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SPECIAL NUTRITION REPORT!

**“Discover The Often Overlooked
‘Secret’ To Ramping Up Your
Metabolism, Burning Fat Like
Crazy, And Getting Maximum
Results
In Minimum Time From Your
Health And Fitness Program!”**

By Joe Thiel

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“Discover The Often Overlooked ‘Secret’ To Ramping Up Your Metabolism, Burning Fat Like Crazy, And Getting Maximum Results In Minimum Time From Your Health And Fitness Program”

It’s no mystery, the REAL secret to getting serious results from your program is almost always overlooked and glossed over. Most folks say “I know that already” or “I understand” but in reality they have no clue what they’re talking about.

So, what’s the secret? *It’s your nutrition habits.*

There’s nothing more important to your success than building a solid foundation of healthy nutrition and supplementation habits into your life.

In your consultation we talked about the six components of a successful health and fitness program. They include:

1. **Nutrition**- the foundation of all health and fitness
2. **Supplementation**- to fill in the voids in your nutrition program
3. **Resistance training**- to build lean muscle and ramp up the metabolism
4. **Cardiovascular exercise**- to optimize fat burning and heart health
5. **Flexibility**- to prevent injury and promote recovery from exercise
6. **Coaching**- knowledge, support and accountability to get you to the finish line

In this report, I’m going to focus a little more on numbers 1 and 2. Because without that solid foundation- nothing, and I mean *NOTHING WORKS!* It literally makes all...

The Difference Between Your Success Or Failure!

But before I get into what to eat and the nutrition habits you MUST instill in your life, let’s talk about why nutrition is so important to your results.

First of all, it’s essential to increasing your energy. If you’re going to increase your exercise activity level, you’ve got to have the energy to do so. Not only to keep up with all the day-to-day activities you have on your plate right now, but more importantly you’ve got to have more energy before you even THINK about adding additional exercise activity into your life!

Second, eating certain foods stimulate the digestive processes of the body in a big way. That’s a little known secret to ramping up your metabolism, so I want you to understand what I mean.

When you feed your body certain foods, or a combination of foods, at periodic intervals

throughout the day, you stoke your body's natural metabolic fire (metabolism) and keep it burning HOT- kicking your body into fat-burning overdrive!

Third, food is required to provide your body with the necessary nutrients to build and repair muscle. Without the right proteins or amino acids in your body, you simply can NOT repair tissue, recover from your workout, and gain more muscle. And building more muscle not only allows you to get stronger, but allows your body to burn more fat all day long. Ultimately, creating healthy nutrition habits will not just allow you to get and stay fit, but will improve your long-term health and prevent future disease.

And THAT, my friend, is why nutrition is very important.

By focusing on developing solid nutrition habits you not only get results in the short term, but establish the foundation necessary to maintain those results for life!

Do You Suffer From Any of These Common Symptoms Associated With Poor Nutrition?

There are many symptoms associated with poor nutrition, and you're probably dealing with several of them right now. Any of these sound familiar to you?

- Slow metabolism
- Low energy
- Fatigue
- Slow recovery from exercise
- Excessive soreness after your workouts
- Energy highs and lows
- Poor sleep
- Sugar cravings
- Frequent colds and flu
- Allergies
- High cholesterol
- High blood pressure
- Muscle aches and cramping
- Poor gains in strength
- Poor endurance

If any (or all) of these symptoms ring true don't worry. You're not alone.

Most Americans are suffering from many, if not all, of the above symptoms every single day of their lives. *Why?* Because the Standard American Diet (SAD) is absolutely horrible.

Have you taken notice of all the processed foods and junk you're eating at every turn?

The majority of these symptoms are the direct result of not feeding your body the nutrients required to be fit and healthy. Furthermore, these symptoms indicate much bigger problems.

What problems you ask?

More Than Just Some Nagging Symptoms, Ultimately Much BIGGER Problems Are Caused By Poor Nutrition Habits

Being run down every week, sick several times a year and generally not feeling well is indicative of a much more serious problem with your health- a weakened immune system.

Second, being tired in the afternoons, tired when you wake up, running out of gas at 2pm everyday, and even getting low grade headaches are the direct results of blood sugar fluctuations. When your blood sugar is going up and down throughout the day, insulin levels start fluctuating in the body which takes your body out of the “fat-burning mode”- all of which makes it virtually impossible to lose weight.

Third, being sore for several days after a workout, waking up so stiff you can't move, and only getting slow gains in strength from your exercise program are not normal. These symptoms indicate that RECOVERY from exercise is not being properly addressed.

What Causes These Nagging Symptoms And Problems?

Allow me to dive into a little more explanation. It's important you “get this”- TODAY!

1. *Missing meals.* Most clients I work with are eating maybe one or two good meals a day, generally not taking in any healthy snacks in-between, and ultimately eating a big meal every six or seven hours. That doesn't work.

2. *Food processing.* When foods are processed, they lose many of the micro-nutrients (vitamins and minerals), that are naturally present in them. So what happens is we're eating food, but we're not getting the nutrition we need from that food. Unfortunately, unless your growing your own food on a farm, the majority of food around us today is all processed in some way and void of many nutrients.

3. *Low protein in the diet.* If we don't have enough protein in our diet, then we can't repair tissue or build new lean muscle. In fact, we end up losing what little muscle mass we do have, which you absolutely do NOT want to do. This occurs when there are not enough amino acids present in the bloodstream. The body will then actually break down its own muscle tissue to feed itself- ***essentially eating its own muscle!*** Most people are not consuming any type of protein at the most important meal of the day- breakfast! You've got to start the day off right to get your body going and that includes eating protein with breakfast.

4. *Lack of fiber in the diet.* Another big problem which leads to a whole host of issues, but also impacts blood sugar fluctuations. When this happens your body comes out of the fat burning mode and starts storing fat. This is the exact opposite of what you want to occur.

5. *Ignoring the importance of post-workout nutrition.* Not feeding your body the correct nutrients after the workout leads to slow recovery, slow results, and a lot of unnecessary

soreness.

So know that you know the causes of these problems, where do you start to improve?

6 Highly Effective Habits Of The Healthy, Fit, and Firm

What “Catabolic” Really Means: When the body is breaking down its own tissue, this is referred to as a *catabolic state*. Ever hear of the character “Hannibal the Cannibal” from the movie Silence of the Lambs? If not, then let me just share with you that this guy was a cannibal- meaning he ATE other people.

When YOU don’t eat enough protein, your body eats itself! I hope that paints enough of a detailed picture for you to understand how bad this really is. You MUST eat enough protein everyday so your body doesn’t have to eat itself!

There are six healthy nutrition habits that are essential to your progress. *Let’s talk about them and why you need to start integrating them into your daily routine right now.*

1. **Increase your meal frequency.** Strive for five to six “mini-meals” per day. By that, I mean taking the total calories for the day, dividing them by six and having a “mini-meal” every three to four hours. That way you’re balancing your caloric intake over the day. This is critical to keeping your metabolism going and really ramping it up. Doing so ensures you’re keeping blood sugar levels stable in your body and maintaining a muscle-building, fat-burning state.

2. **Balance your meals.** We should always have a balance of lean protein sources, low-glycemic carbohydrates, fruits, vegetables, good fats and fiber. Every meal should be balanced with about twice the amount of carbohydrates as protein, and a little bit of healthy fat to provide satiety, so that you’re giving your body the essential fats needed to be lean and allow optimal function.

3. **Drink enough water throughout the day to keep your body hydrated.** Hydration is so important to keeping your body functioning optimally. Water flushes out your kidneys, liver and keeps everything running clean. If you’re not drinking enough water, the kidneys can back up, then the liver has to help and can’t do its job proper of breaking down fat.

4. **Take a vitamin/mineral supplement everyday.** All the research today shows that we simply don’t get all the nutrients we need in our bodies from our food alone. That’s why

You’re Not Hungry, You’re Dehydrated! A lot of times when people feel hungry, they’re not. They’re just dehydrated. If you drink enough water, your body will be balanced and function the way that it’s meant to. This is very important to aid the release of stored fat.

A good rule of thumb is 8-12 glasses per day. If you live in a warmer, more humid climate or are very heavy right now, then even more is required. Generally, I recommend my clients drink at least $\frac{3}{4}$ up to 1 full gallon of water per day.

every major medical and health organization in the country now recommends that everyone take a daily multi-vitamin/mineral supplement. Notice the word “daily.” Not when you remember it, not if you happen to think about it, but every single day. Don’t miss. Vitamins and minerals (also called micro-nutrients), are food too, just like carbohydrates, fats and proteins (macro-nutrients) are. Just as you can’t eat all of our protein for the day in one sitting, nor can you just feed body micronutrients at one sitting or every other day either. Therefore, I recommend you break up your vitamin/mineral supplementation into a serving in the morning with breakfast and again in the evening with dinner. Always take with food for best absorption.

5. Use meal replacement shakes and bars for snacks and meals on the go. For snacks and convenient meals on the go, good meal replacement products are a must. Remember when I talked about eating 5-6 “mini-meals” per day? I don’t know anyone who can realistically do that without using a meal replacement product to get through the day. Meal replacement products include both bars and shakes, but shakes are always going to be a better choice. Generally speaking, they contain less preservatives and unnecessary ingredients. (they don’t have to have to be kept in a wrapper on a shelf for a long time like a bar.) Shake products also generally contain a much higher fiber content, without tasting like a brick (like some bars do). Plus they’re simple and convenient to prepare. All you have to do is mix it up in milk or water. Use them for in-between meals and those days when you don’t have time for a full breakfast or need a healthy meal on the go.

6. Always take a recovery shake after your workout. Get into the habit right now. It will pay dividends later. Post workout nutrition dramatically speeds up the recovery process. It

Road Warrior Tip: When traveling, eating right is very challenging. Often ordering a healthy meal for lunch or dinner in a restaurant is not so bad, but finding a good breakfast and getting in healthy snacks is a challenge. This is a great time to pack extra meal replacement bars and shakes with you to keep you on track with your nutrition program.

will reduce your soreness, maximize your release of anabolic hormones (like growth hormone and testosterone), and allow your body to maximize building muscle and burning fat. When you consume a well-balanced shake after exercise, carbohydrate stimulates insulin to drive the branch between amino acids (protein) to the muscle cell. That way you can maximize recovery and get right back in the gym again very soon- ensuring faster results from your program.

The Truth About Supplementation: What Really Works, What’s Complete Nonsense, And What’s 100% Safe For You To Take

It’s a fair statement that 90% of the supplements on the market today are junk. They’re unsafe, untested, and most don’t have in the bottle or can what they claim is present on the label.

Why? Because currently the nutrition supplement industry is unregulated by the FDA. Companies are not forced to comply with any safety standards in product research, manufacturing, or quality control- therefore most don't.

After all, those things are just another expense that takes away from their bottom line. Sad but true. But better you read about it here. I've had clients that purchased a supplement product off the shelf of the local nutrition store have a severe reaction from a dangerous product that they thought was safe. Not so!

That being said, supplementing your diet is essential to get all the nutrients you need in your body. It's virtually impossible to get everything you need from food alone.

So what's good to take? I recommend 3 products to all my clients.

Start With A Multi-Vitamin Mineral Product: Shaklee Vitalizer (with or without iron or GOLD pack for those 50+)

Everyone should be taking a multi-vitamin mineral product everyday. And not just that, but if you're on an active exercise program and want to prevent disease you need to be taking additional anti-oxidants as well to prevent some of the damage to your body that exercise causes.

The specific product I recommend is called **Shaklee Vitalizer** (comes with or without additional iron, or in a "GOLD" pack for those over 50). It's a multi-vitamin/mineral supplement pack, which is broken up into simple, daily strips. Just take it once a day, and it has everything you need to ensure complete nutrition and live a longer, healthier life.



Shaklee Vitalizer comes with or without iron (or even in a GOLD pack for those over 50!)

In the morning, you take it with breakfast and your set! Includes 1) a multi-vitamin/mineral called Vita-Lea, 2) B + C Sustained release complex, so it's getting put into your body throughout the day. (That's the equivalent to having an orange every hour for six hours). 3) Caroto-E-Omega complex, which contains essential fatty acids, carotenoids, and vitamin E for heart health and more. 4) Then there's Optiflora, a little "pear" probiotic which will help maintain a healthy balance of friendly bacteria in your colon to ensure proper absorption of nutrients from your food. Always take these with food, and best with your breakfast so your set to go for the rest of the day!

NOTE: The iron formula is generally recommended for women of child-bearing age, or folks that aren't getting enough iron in the diet from food. If you're over 50+ years then get the Vitalizer GOLD Pack. Just ask me for more details if you have questions or concerns about this.

Use A Good Meal Replacement Product: Cinch Shakes (chocolate, vanilla or café latte)

For a meal replacement product, the one I like best is called **Cinch**.

Why? Because it's got a glycemic index of 14, only 200 calories per serving, and 6 grams of soluble fiber in every serving. That means it will keep your blood sugar very stable- ensuring you stay in a muscle building/fat burning mode all day long. As far as the protein source, it uses a blend of soy isolate and leucine, which not only the purest source of protein available, but the latest scientific research shows that leucine helps retain lean muscle mass while on a fat loss program. This is very important and will aid you greatly in achieving your fitness goals!

Soy also naturally contains a high amount of glutamine (10x greater than whey protein), which is an important amino acid to aid muscle building and repair.

Why Soy Protein? Because soy protein has a lot of additional benefits for the body in terms of reducing serum cholesterol levels, preventing cancer with isoflavones and ***more importantly it keeps blood sugar stable longer.***

That and the high fiber content present in this meal replacement combine to help your body get lean- fast! I've never found a product that has as much fiber per serving for a meal replacement as this one. It tastes very good too- comes in chocolate, vanilla, or cafe latte (coffee flavor).

Simply prepare in water, non-fat milk or light soy milk, and you've got a complete meal (with some additional protein)!

By the way, if you travel quite a bit, the Cinch meal replacement shakes also come in pre-packaged "ready-to-go" serving packets. Make sure to pack extra of these, as well as some extra meal replacement bars. This will make staying on track with your nutrition program a



Cinch meal replacement comes in chocolate, vanilla, or café latte flavors

Super Smoothie Recipes! While the Cinch meal replacement product tastes great by itself, there are a number of good recipes available at the Shaklee website. If you have your own favorite smoothie recipes, just add Cinch to it! It mixes easily and adds great taste. If you have a favorite recipe you'd like to share, send it to me at jjthiel@sbcglobal.net. I'll be happy to pass it own and give you the credit.

breeze during travel!

Cinch bars (in chocolate decadence, peanut butter crunch, and lemon-cranberry flavors)



Cinch meal replacement pre-made packets or also handy for travel or meals-on-the-go!

When discussing meal replacement product options,

Soy vs. whey protein: I'll address a big controversy right now. BOTH soy and whey are great protein sources and BOTH should be used at certain times of the day to maximize the individual benefits of each.

Whey protein is best after a workout because of the higher amount of BCAA and fast gastric emptying time, but soy is a better choice for during the day because it keep blood sugar stable longer (about 3 to 4 hours compared with 1 or 2 with whey). But if you are "soy sensitive" then we do have a whey version of the meal replacement shake for you.

shakes are always a better choice. But there are times when they're just not convenient. That's when meal replacement bars become your next best choice.

Bars are great to keep on hand in your briefcase, purse or pocket when you're on the go.

The only problem is that most of the bars on the market are NOT good for you and contain high amounts of sugar and saturated fat. So much so that they're more like a candy bar than a meal replacement product! *Crazy?* Yes, but true.

In choosing a good bar, the same rules apply when choosing any meal replacement product. You want a balance of carbs, protein, fat, and fiber. Look for a low-glycemic index product. The best bars I've found are also the same line of products- **Cinch**.



Cinch bars taste great, and they come in three flavors or a "variety pack"

These bars are also low in glycemic index (in the 20's) and contain the same high amount of leucine- again, very important for retaining lean muscle mass. And they're actually a little smaller size bar, which most of my female clients seem to really appreciate. Men will probably want to double up and have 2 for their snack, depending on their caloric goals.

Give em' a try and I think you'll be pleased. These bars taste really great and come in 3 flavors: chocolate decadence, peanut butter crunch, and lemon-cranberry.

ALWAYS Take A Recovery Shake After Your Workout! **Physique Workout Maximizer**

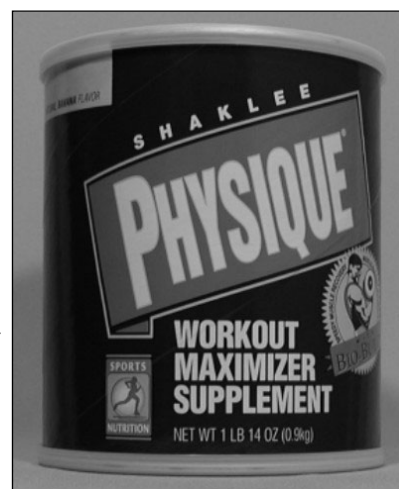
The third product I recommend is called **Physique Workout Maximizer**. This is a post-workout recovery product, you'll consume after exercise. If you're a woman, take four scoops (about ½ cup) of the powder in about 10 ounces of water (more or less, depending on how you like it). For men, around 175-200lbs, you want to take anywhere from six to eight scoops (about ¾ cup) in water.

Have this ready to go immediately following your workout. Everytime. Period.

Ever feel like you're so sore you can't move for a day or two following a tough workout?

Taking this product will eliminate those feelings by putting your body immediately into an anabolic recovery state. It's the key to refueling your body, reducing soreness, and getting maximum results in minimum time from your resistance training workouts.

Here's how to take it: I advice my clients to put the powder in their portable shaker cup and bring that to the gym so as soon as they're done with their workout, they can add water, shake it up and drink it on the way out the door- before they even get in the car to drive home. You must maximize that window you have after exercise, which is about 15 to 30 minutes, to allow your body to get the maximum anabolic response from exercise.



Take this after EVERY workout—
No Exceptions!

You'll thank me later!

How Much Do You Need To Take After Exercise?

* Use the recommended serving chart below to determine the appropriate serving for your body weight.

<i>Weight</i>	<i>Amount in Water</i>
100-150 lbs	½ cup
150-175 lbs	¾ cup
175-200 lbs	7/8 cup
200-225 lbs	1 cup+

ADDITIONAL NOTE: For those on an “aggressive” strength training program or trying to really “pack on the pounds” of muscle—You'll benefit from having a second serving of Physique 90 minutes after your first one. This will send your body into another anabolic drive (almost as good as the first) and will really accelerate your gains and progress! A third

serving before bed can also be considered if you're a “hard gainer” type.

Additional Nutritional Products That Comes In Handy: Energizing Soy Protein

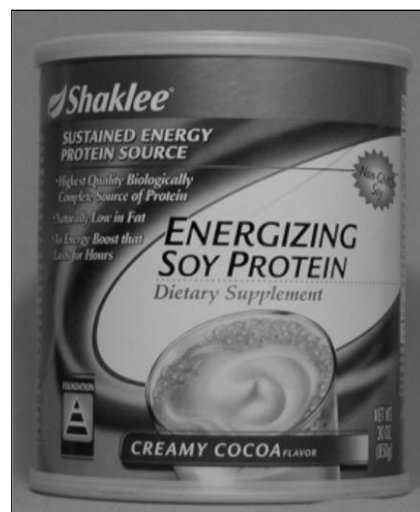
One of the most challenging meals for most folks to get in is breakfast. Either their on the run, or they're used to eating the traditional American breakfast of cereal, toast, o.j., etc. and thus miss out on the all important macro-nutrient: PROTEIN!

Now, if you just want a fast and easy-to-prepare breakfast that is complete, then use the Cinch meal replacement shakes I already discussed above.

But, if you prefer having cereal, oatmeal, grits etc. in the morning and need another way to get your protein in that is low in fat and cholesterol (i.e. not eggs), then I recommend using **Energizing Soy Protein**.

Remember, using soy during the day is the best way to keep your blood sugar stable longer, plus get in more glutamine that will go a long way to support your workout recovery efforts. Soy also provides many additional benefits like lowering serum cholesterol levels, providing valuable plant phyto-nutrients, and more.

Comes in chocolate or vanilla flavor. At about \$1/serving, you can't find a good serving of high quality isolate protein any cheaper than this.



Additional soy protein can be used with your breakfast (or another time of the day) if you're already having other fiber and carbohydrate sources with your meal.

Conclusion

Ok, that wraps up our discussion on nutrition and supplementation for today.

I'll be sending some more information to you, to continue helping you improve your

Special Note For Those With Additional Health Concerns, And The 40+ Crowd: A final note on nutrition supplementation: As you age, the health issues you need to be aware of grow. If you have additional concerns about joint pain gastro-intestinal health, anti-oxidants, women's health, men's health, etc. then please let us know! We're here to help and be your health RESOURCE for life! We have lots of detailed information and reports about additional health topics and would be glad to speak with you further about any specific concerns or issues you may be looking for natural solutions to address. Please feel free to call the office anytime at 217.726.7613 or e-mail me directly at jjthiel@sbcglobal.net

nutrition program and RESULTS over the coming weeks ahead.

It's our pleasure to be working with you!

Yours in health,

Joe Thiel

Owner and Certified Personal Trainer
Fitness Together

P.S. Many of our clients get asked a LOT of questions about what they're eating, or what supplements they're taking. If that becomes the case for you, be sure and let us know and we'll be happy to send your friend or family member a gift certificate for a complimentary **Nutrition Consultation (a \$149 value)** with your compliments. If your friend becomes a customer or a client, we'll reward you for the referral... and YOU'LL have helped someone you care about get healthier!

P.P.S. After working with MANY clients over the years, I'm FULLY AWARE that it takes some time to get this nutrition thing "down-pat". You're going to have questions. You're going to go through an "adjustment" period with this. That's OK. Just remember we're here for you anytime you have questions about your nutrition program or just want to "talk" about something health/fitness/nutrition related that's on your mind. Please feel free to e-mail me directly at jnithiel@sbcglobal.net or call my office directly at 217.726.7613 anytime– that's what I'm here for as your coach!