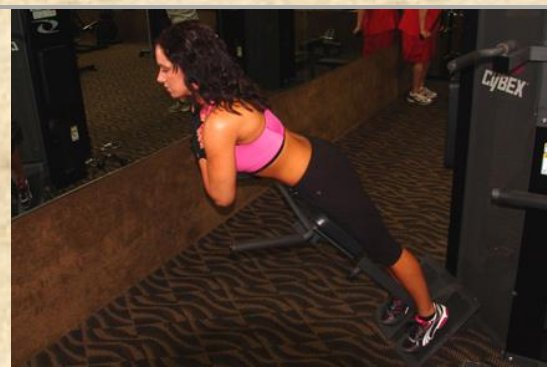
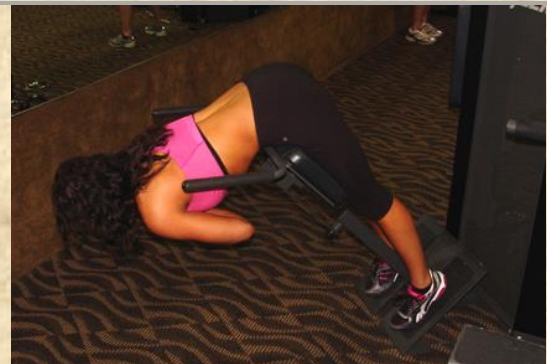
B-12

Hyperextensions

This is a very advanced exercise requiring strength in bone and muscle prior to starting.

Arm prosthesis is not a variable with this exercise because they are placed behind the head. You will start this exercise bent forward with hands behind the head. Tighten up your lower back to raise your upper body outward.

This exercise places excessive stress on the spinal column and should only be attempted once sufficient strength has been gained. If a back, or bone density issue is present then you should never attempt this exercise.



Approved for medical conditions:

1 2 X X X 6 X 8 9 10

Waist

C-1	Incline sit ups										
<p>This exercise absolutely requires some strength built up prior to attempting, because it allows for backward movement. This backward movement allows for you to over extend backward creating a longer, and more forceful sit up. Weight can also be added to the chest.</p> <p>To perform this exercise, sit on one end of a weight bench, and wrap your legs under and around the bench for support.</p> <p>Lean backward to desired distance with your arms across chest and raise up.</p> <p>Absolutely do not try this exercise if you have osteoporosis, or <u>ANY</u> back problems.</p>											
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1	2	X	X	X	6	7	8	9	10		



C-2	Knee ups										
<p>Knee ups require less strength and offers back support so there shouldn't be excessive strain placed on the back.</p> <p>The arms are only used as support for the body. The legs are repeatedly raised and tucked tightly against the chest.</p> <p>Arm prosthesis can work with this exercise as long as there is enough stump to support your weight, and arm will not slide off machine.</p> <p>This exercise can be modified to repeatedly raising legs straight to a level parallel with the buttocks.</p>											
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1	2	3	X	5	6	7	8	9	10		



C-3**Hanging knee ups**

This exercise requires a sufficient amount of strength in the abdominal area. You need to grab a hold of an overhead bar using both hands with a wide grip. Then repeatedly raise your legs up into a tightly tucked position.

This exercise is absolutely not suitable for osteoporosis, or arm prosthesis due to the over extension of arms, and weight bearing needed.



Approved for medical conditions:

1	2	X	X	5	6	7	8	9	10
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C-4**Full extension sit ups (add weight)**

This is the most advanced abdominal exercise and can also place the back in a compromising position due to over extension. You will need a substantial amount of strength to do this exercise.

Prepare a barbell with 100+ pounds depending on your body weight. Place the bar parallel to the side of a weight bench. Sit on the side of bench and slide your feet under the middle of the bar. Extend the legs out to a comfortable length keeping your feet tucked under bar. Then take a weighted disc and hold tightly against your chest. Sit backward until your shoulders are parallel to your buttocks then raise up to a sitting position.

When attempting this do not overextend at first or add additional weight. You need to develop sufficient strength first then you can slowly start adding the overextension.

This exercise is the core exercise for the C4 abdominals workout and is the only abdominal exercise needed to achieve the desired results.

Approved for medical conditions:

1	2	X	X	5	X	7	8	9	10
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C-5 Leg raise twist

Lay on a flat surface with your arms extended out to your side and slightly downward. Raise your legs directly up toward the ceiling. Once you get your legs up then extend your arms outward as shown.

With your arms out, you gain more stability. You can also use your arms to shift your legs back in the other direction.

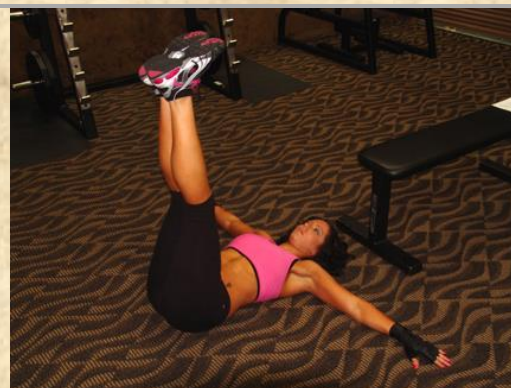
The degree to which you take your legs into the twist depends on your flexibility, and any back problems. It can be done by only going 1/2 of the way to one side then another or go all the way to the floor.

This exercise is great for everything in the mid section and can even offer a decent challenge to an experienced athlete.

If you have osteoporosis or back pain from a ruptured disc never attempt this exercise.

Approved for medical conditions:

1	2	X	X	X	6	7	8	9	10
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C-6 Cable pull down crunch

Use a high cable connection with a rope end to properly execute this exercise.

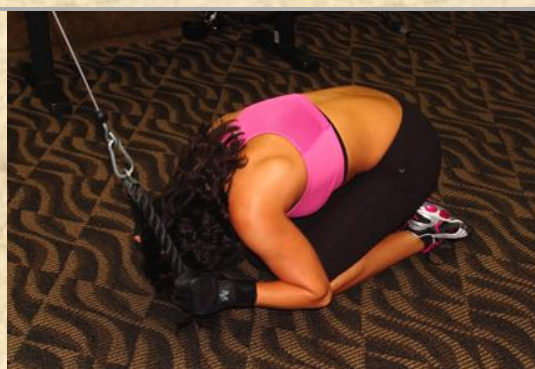
Place your hands on the rope just above the knob of each end of the rope and pull down as you kneel on the floor. Make sure you scoot back enough that the cable will not make contact with your head as you crunch downward.

As shown in the start position, hold the knobs directly in front of your head, and perform a crunch as you pull your face into your knees.

An alternate to this exercise would be to let your arms to fully extend upward as you raise up and also pull the arms in as you crunch. This alternate adds the lateral muscles into the exercise.

Approved for medical conditions:

1	2	X	X	5	6	7	8	9	10
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C-7**Bench leg raises**

This exercise does not require as much strength as some of the others, but it does require the use of the arms, and a lot of concentration to support the body.

This exercise is performed by sitting on a bench. Place your hands 8-12 inches behind you and hold to the side of bench. Lean backward bending the arm at the elbow. Straighten your legs out and repeatedly raise them upward to a steep angle.

You can perform this exercise repeatedly or you can hold your legs in place for a designated time on each raise.



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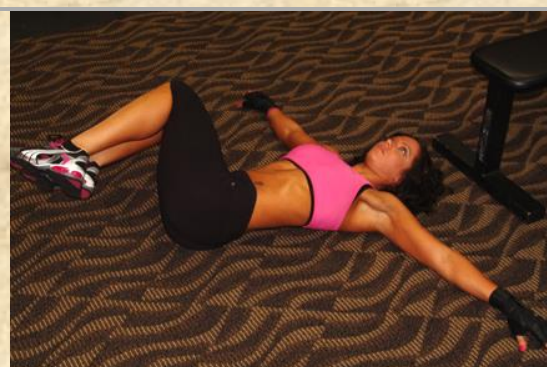
1	2	3	X	5	6	7	8	9	10
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C-8**Trunk twists**

The trunk twist needs to be done while lying on the floor. Knees need to be bent and pressed together. Arms need to be extended outward for balance/support. Rotate the knees repeatedly from left side to the right, and then back again while twisting at the waist.

Arm prosthesis is not a variable for this exercise. A leg prosthesis can be anchored to the other leg just below the knee.

This exercise does not place the added weight to the twist that C-5 above does and makes it a great alternative for certain medical conditions.



Approved for medical conditions:

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C-9

Twists

This exercise can be done from either a standing or sitting position. Any long stick like a broom handle can be used. Place the middle of stick behind the neck, then place a hand on each end of stick slightly wider than your shoulders. Then gently turn from side to side. As you turn your back will loosen up and movement will become freer.

You can also change the exercise a little by doing a high right and low left twist, and then switch to a high left low right twist.



Spinal chord injuries where there is muscle control over the torso can safely perform this exercise.





Approved for medical conditions:

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Chest

D-1	Bench Press											
<p>This exercise can be either done with a machine, or from a bench. The machines offer greater stability, and independence. The bench utilizes more muscles to balance and stabilize the weight, and you will need a spotter if using heavy weight.</p> <p>If you decide to use the bench you should have a spotter. This also goes for inclined and declined bench press exercises.</p> <p>Place both hands on the bar slightly wider than shoulder. Your feet need to be placed flat on floor or an elevated object placed under feet. Raise bar off rack and push up until arms are locked straight. Lower weight to chest then push up again. Breathing is important. Breathe in when lowering weight, and exhale as you push the weight up.</p> <p>Absolutely do not attempt this exercise on weight bench is you have Osteoporosis, arm prosthesis. Spinal chord injury where person retains the ability to use chest muscles can perform this exercise. <u>Use Machine.</u></p>		 										
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D-2	Dumbbell flies											
<p>This exercise places a lot of stress on the forearms and across the chest muscles. You should lay flat on your back with your arms extended outward, palm upward and closed. Keep your arms locked straight and raise them up until the weights touch each other above you. Then repeat the motion. This exercise has the tendency of making the chest very sore, so start out light and work your way up in weight.</p> <p>This exercise places a lot of stress on the long bones of the arms and is not suitable for osteoporosis, or with arm prosthesis.</p>		 										
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1	2	X	4	5	X	7	8	9	10			

D-3 Parallel bar dips (weighted)

This exercise requires some upper body strength, balance, and flexibility in the shoulders. Start with your hands on the parallel bars at the level of your armpits, and then push off and upward until your arms are straight. Then repeatedly lower yourself down and push yourself back up.

Due to the flexibility issue with the shoulder region this exercise should not be done if you have osteoporosis. Arm prosthesis has no way to stabilize or balance self. This exercise can be performed by a spinal cord injury person as long as they have control over their arms/chest muscles.



Approved for medical conditions:

1	2	X	4	5	X	7	8	9	10
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D-4 Incline bench press

This exercise is very similar in appearance to (D-1). The only difference is that the back is slightly elevated. This changes the focus of the exercise to the top of your chest (pectorals), and deltoid muscles.

If you decide to use the bench you should have a spotter. This also goes for inclined and declined bench press exercises.

Place both hands on the bar slightly wider than shoulder. Your feet need to be placed flat on floor or an elevated object placed under feet. Raise bar off rack and push up until arms are locked straight. Lower weight to chest then push up again. Breathing is important. Breathe in when lowering weight, and exhale as you push the weight up.

Absolutely do not attempt this exercise on weight bench if you have Osteoporosis, arm prosthesis. Spinal cord injury where person retains the ability to use chest muscles can perform this exercise. Use Machine.



Approved for medical conditions:

1	2	X	4	5	6	7	8	9	10
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D-5**Cable crossovers**

This exercise also requires strong upper body strength. Each hand has a cable with arms extended outward. You should bend slightly forward while bringing your arms down until they meet in front of you, then slowly return arms to their extended position.

This exercise is not recommended for a person with Osteoporosis due to stress placed on long bones, and arm prosthesis.



Approved for medical conditions:

1 2 **X** 4 5 **X** 7 8 9 10

D-6**Decline dumbbell press**

This exercise is also similar to (D-1). You can follow the same procedure for (D-4) for barbell version.

Dumbbells are held to the side of chest and pushed upward until the arms are straight, then lowered back down. Dumbbells require more muscle control for balance than the barbell.

Breathing is important. Breathe in when lowering weight, and exhale as you push the weight up.

Absolutely do not attempt this exercise on weight bench is you have Osteoporosis, arm prosthesis. Spinal chord injury where person retains the ability to use chest muscles can perform this exercise. Use Machine.



Approved for medical conditions:

1 2 **X** 4 5 **X** 7 8 9 10

D-7 Cross bench dumbbell pullovers

This exercise places a lot of strain on the back especially on the lumbar region.

It is best to lay the weight on the floor on one side of the bench. Go to the other side of the bench and kneel down and lay back placing your shoulders across the bench. Your head should almost be off the other side of the bench. This will insure that your shoulder is also able to bend back enough to pick up the weight. Pick up the weight with both hands and lift the weight to a position directly above the head, and back down.

This exercise can be modified to a seated position to reduce strain placed on the lower back, but you lose part of the effects the exercise is intended to do on your abdomen and chest.



Approved for medical conditions:

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D-8 Pec dec flies

This exercise places the full strain across the chest. Use of your hands is not necessary therefore there are no limitations for an arm prosthesis, or osteoporosis. To complete this exercise the force could be applied from the elbow region

You repeatedly squeeze the two padded plates together with your elbow/forearm, and then slowly release.



Approved for medical conditions:

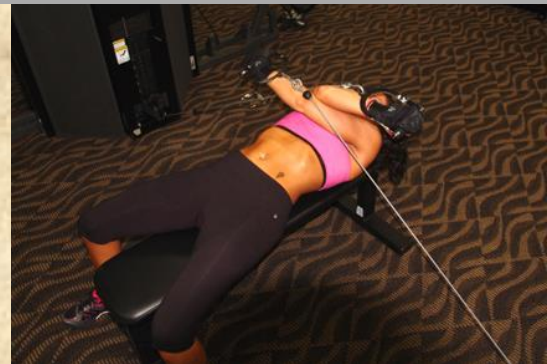
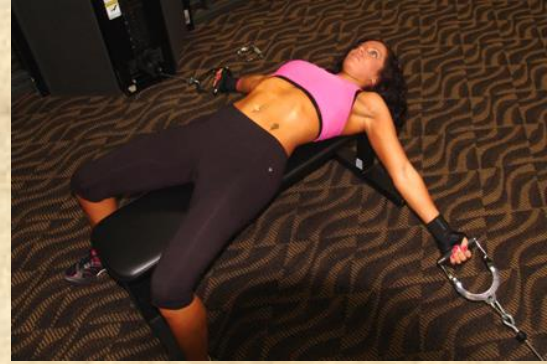
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D-9**Flat bench cable flies**

Your back needs to be placed against a solid object such as a bench, or chair if sitting up. This exercise can easily be converted to a sitting up if the machine and cables are set up that way.

The exercise is performed by extending your arms outward and locked straight. With your arms straight bring them toward the front of the body, then back to the side.

This exercise places a large amount of stress on the long bones of the arm and has a wide range of movement. This makes this exercise not a good for a person with osteoporosis, or arm prosthesis.

**Approved for medical conditions:**

1	2	X	4	5	X	7	8	9	10
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D-10**Flat bench dumbbell press**

This exercise is also similar to (D-1).

Dumbbells are held to the side of chest and pushed upward until the arms are straight, then lowered back down. Dumbbells require more muscle control for balance than the barbell.

Breathing is important. Breathe in when lowering weight, and exhale as you push the weight up.

Absolutely do not attempt this exercise on weight bench if you have Osteoporosis, arm prosthesis. Spinal chord injury where person retains the ability to use chest muscles can perform this exercise. Use Machine.

**Approved for medical conditions:**

1	2	X	4	5	X	7	8	9	10
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D-11

Reverse crunch

The reverse crunch requires a massive amount of self control from all over the body thus excluding it from many limitations. Every muscle in the legs, arms, back, abdomen, and chest feel the full effect from this exercise.

Start the exercise by lying down with your feet placed on ground. With hands above head hold firmly to something. Keep legs together and raise legs straight outward. Raise knees up and pull inward to chest, and then tighten up arms and chest to pull your knees toward your chest. Your lower back should be raised off the bench when complete. Then lower back down to the point where legs are extended straight out.



This exercise can be performed with leg prosthesis, just secure it to your other leg below the knee. This exercise would be very difficult for arm prosthesis.



Approved for medical conditions:

1	2	X	X	5	6	7	8	9	10
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Arms (Flexors).

E-1	Standing barbell curl	
<p>This exercise would be considered the staple for bicep and front arm development. From a standing position you should have your hands placed on bar at shoulder width. Any bar will work, but a curling bar is better suited for this purpose. From an arm straight down in front position, repeatedly raise the weights upward by bending the arm at the elbow, and then lower the weight.</p> <p>Keep the weight light for osteoporosis. People with spinal chord injury that still have bicep control can perform this exercise, however will need a wrist attachment to help hold the bar.</p>		 
Approved for medical conditions:		
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E-2	Hammer curl	
<p>The hammer curl is so named because you hold the weight in a way it looks like holding a hammer. This exercise can be done with either a bar, or dumbbells. The weight is held down along side your leg then repeatedly raised upward then back down.</p> <p>Keep the weight light for osteoporosis. People with spinal chord injury that still have bicep control or use prosthesis cannot perform this exercise due to the rotation of the forearm.</p>		 
Approved for medical conditions:		
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4	5	6
7	8	9
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E-3**Preacher curl**

This exercise can easily be done with free weights (bar/dumbbell) or machinery. Place your triceps against the padded rest and take hold of the bar with both hands. Use a strap on weight support in palm of hand if needed such as with a prosthesis, or spinal chord injury that still has control over their bicep muscles. The arms are extended straight out. Pull the weight repeatedly upward and toward you until arms are pointed straight upward, and then back to starting position.

Machines will offer more support than free weights.

Approved for medical conditions:

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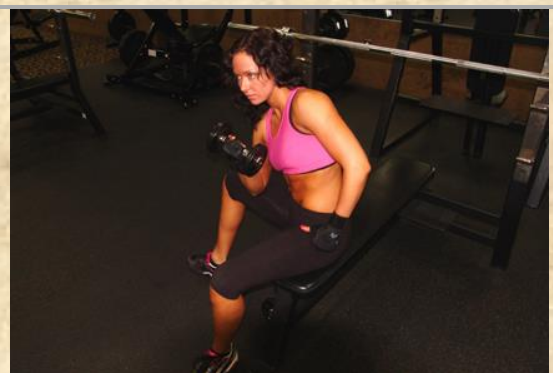
**E-4****Concentration curl**

This exercise is a great choice to finish off a routine because you can isolate the bicep muscle and finish out your remaining amount of energy. This exercise needs to be done from a sitting position with your elbow resting against your inner thigh. Start with the weight extended downward, repeatedly raise the weight upward as tight as you can get it then all the way back down. Make sure to use the full range and go all the way back down. Do not rock the weight.

Use a strap on weight support if needed such as with a prosthesis, or spinal chord injury that still has control over their bicep muscles.

Approved for medical conditions:

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E-5

Incline curl

This is a good all-around exercise. You should sit on a bench that has an inclined back. Let your arms dangle with the weight to you side. Repeatedly raise your arms upward bending at the elbow. Do not rock the weight.

Use a strap on weight support in palm of hand if needed such as with a prosthesis, or spinal chord injury that still has control over their bicep muscles.



Approved for medical conditions:

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E-6

One arm cable crossover

This exercise can be performed by almost any listed disability/condition. This exercise can be adapted just like (E-5) above with a strap on weight support in the palm of hand.

To perform this exercise, stand sideways to the cable handle. The motion here is in the shoulder only. Lock your elbow and repeatedly raise the hand across your chest to the opposite shoulder then back.



Approved for medical conditions:

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E-7

One arm preacher curl

This movement is similar to (E-3).

This exercise can easily be done with free weights (dumbbell) or machinery. Place your triceps against the padded rest and take hold of the dumbbell in hand. Use a strap on weight support in palm of hand if needed such as with a prosthesis, or spinal chord injury that still has control over their bicep muscles. The arm is extended straight out. Pull the weight repeatedly upward and toward you until arm is pointed straight upward, and then back to starting position.

Machines will offer more support than free weights.



Approved for medical conditions:

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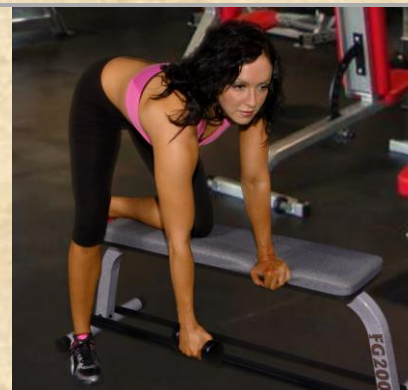
E-8

Standing concentration curl

This is an excellent exercise but poses a problem for adapting to some disabilities.

From a standing position you will lean over using one hand to brace yourself. Take the other arm and reach down all the way. Repeatedly raise the weight to the chest bending the arm at the elbow.

Spinal chord injury where the person maintains muscle control of the upper body can do this exercise from a seated position.



Approved for medical conditions:

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E-9

Wrist Curl

Wrist curls can be done as shown with the forearms resting on the bench, or in a setting position with the forearms resting on the legs. The wrists need to extend over to allow for a free movement.

With the bar in your hands you curl the weight upward in a repeated motion. This movement forces growth in the forearm muscles that are normally used for fine motor movement, so you should perform any heavy lifting with a barbell first.

The tightness in your forearm from this exercise could affect your gripping heavy weights for several minutes.



Approved for medical conditions:

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E-10

Standing dumbbell curl

This is an alternate to (E-1). Due to each hand working independently you can work both arms at the same time, or one at a time. You can also raise one while the other is being lowered.

From a standing position you should have your hands placed on dumbbells at shoulder width. From an arm straight down in front position, repeatedly raise the weights upward by bending the arm at the elbow, and then lower the weight.

Keep the weight light for osteoporosis. People with spinal chord injury that still have bicep control can perform this exercise, however will need a strap on wrist attachment for support to help hold the bar.



Approved for medical conditions:

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E-11**Barbell upright row**

This exercise is not to be confused with a shrug. The exercise is good but not recommended for arm prosthesis due to the ability of pulling the prosthesis off.

The bar is held with a close grip with hands turned down. The weight is lifted up to the bottom of chest. You will spread your elbows outward as you lift weight up. Keep the exercise in the arms, not the shoulder.

This exercise can be modified and done from a wheelchair if using a machine where the pulley is located at the floor.

**Approved for medical conditions:**

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E-12**Barbell concentration curl**

This exercise is not recommended for people with back pain of any type, osteoporosis, or spinal chord injury. This exercise requires use of legs for balance, bending over forward and extension of your arms. Stand with your feet placed close together. Bend forward and arch your back inward to decrease strain placed on lumbar region. Hold to bar with a close grip with your arms extended outward. Then with the arms repeatedly the elbow raises the weight to the chest.

**Approved for medical conditions:**

1	2	X	X	5	X	7	8	9	10
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E-13**Cable crossover**

This exercise is the same as (D-5). It is included here because it also includes the flexor muscles of the arm.

This exercise also requires strong upper body strength. Each hand has a cable with arms extended outward. You should bend slightly forward while bringing your arms down until they meet in front of you, then slowly return arms to their extended position.

This exercise is not recommended for a person with osteoporosis due to stress placed on long bones, and arm prosthesis.

Approved for medical conditions:

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**E-14****Chin ups (reverse grip)**

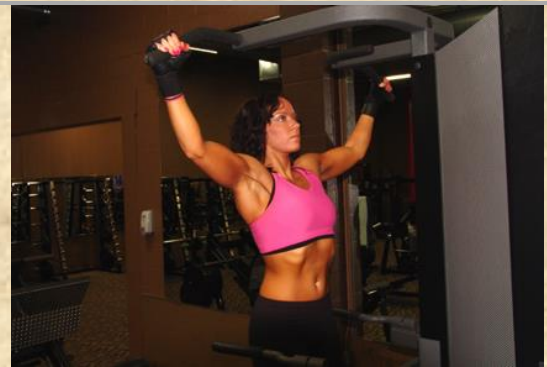
Reverse to (B-11). By using your palms turned away, the focus of the chin up is slightly altered and focuses on the thickness of the forearm. You should master the basic chin up before attempting this alternate version, because it requires more strength.

You will have your hands placed slightly wider than shoulder width. You will repeatedly pull your body up to where the bar is even with the top of your chest.

Arm prosthesis, any spinal chord injury, or osteoporosis should not attempt this exercise.

Approved for medical conditions:

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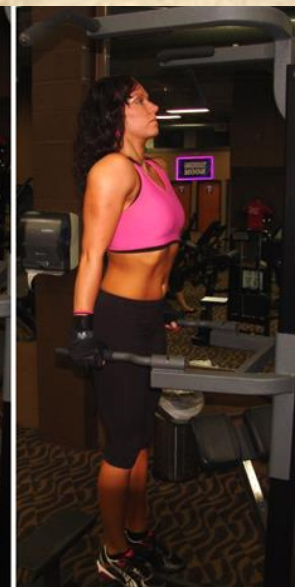
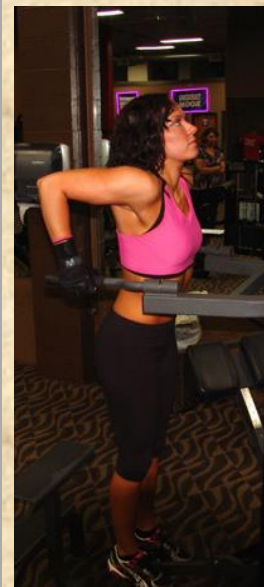


Arms (Extensors).

F-1	Bench Press										
<p>Same as (D-1). This exercise can be either done with a machine, or from a bench. The machines offer greater stability, and independence. The bench utilizes more muscles to balance and stabilize the weight, and you will need a spotter if using heavy weight. If you decide to use the bench you should have a spotter. This also goes for inclined and declined bench press exercises.</p> <p>Place both hands on the bar slightly wider than shoulder. Your feet need to be placed flat on floor or an elevated object placed under feet. Raise bar off rack and push up until arms are locked straight. Lower weight to chest then push up again. Breathing is important. Breathe in when lowering weight, and exhale as you push the weight up.</p> <p>Absolutely do not attempt this exercise on weight bench is you have Osteoporosis, arm prosthesis. Spinal chord injury where person retains the ability to use chest muscles can perform this exercise. <u>Use Machine.</u></p>											
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1	2	X	4	5	6	7	8	9	10		



F-2	Dips (add weight)										
<p>Same as (D-3). This exercise requires some upper body strength, balance, and flexibility in the shoulders. Start with your hands on the parallel bars at the level of your armpits, and then push off and upward until your arms are straight. Then repeatedly lower yourself down and push yourself back up.</p> <p>Due to the flexibility issue with the shoulder region this exercise should not be done if you have osteoporosis. Arm prosthesis has no way to stabilize or balance self. This exercise can be performed by a spinal chord injury person as long as they have control over their arms/chest muscles.</p>											
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1	2	X	4	5	X	7	8	9	10		



F-3

Dumbbell kickback

Also called a triceps kickback. This exercise is performed by kneeling and leaning on a bench with one side of body. Hold a dumbbell in the other hand with upper arm extended backwards. Your elbow is bent with forearm hanging downward. The movement for this exercise takes place in the elbow. Repeatedly extend the forearm backward until the arm is straight. Don't forget to arch your back inward.

This exercise is acceptable for osteoporosis if you keep the weight low.



Approved for medical conditions:

1 2 3 X 5 X 7 8 9 10

F-4

Military press

This exercise is versatile. You can do this one while standing, sitting, or using a machine or free weights.

With bar placed over your shoulders, and hands at a slightly wider than shoulder grip. Repeatedly push weight from shoulder level upward until your arms are fully extended.

This exercise when done on a machine becomes suitable for osteoporosis, arm prosthesis, and spinal chord injury that retain muscle control over their upper body.



Approved for medical conditions:

1 2 3 4 5 6 7 8 9 10

F-5

Incline dumbbell press

Similar to (D-4). The back is slightly elevated. This changes the focus of the exercise to the top of your chest (pectorals), and deltoid muscles. If you decide to use the bench you should have a spotter. This goes for inclined and declined bench press exercises.

Place dumbbells slightly wider than shoulder. Your feet need to be placed flat on floor or an elevated object placed under feet. Raise bar off rack and push up until arms are locked straight. Lower weight to chest then push up again. Breathing is important. Breathe in when lowering weight, and exhale as you push the weight up.

Absolutely do not attempt this exercise on weight bench if you have Osteoporosis, arm prosthesis, or spinal chord injury. Dumbbells also require a large amount of strength for balancing. Use Machine.



Approved for medical conditions:

1	2	X	X	5	X	7	8	9	10
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F-6

Pulley push down

This exercise can be done from a standing or sitting position. Grasp a hold of bar above head with palms downward. Pull weight down to chest. This is your starting point. With your forearm force the bar all the way down until your arms are straight.

Spinal chord injury where person maintains upper body muscle control can perform this exercise. Wheelchair will need to be anchored.



Approved for medical conditions:

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F-7

Dumbbell triceps extension

From a standing or sitting position take the palms of your hands and hold to one end of the dumbbell over and slightly behind your head. Repeatedly lower weight to your neck level then push back up.



Approved for medical conditions:

1 2 3 4 5 **X** 7 8 9 10

F-8

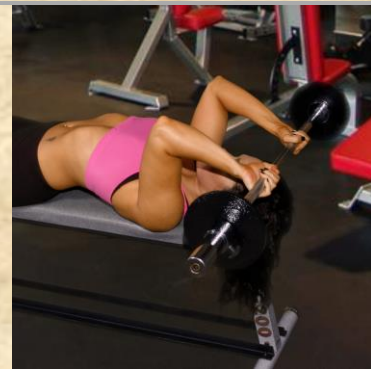
Lying triceps extension

Lay flat on bench with both head and back supported flat against bench. Hold bar with hands spread at shoulder length. Raise your upper arm to a point where your elbows are above your shoulder. From this starting position repeatedly rise up bar and straighten out your arms.

Keep weight light for osteoporosis. People with spinal chord injuries that maintain control of abdominal muscles can perform this exercise.

There is a slight arch created in the lower back during this exercise, so I recommend anyone with back pain not attempt this exercise.

A strap on brace in the palm of hand can allow arm prosthesis to complete this exercise.



Approved for medical conditions:

1 2 3 4 **X** 6 7 8 9 10

F-9 Lying one arm triceps extension

Lay flat on bench with both head and back supported flat against bench. Rise up your knees and place your feet on the opposite end of the bench. Hold a dumbbell in the chosen hand and extend your arm all the way out.

Take the opposite arm and raise it and place the hand over your bicep to support the stability of the weight bearing arm.

With hand holding dumbbell bend the arm at the elbow and repeatedly lower the weight across the body to the opposite shoulder and back up.

Keep weight light for osteoporosis. People with spinal chord injuries that maintain control of abdominal muscles can perform this exercise.

Approved for medical conditions:

1	2	3	4	5	X	7	8	9	10
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F-10 One arm dumbbell row

Same as (B-5). With your body bent over forward you need to support your weight with one arm. The dumbbell is then repeatedly lifted from a dangling position to a level even with the chest. Remember you are not curling during this exercise, you are pulling upward. Do not create a swinging motion because it will undo the effect.

Arm amputee may perform this exercise with the other arm. Light weight should be used for those with osteoporosis. Spinal chord injuries affecting only the lower extremities can perform this exercise by simply using a stable surface to lean on.

Approved for medical conditions:

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F-11 Two arm dumbbell row

This exercise is done by lying chest down on a bench with your chin resting on the edge. Your legs will hang over the sides and clamp to the bench for support. Each arm will hang to the floor and grasp a dumbbell.

Raise the arms upward and pull backward as far as arms will go.

This is an advanced move that utilizes several muscle groups; however (F-10) is a much better exercise for the benefits gained.



Approved for medical conditions:

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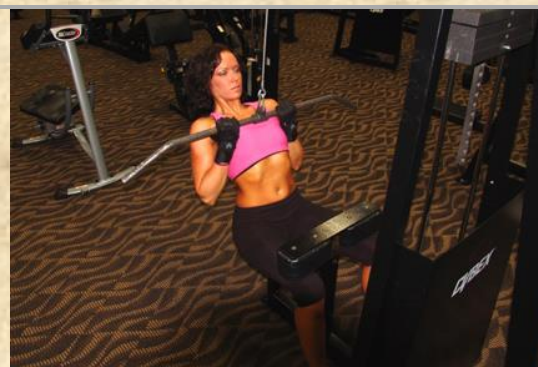
F-12 Lat pull down

Same as (B-4). Sitting in an upright position this exercise can be done two ways. Wide grip or Close grip.

For wide grip place your hands on bar above your head slightly wider than your shoulder. Repeatedly pull the bar behind your head until it touches your neck.

For close grip you will pull the bar down to your chest. You will need to lean back as you pull weight down.

Quadriplegics with some control over their deltoid/triceps can perform these movements. You will need to use an adaptive device in the palm of your hand to compensate for loss of grip. Keep in mind that the eight is pulling you upward so you will need to anchor your wheelchair if you are using much weight.



Approved for medical conditions:

1	2	3	4	5	6	7	8	9	10
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F-13

Cross bench dumbbell pullover

Same as (D-7). This exercise places a lot of strain on the back especially on the lumbar region.

It is best to lay the weight on the floor on one side of the bench. Go to the other side of the bench and kneel down and lay back placing your shoulders across the bench. Your head should almost be off the other side of the bench. This will insure that your shoulder is also able to bend back enough to pick up the weight. Pick up the weight with both hands and lift the weight to a position directly above the head, and back down.

This exercise can be modified to a seated position to reduce strain placed on the lower back, but you loose part of the effects the exercise is intended to do on your abdomen and chest.



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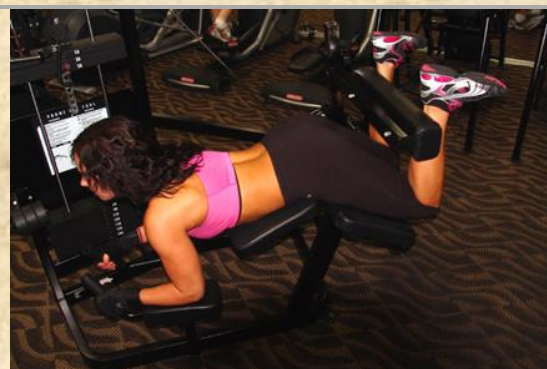
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Legs

G-1	Squat										
<p>This exercise is considered a power increasing exercise. It utilizes every muscle group in the body to maintain balance/stability. This exercise places excessive stress on the back, shoulder blades, hips, and knees. You should avoid this exercise if you have one of these problem areas.</p> <p>This exercise may be adapted for a below the knee prosthesis if a rack is used that prevents the bar from going below the hips.</p> <p>To perform exercise, stand in front of rack in a squatted position, and slide shoulders under the bar with a wider than shoulder grip on bar. Your feet should be spread apart to shoulder width. Stand up straight then squat back down to the point where the hips and knees are parallel to each other.</p> <p>Be sure to place a towel, or pipe insulation on bar behind your neck.</p>											
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1	2	X	X	X	6	X	8	9	X		



G-2	Leg curl										
<p>This exercise places some strain on the lower back making it not suitable for back pain. Exercise may be difficult for leg prosthesis.</p> <p>To perform this exercise lay flat on a bench and place your feet under the padded rest. Hold to something with your hands for support/stabilization. Then tightly contract your legs until your feet are pointed straight up.</p>											
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1	2	3	X	5	6	7	8	9	10		



G-3

Leg extension

This is a good all-around exercise for the upper leg region. The movement is good for weak knees and osteoporosis as long as the weight is kept moderate.

Sit in an upright position with arms to your side and hold of bench for support. Place your feet behind the padded area then repeatedly extend your legs outward until straight.



Approved for medical conditions:

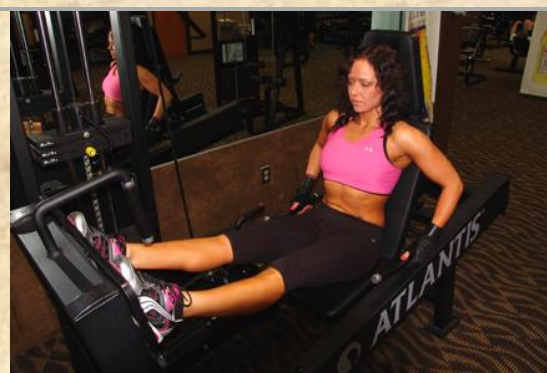
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G-4

Leg press

This exercise offers the same effects to the leg muscles as (G-1) but without placing all the stress on all the fragile areas. Keep the weight moderate for weak knees, and osteoporosis. A below the knee prosthesis should not pose a problem.

From a sitting position place your legs against the plate (close or wide placement does not matter). Repeatedly push legs outward to a straight position and back to the starting position.



Approved for medical conditions:

1 | 2 | 3 | X | 5 | 6 | 7 | 8 | 9 | 10

G-5**Front lunge**

This exercise has many restrictions due to the movement, balance, weight issues, and potential strain areas. To perform this exercise a person has to be mechanically sound.

To perform this exercise, you hold the bar across your back with your hands placed slightly wider than shoulder. You lunge forward on one leg at a time. The leg is bent at the knee to a kneeled position then back up.

Be sure to place a towel, or pipe insulation on bar behind your neck.

**Approved for medical conditions:**

1	2	X	X	X	X	X	8	9	X
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G-6**Standing calf raise**

This exercise is basically the next step up from tiptoeing upward repeatedly. The focus is to lower the number of repetitions with added weight to promote muscle growth.

To begin this exercise, you will want to add a desired weight, then step onto the platform with the front half of your foot. The arch and heel should be off the platform.

Place the padded rests on your shoulders and start performing the tiptoe motion with your feet. As you go up you press the foot as far down as possible to squeeze in the calf muscles and allow the heel to go below the platform when you come back down to also offer a small stretch.

This exercise can be modified easily for a single leg amputee.

**Approved for medical conditions:**

1	2	3	4	5	6	7	8	9	10
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G-7

Sissy squat

This squat places an extreme amount of stress on the knees.

To perform this exercise, stand close to a stable object such as door casing, and hold to the casing just below the shoulder level. Repeatedly bend at the knees only then stand back up. Do not bend any at the hip or the effect of the exercise will be lost.

Once sufficient strength has been achieved in the leg, you can add additional weight by holding a metal plate against the chest.



Approved for medical conditions:

1	2	X	X	5	X	X	8	9	X
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G-8

Side lunge

This exercise requires superb strength to control your body's motion. This exercise has many restrictions due to the awkward movement, balance, weight issues, and potential strain areas. To perform this exercise a person has to be mechanically sound.

To perform exercise, start in a standing position with legs placed wider than shoulder. Place bar behind neck and balance with wide handgrip. Perform a squatting motion over one leg only with the other leg slightly extended outward. Then slightly rise up then shift weight to opposite leg and squat down.

Be sure to place a towel, or pipe insulation on bar behind your neck.



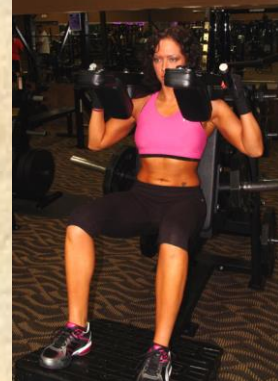
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G-9	Partial squat										
<p>This exercise is not effective as (G-1), but it may be more suitable for people with weak knees. This exercise may be possible for some below knee amputee because most of the work takes place in the hips.</p> <p>To perform exercise place weight across shoulders and balance with a wide handgrip. Then squat only until you feel the muscles located in the upper leg start carrying the weight, then stand back up.</p> <p>Be sure to place a towel, or pipe insulation on bar behind your neck.</p>											
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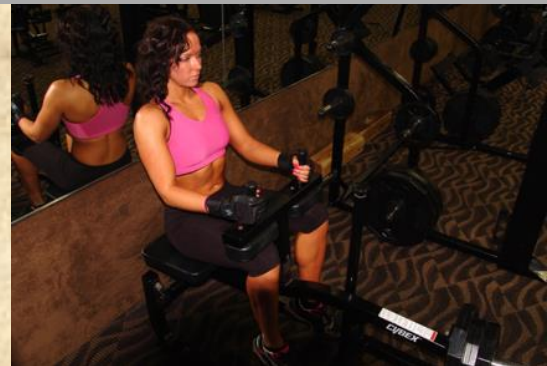
G-10	Hack squat										
<p>The Hack squat is kind of the opposite of the leg press (G-4). The weight is pushed from a standing position with the weight resting on your shoulders. From the standing position place your feet at shoulder width. Repeatedly stand up and straighten legs, then squat back down to the starting position.</p> <p>The leg press offers more possibilities to several physical limitations with less possibility for injury.</p>											
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1	2	X	X	X	X	7	8	9	X		



G-11

Seated calf raise

From a sitting position place the front half of your feet on the plate. Slide your legs under the padded rest until knees are in the clear. Repeatedly flex your feet upward and allow some overextending as you bring feet down.



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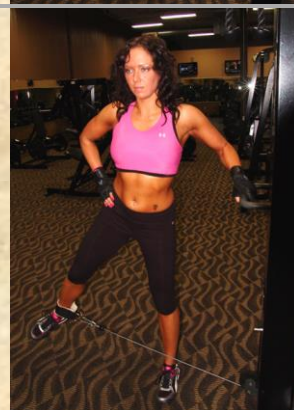
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G-12

Side cable kick

This exercise is similar to an aerobic movement but with extra resistance. This exercise has no limitations for weak knees or osteoporosis because it can be done with virtually no weight.

This exercise is performed by standing sideways to the direction of the cable. Hold to something for balance. With the weight secured around the ankle extend leg outward as if an outward kick to the side.



Approved for medical conditions:

1 2 3 **X** 5 **X** 7 8 9 10

G-13**Leg press/calf raise combo**

Keep the weight moderate for weak knees, and osteoporosis. A below the knee prosthesis should not pose a problem.

From a sitting position place your legs against the plate (close or wide placement does not matter). Repeatedly push legs outward to a straight position and back to the starting position.

Once you have completed a set lower your feet to the bottom of the metal plate with the bottom half off the plate. Push with toes to flex the calf muscles, then release to a point where the calf is slightly overextended.



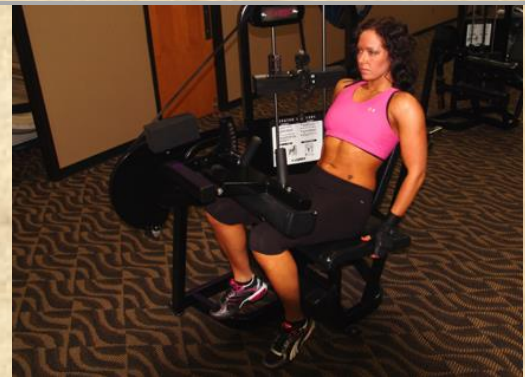
Approved for medical conditions:

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G-14**Single leg curl**

Similar to (G-2), but done with one leg at a time. This exercise places some strain on the lower back making it not suitable for back pain. Exercise may be difficult for leg prosthesis.

To perform this exercise lay flat on a bench and place one foot at a time under the padded rest. Hold to something with your hands for support/stabilization. Then tightly contract your leg until your foot is pointed straight up.



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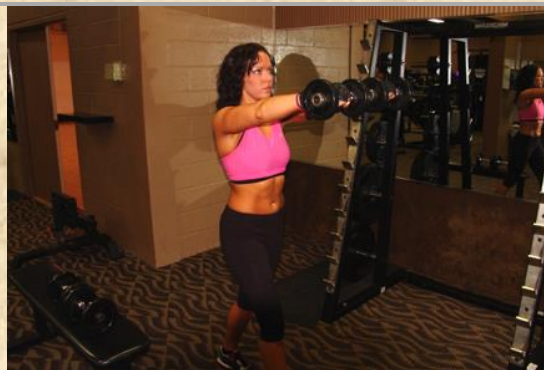
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Shoulder

H-1	Behind the neck press								
<p>Similar to (F-4) but with the focus on bar and using additional muscles for balance/support. This exercise must be done from a seated position.</p> <p>With bar placed over your shoulders, and hands at a slightly wider than shoulder grip. Repeatedly push weight from shoulder level upward until your arms are fully extended.</p> <p>Due to the bar resting or making contact with your neck take a cloth or pipe insulation to pad the area that may make contact with your neck.</p>									
Approved for medical conditions:									
1	2	X	X	X	X	7	8	9	10



H-2	Dumbbell front raises								
<p>You can however perform this exercise while sitting but should preferably be done while standing. Start with a dumbbell in each hand lowered in front of body. Keep your arms locked straight at all times.</p> <p>To assist with balance, raise one arm upward at a time to head height, taking turns with each arm. Keep your palms turned downward at all times. As you start back downward start upward with the other arm.</p> <p>This exercise requires some concentration to keep the arms straight. For people with osteoporosis you will want to keep the weight light due to stress placed on bones. This exercise is not suitable for arm prosthesis due to the reverse direction of the hand.</p>									
Approved for medical conditions:									
1	2	3	4	5	X	7	8	9	10



H-3**Shrugs**

This exercise places a large pulling motion against the shoulders/arms. It requires a large amount of weight to create the effect and may not be suitable for osteoporosis or back pain conditions.

To perform this exercise, pick up bar as in (E-1). From a standing position you should have your hands placed on bar at shoulder width. Spread feet apart to shoulder width, and arch in your back. Lock your arms in a straight position. Allow the weight to pull over your shoulders, then shrug, and pull your shoulders up and down.



Approved for medical conditions:

1	2	X	X	5	X	7	8	9	X
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H-4**Cable upright row**

Same as (B-9). The impact of this exercise in the upper back and shoulder region. With the arms fully extended downward with a close grip on bar, pull the bar close to the chin in a rowing motion.

Keep the weight light if you have osteoporosis. This exercise is not suitable for most arm prosthetic devices.

This exercise can be performed by a person with a spinal chord injury that has maintained full function of their arms. Their torso must be secured to their chair.



Approved for medical conditions:

1	2	3	4	5	X	7	8	9	10
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H-5**Dumbbell side laterals**

This exercise can be done with one or both arms together.

To perform this exercise, you need to keep your arms locked straight. Start motion with arms extended down to side of body. Then raise arm or arms upward to the side of your body.

Due to the strain placed on the arm bones if you have osteoporosis then use light weights. Due to the palm down technique this exercise is not suitable for arm prosthesis. This exercise can be performed by a person with spinal chord injury if they have muscle control of upper body.

Approved for medical conditions:

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**H-6****Lying two arm laterals**

This exercise is done lying with your chest toward the bench with a dumbbell lying to each side. You can either lay flat on the bench as shown or you can straddle the bench with feet on the floor.

The effect is slightly different than with any other lateral exercise. The muscles between the shoulder blades are heavily used.

Raise the weight off the floor and extend both arms outward to the side. This is a little more difficult to do so you may need to drop to the next size down in dumbbells.

As an alternate you can leave the elbows bent down and let the weight dangle, only raising your elbows upward until above the back. This exercise can be modified to a below elbow arm prosthesis with a shoulder sling.

Approved for medical conditions:

1	2	3	X	5	6	7	8	9	10
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Exercise without weights.

Exercises in this section are great for overall health, weight loss, muscle size, endurance, and strength development. You can achieve great results through this section alone. This section is intended for people that do not have access to a gym, or gym equipment. During my four years in high school all I used was a small weight bench and a set of vinyl coated weights. I'm not bragging but I was as large as the guys on the athletic teams, and able to outperform them.

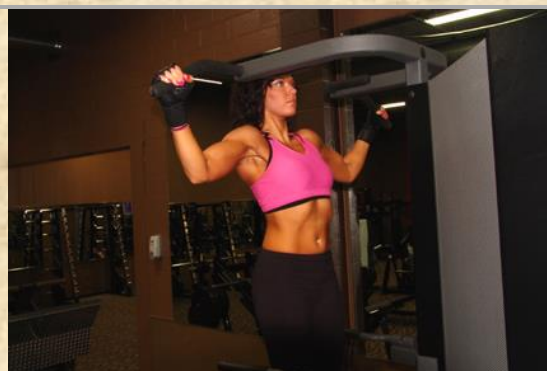
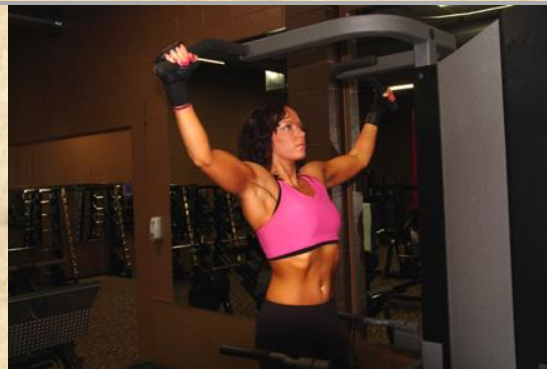
To state a fact, you can only go so far without a bench and specialized equipment. To develop larger better-defined muscles you must use weights, and gym equipment. However, with some creativity you can substitute some things in place of weights. Examples are substituting a steel pipe, or milk crate with rocks in place of a barbell. My lat pull down was a bucket full of rocks tied with a rope that ran to the ceiling and to a bicycle handlebar. BE CREATIVE.

Exercise without weights.

I-1	Push Ups										
<p>To perform this exercise lies down facing the floor. Place your weight on toes, and place hands out parallel to your shoulder with weight on hands. Hold your body straight/stiff and push yourself up. If you do not have adequate strength in arms you can modify this exercise. Instead of using your toes, use your knees. To make the exercise harder move your hands close together until they are in front of face. The most advanced type of push up is to use one hand. This is not recommended unless you have sufficient strength.</p> <p>Due to the strain placed on bones, if you have osteoporosis use the knees.</p>											
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1	2	3	X	5	X	7	8	9	10		



I-2	Chin ups										
<p>This exercise can be done with your hands turned away or toward you. Both ways are very effective, but you should start with hands facing you. With the palms facing you the impact is in the arms. With palms turned away the impact is also in the shoulders, and lateral side muscles.</p> <p>To perform this exercise, pull your weight up until chin is at level of bar, then lower yourself.</p> <p>People with osteoporosis or have back pain should not attempt the palms turned away technique.</p>											
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I-3**Triceps dips**

I will refer to this as an advanced technique because you will need to have sufficient strength to dismount from position when exercise is over, we don't want you falling on your face. There is a two chair, and three chair technique that can be used. The third chair is for your feet and is optional. The chairs will be used to elevate your body from the floor. The reason for this is to allow for additional distance for arms to extend backward.

Start exercise with hands on chair and arms fully extended. Then lower your self until your chest is lower than your hands. Maintain a straight body during the entire movement. Then push yourself back up until arms are fully extended.

Always place chairs on a carpet surface to prevent chairs from sliding.

Approved for medical conditions:

1	2	X	X	X	X	7	8	9	10
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**I-4****Dip between two chairs**

This exercise is not difficult to perform but it does require some arm strength, and flexibility in arm/shoulder region.

To perform this exercise, you will need three chairs. Place one at your feet and two at your sides. Start by placing hands on flat surface of chairs to each side and support your weight. Then place your heels on the chair at your feet. Lower your body down as low as you can tolerate. This will stretch your arms, shoulder, and back muscles. Then repeatedly push yourself back up.

There is some stress placed on the back muscles, but not directly on the bones.

Approved for medical conditions:

1	2	3	X	5	6	7	8	9	10
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I-5

Wall Push ups

This exercise is very low impact and can be done with little exertion. To perform exercise, stand about 2 1/2 to 3 feet from a wall and lean into the wall with your chest. Place your hands-on wall next to your shoulders and repeatedly push your body away from the wall.



Approved for medical conditions:

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| 1 | 2 | 3 | X | 5 | 6 | 7 | 8 | 9 | 10 |
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I-6

Arm clockwise/counter clockwise

This is an exercise not done by repetitions but until the arm/shoulders becomes fatigued.

To perform this exercise, you need to stand with feet about shoulder width. Start with arms extended straight out to your side. Start rotating the arms into small circles making a circle no larger than one foot in diameter. Slowly increase the diameter of the circle until you have reached a full rotation diameter, and then slowly decrease the circle back to the starting diameter.

People with spinal chord injury can perform this exercise if they have control over their deltoid/biceps/and shoulder muscles.



Approved for medical conditions:

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I-7

Hammer Raise

Using the same principle as (E-2) you are replacing the dumbbell with a hammer. The hammer curl is so named because you hold the weight in a way it looks like holding a hammer. Perform this exercise one arm at a time. The weight is held down along side your leg then repeatedly raised upward by bending the elbow then back down. To increase the weights just hold a lower grip to the handle.

You can also use the hammer to twist your wrist or flexing your wrist.

People with spinal chord injury that still have bicep control or use prosthesis cannot perform this exercise due to the rotation of the forearm.

Approved for medical conditions:

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|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | X | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



I-8

One arm Dumbbell Row

Using a milk jug fill with water to desired weight.

Same as (B-5). With your body bent over forward you need to support your weight with one arm. The milk jug is then repeatedly lifted from a dangling position to a level even with the chest. Remember you are not curling during this exercise, you are pulling upward. Do not create a swinging motion because it will undo the effect.

Arm amputee may perform this exercise with other arm. Light weight should be used for those with osteoporosis. Spinal chord injuries affecting only the lower extremities can perform this exercise by simply using a stable surface to lean on.

Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



I-9

Push ups (someone on back)

To perform this exercise, lie down facing the floor. Place your weight on toes, and place hands out parallel to your shoulder with weight on hands. Hold your body straight/stiff and push yourself up. Have someone stand in front of your shoulders with feet turned away. They will sit across your shoulders as you push upward. You need to master basic push ups first.

Due to the strain placed on bones, if you have osteoporosis use the knees.



Approved for medical conditions:

1	2	X	X	X	X	7	8	9	10
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I-10

Upside down Push ups

This exercise gives the same effects as a military press. This is considered a very advanced move due to needed strength and balance.

Stand in a corner and bend over forward placing your hands on floor with arms straight. Hands need to be placed between 2 1/2 to 3 feet out. Lower yourself and use your feet to climb the wall until you are upside down. Then lower yourself until head is to floor then push yourself back up.

This exercise should be performed in a corner to assist with balance, and wear socks to reduce wall friction.



Approved for medical conditions:

1	2	X	X	X	X	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I-11

Rowing between two chairs

To perform this exercise, you will lie on back. Place a chair on each side of your shoulder. Place a wooden broomstick across chairs. Take a grip with hands placed slightly wider than shoulder. Repeatedly pull yourself up and back down.

This exercise is not suitable for arm prosthesis. It can be done with a spinal chord if you retain muscle control over upper body.



Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | X | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I-12

Broomstick twist

Similar to (C-8) but with additional information. To perform these exercises simply stand with your feet apart at shoulder width. Place a broomstick across your shoulders and hold to the sticks with both hands wider than shoulder than shoulder width. Then twist at the trunk region from one side to another.

An alternate to the above exercise would be the discus twist. This is done by holding a single round weight in the palm of one hand with middle finger placed through hole. Then sling the arm slowly around letting the weight pull your upper body around. Do this in a side to side motion and tighten up the abdomen muscles to stop each swing.

Do not perform the alternate if you have osteoporosis, or back pain.



Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I-13

Pretend Dead lift

To perform this exercise, you will need to stand behind a car/truck bumper. Place both hands under bumper at about shoulder width. Squat down until you can secure a good grip, and arch back in. Do not use your back to attempt lift. Then attempt to use legs to raise bumper up. Though the bumper will not move the same muscles are used in the attempt.

This exercise is not suitable for osteoporosis, back pain, or arm prosthesis.



Approved for medical conditions:

1	2	X	X	X	X	7	8	9	10
---	---	---	---	---	---	---	---	---	----

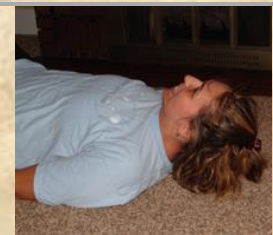
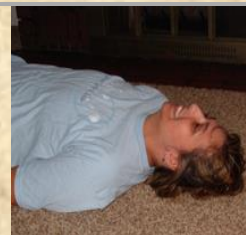
I-14

Head raises (side to side)

To perform this exercise, you need to be lying down. Take your head from a lying position and raise your head from floor then start tilting your head from side to side without your head touching the floor.

To perform the alternate motion, raise your head to chest and back down repeatedly until tired.

This exercise can be done from a chair while leaning back with only a minimum loss in effect.



Approved for medical conditions:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I-15**Knee ins**

To perform this exercise, you need to lie on your back with a pillow propped under your buttocks. Extend your arms to your side and out 45 degrees for balance. Extend your legs straight up, then pull your knees down into your chest then extend your legs back upward.

If leg prosthesis poses a problem, this can be done without prosthesis on.



Approved for medical conditions:

1 2 3 X 5 6 7 8 9 10

I-16**Two Armed Side Laterals**

This exercise is similar to (H-5). Replace the weights with two books of even weight. This exercise can be done with one or both arms together.

To perform this exercise, you need to keep your arms locked straight. Start motion with arms extended down to side of body. Then raise arm or arms upward to the side of your body.

Due to the strain placed on the arm bones if you have osteoporosis then use light weights. Due to the palm down technique this exercise is not suitable for arm prosthesis. This exercise can be performed by a person with spinal chord injury if they have muscle control of upper body.



Approved for medical conditions:

1 2 3 4 5 X 7 8 9 10

I-17

Squats

This exercise is a good strength builder for the legs, but it is pretty hard on the knees. To perform this exercise, stand with your feet at shoulder width. Place the heels of your feet on an elevated surface such as books or a piece of wood to stabilize your balance. The elevated surface should be about 2 inches high. Place your hands-on waist and squat down until your upper leg is parallel to the floor and stand up. If balance poses a problem, use one hand to balance yourself against something.

This exercise is not suitable for leg prosthesis, spinal chord, or weak knees.



Approved for medical conditions:

1 2 3 **X** 5 **X** 7 8 9 **X**

I-18

Sissy Squats

Same as (G-7). This squat places an extreme amount of stress on the knees.

To perform this exercise, stand close to a stable object such as door casing, and hold to the casing just below the shoulder level. Repeatedly bend at the knees only then stand back up. Do not bend any at the hip or the effect of the exercise will be lost.

Once sufficient strength has been achieved in the leg, you can add additional weight by holding a metal plate against the chest.



Approved for medical conditions:

1 2 **X X** 5 **X X** 8 9 **X**

I-19

Step ups.

To perform this exercise, you need to have an elevated surface to step up onto such as a stair step. To start stand in front of elevated surface and step up onto elevated surface with one foot then with the other. Step back down one foot at a time. This exercise is primarily an aerobic exercise, but by raising your foot higher than one foot the exercise changes the focus to muscle growth in the upper leg.



Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I-20

One leg squat

This exercise is performed by standing in a doorway. Face one doorway and hold to doorframe for balance at chest level. Place desired foot mid-way between the doorway and hold the other leg up. Then squat down on the one leg and stand back up.



Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I-21

Front Lateral Raise

This exercise is the same as (H-2) but without the weight. Simply replace dumbbell weight with objects such as a book.

You can however perform this exercise while sitting but should preferably be done while standing. Start with a dumbbell in each hand lowered in front of body. Keep your arms locked straight at all times.

To assist with balance, raise one arm upward at a time to head height, taking turns with each arm. Keep your palms turned downward at all times. As you start back downward start upward with the other arm.

This exercise requires some concentration to keep the arms straight. For people with osteoporosis you will want to keep the weight light due to stress placed on bones. This exercise is not suitable for arm prosthesis due to the reverse direction of the hand.

Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



I-22

Calf Raise

There are several different methods to accomplish this. One way is to tippie toe up and down repeatedly flexing out the calf muscles.

Another method to do this is to place your front half of feet on a board or something about 2 inches high and then stand up on your toes then back down.

Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | X | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



I-23

One Leg Calf Raises

There are several different methods to accomplish this. One way is to tippie toe on one foot up and down repeatedly flexing out the calf muscles. Another method to do this is to place your front half of one foot on a board or something about 2 inches high and then stand up on your toes then back down.



Approved for medical conditions:

1 2 3 **X** 5 **X** 7 8 9 10

I-24

Squat Down Calf Raises

To perform this exercise, you need to stand in a doorway. Stand with the front half of feet on an elevated surface such as a book. Squat down and hold the door casing about hip level.

In a repeated motion stand on your toes and release back down.



Approved for medical conditions:

1 2 3 **X** 5 **X** 7 8 9 10

I-25

Lunge

This exercise is similar to (G-5). If you are not planning on using weights, then follow these directions.

This exercise is performed by placing a chair on a non-skid surface in front of you. You will need a bar to hold across your shoulder for support, a broom will work fine. Stand back about 1 ½ feet from the chair and step onto the chair with one foot and lunge your body into your leg. Rotate leg, and repeat.



Approved for medical conditions:

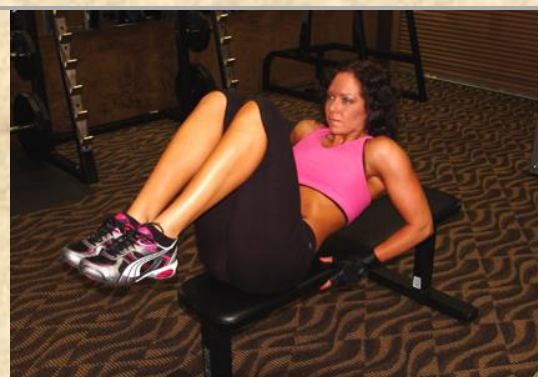
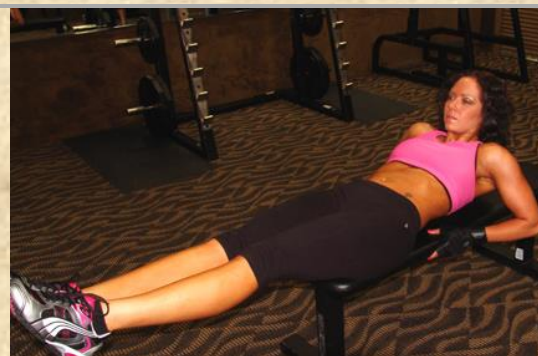
1 2 3 X 5 6 7 8 9 10

I-26

Leg Raises

This exercise requires very little strength in the abdominal region. The back is fully supported against the floor, so no strain is placed the back. A pillow can be placed under the arch of the back to make more comfortable. The arms are extended above the head to hold on to something for support to balance your self. The legs are raised up to a horizontal position, and then back down.

This exercise can be altered to perform one leg at a time, or a scissors motion.



Approved for medical conditions:

1 2 3 X 5 X 7 8 9 10

I-27

Leg Raises (up and down)

To perform this exercise, think of marching from a stationary position. Stand with both feet side by side. Raise one leg at a time until the knee is about parallel to your hip. As this exercise becomes more comfortable you can raise the knees higher.



Approved for medical conditions:

1 2 3 X 5 6 7 8 9 10

I-28

Sit Ups

To perform this exercise, you need to lie on a flat surface, and place your feet under something for stability such as a chair or couch. Your hands need to be clasped behind your head. From a sitting position with your legs slightly bent at the knees, lay down. Repeatedly rise up and lay back down.

If you are unable to complete 6 repetitions or more then you may want to start out with another exercise that focuses on the abdominal region such as (I-19), then work your way up.



Approved for medical conditions:

1 2 3 X 5 6 7 8 9 10

I-29

Crunches

The crunch sit up can be done several different ways. Each version would start with you lying flat on your back. Your hands need to be clasp behind your neck. The difference is how you use your legs. Your knees need to be together. Your feet can be elevated in a straight position, or with your knees tucked in toward your chest. If you bring your knees to your chest then pull your head into your chest also.

A pillow can be used under the back to make exercise comfortable.



Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I-30

Side leg Raises

To perform this exercise, stand near s solid object such as a chair or doorway. Place your balance on the leg nearest to the object and hold to the object for additional balance. Repeatedly raise the other leg outward and back down. As you become more comfortable you can increase the distance outward.

Do not create a rocking motion, because it will undo all benefits.



Approved for medical conditions:

- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | X | 5 | X | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

I-31

Reverse Crunch

To perform this exercise, you lie flat on your back with your arms down to your side for balance. Extend your legs upward and hold them there. Then tighten up your abdomen and push down with your arms until you raise your buttocks from the floor.

Start with another abdominal exercise and work your way into this one.

Once this exercise has been mastered you can modify this exercise to include a slight leaning of your legs from side to side.



Approved for medical conditions:

1	2	3	X	5	X	7	8	9	10
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I-32

Crunch Crossover

To perform this exercise, lie on your back with knees bent, and feet flat on the floor. Bring right ankle and rest on your left knee. Place your hands behind your head for support with your elbows extended outward.

Curl up with your left elbow and extend over your abdomen to your right knee. Your right elbow stays on the floor at all times. Do desired number of repetitions, and then switch sides.



Approved for medical conditions:

1	2	3	X	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Chapter 10: Extras

Meal planning cards

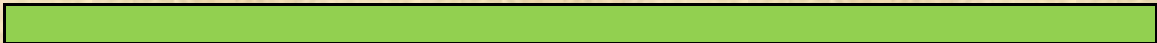
It's a simple principle not an exact science, because everyone is different.

Breakfast			
Pick one item from each category unless stated take 2.			
1.	2.	3.	4.
Oats Oatmeal Cornflakes Shredded Wheat Other high fiber – cereal	½ Orange ½ Grapefruit ½ Banana 1 cup Berries	Toast Bagel	Milk 1 8 oz cup Juice 1 8 oz cup Coffee Tea

Lunch			
Pick one item from each category unless stated take 2.			
1. (select 2)	2.	3.	4.
Pasta Rice Potato Beans Corn Cucumber Celery Carrots Peas Salad Mustard Broccoli Peppers Onion Mixed Vegetables	Turkey Chicken Fish Tuna Salmon Cold Cuts 95% fat free	Bread (wheat)	Milk 1 8 oz cup Juice 1 8 oz cup Coffee Tea Alternative Health Shake (sacrifice 2 vegetables for Health shake).

Dinner			
1.	2.	3.	4.
Pasta Rice Potato Beans Corn Cucumber Celery Carrots Peas Salad Mustard Broccoli Peppers Onion Mixed Vegetables	Turkey Chicken Fish Tuna Salmon Beef (2 times wk) Pork (1 times wk)	Bread (wheat)	Milk 1 8 oz cup Juice 1 8 oz cup Coffee Tea Health Shake

Evening Snack			
1.			
Cheese/crackers			
Fruit			
Health Shake			
Raisins 1/1 cup			
Peanut butter -sandwich			
Prunes			
Popcorn (no butter)			
Yogurt			



Sample workout planning tool

Building Your Temple

Choose fitness Plan Style based on desired end result.

Strength:		Size:		Aerobic:		Weight Loss:	
------------------	--	--------------	--	-----------------	--	---------------------	--

Medical Conditions and Disabilities to consider. Check all that apply.

High Blood Pressure	1		Prosthesis	6	
Heart Disease	2		Arthritis	7	
Osteoporosis	3		Asthma and Allergies	8	
Spinal Chord Injury	4		Diabetes	9	
Back Pain	5		Weak knees	10	

Based on physical abilities, and desired end results pick 5 exercises from each body muscle group that you can perform. Only 1 warm-up from the A category needs to be chosen combined with (A-12) stretching. The I category is for exercising without a gym and not broken down by muscle groups.

X indicates choice exercises; Q indicates suitable exercises with modifications.

A-1	B-1	C-1	D-1	E-1	F-1	G-1	H-1	I-1
A-2	B-2	C-2	D-2	E-2	F-2	G-2	H-2	I-2
A-3	B-3	C-3	D-3	E-3	F-3	G-3	H-3	I-3
A-4	B-4	C-4	D-4	E-4	F-4	G-4	H-4	I-4
A-5	B-5	C-5	D-5	E-5	F-5	G-5	H-5	I-5
A-6	B-6	C-6	D-6	E-6	F-6	G-6	H-6	I-6
A-7	B-7	C-7	D-7	E-7	F-7	G-7		I-7
A-8	B-8	C-8	D-8	E-8	F-8	G-8		I-8
A-9	B-9	C-9	D-9	E-9	F-9	G-9		I-9
A-10	B-10		D-10	E-10	F-10	G-10		I-10
A-11	B-11		D-11	E-11	F-11	G-11		I-11
A-12	B-12			E-12	F-12	G-12		I-12
				E-13	F-13	G-13		I-13
				E-14		G-14		I-14
								I-15
								I-16
								I-17
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								I-28
								I-29
								I-30
								I-31
								I-32

Special Notes:

The above should reflect your desired outcomes, with consideration toward any physical limitations, and medical conditions.

Building Your Temple

(SAMPLE)

Choose fitness Plan Style based on desired end result.

Strength:		Size:		Aerobic:	X	Weight Loss:	
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Medical Conditions and Disabilities to consider. Check all that apply.

High Blood Pressure	1		Prosthesis	6	
Heart Disease	2		Arthritis	7	
Osteoporosis	3	X	Asthma and Allergies	8	X
Spinal Chord Injury	4		Diabetes	9	
Back Pain	5		Weak knees	10	

Based on physical abilities, and desired end results pick 5 exercises from each body muscle group that you can perform. Only 1 warm-up from the A category needs to be chosen combined with (A-12) stretching. The I category is for exercising without a gym and not broken down by muscle groups.

X indicates choice exercises; **O** indicates suitable exercises with modifications.

A-1	x	B-1		C-1		D-1		E-1	o	F-1		G-1		H-1		I-1	o
A-2	o	B-2	o	C-2	x	D-2		E-2	o	F-2		G-2	x	H-2	o	I-2	o
A-3	x	B-3		C-3		D-3		E-3	o	F-3	o	G-3	o	H-3		I-3	
A-4	x	B-4	x	C-4		D-4		E-4	o	F-4	o	G-4	o	H-4	o	I-4	o
A-5	o	B-5	o	C-5		D-5		E-5	o	F-5		G-5		H-5	o	I-5	x
A-6		B-6	x	C-6		D-6		E-6	o	F-6	x	G-6	x	H-6	o	I-6	x
A-7	x	B-7		C-7		D-7	o	E-7	o	F-8	o	G-7				I-7	x
A-8		B-8	x	C-8	x	D-8	x	E-8	x	F-9	o	G-8				I-8	o
A-9	x	B-9	o	C-9	x	D-9		E-9	o	F-10	o	G-9	o			I-9	
A-10	x	B-10				D-10		E-10	x	F-11		G-10				I-10	
A-11		B-11	o			D-11		E-11	x	F-12	x	G-11	x			I-11	x
A-12	o	B-12						E-12		F-13	o	G-12	x			I-12	o
								E-13				G-13	o			I-13	
								E-14				G-14	x			I-14	x
																I-15	x
																I-16	o
																I-17	x
																I-18	
																I-19	o
																I-20	o
																I-21	o
																I-22	x
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																I-25	o
																I-26	o
																I-27	x
																I-28	o
																I-29	x
																I-30	x
																I-31	o
																I-32	x

Special Notes: Asthma: exercise should be done in several short periods of time, and exercise in a warm moist environment so not to aggravate your condition. Practice breathing techniques. Osteoporosis: lower weight and higher repetitions. Avoid overextending the joints.

This is a sample exercise routine for someone wanting to increase strength and bone density. Program focus is aerobic with consideration for osteoporosis, and minor

asthma issues. These medical conditions are identified by (3,8) use them to narrow choice exercise options.

Throughout this book you see the mentioning of exercise, and we know that a lot of people just don't like exercise. Some degree of exercise may be necessary, it all depends on where you are at (your health), and how much you need to modify your body. Keep this in mind there are a great deal of activities you could do that counts as exercise. Just increase your activity level.

Adrenaline is the primary cause to most modern health conditions and is an epidemic problem. A problem not being addressed by the medical profession even though for the past thirty years there have been countless studies point directly toward Adrenaline.

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