

Getting Lean: Natural Ways for Average Janes/Joes

By

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W.I.I.S.H. Why, Is, It, So, Hard? Why is it so hard to motivate oneself to achieve a health standard that is not just “getting by”, but one that is optimal? Why is it so hard to change one’s nutrition to eating foods that the human body is naturally programmed to eat, rather than the chemical synthetics we are currently ingesting in place of those valuable nutrients? Why is it so hard to follow an exercise regimen which increases our metabolic rate without negatively affecting our hormonal balance? Why is it so hard to achieve these health standards without the use of such crutches including synthetic pharmaceuticals, diet centers, chemical foods, and many other quick fixes which simply mask the underlying problems, rather than correcting them.

In an age when 66% of the US population is overweight and 31% are considered obese (National Center for Health Statistics), rather than throwing in the towel and accepting mediocrity, why not try to follow something through to the end. You may be surprised by the results and the fact that it was easier than you thought. You see, in most cases, fat loss doesn’t require complex systems and/or the most cutting edge pharmaceuticals/ supplements. It can be achieved through simple modifications such as lifestyle changes and attitude adjustments. It seems it is more a reflection of the motivation level of the individual, and their willingness to stay the course, rather than quick fixes and marketing masquerades.

After working at APECS for a while, I have personally seen and been asked many times, what do you guys/gals do for your diets and workouts? All too often, the answers are basic, such as Paleolithic nutrition or alternating strength and hypertrophy training. But, I figured if, even with a degree in Kinesiology and an ACSM training certification, that if I am still lost at times, I can just imagine how many of the parents of these athletes, fitness enthusiasts, and the athletes themselves feel. So, I figured the best way to approach this topic was to interview each of the APECS staff regarding what they do to get themselves lean. The first place for me to start was my boss/mentor, Jason Shea, whom in his mid 30’s

seems able to keep himself in “decent” shape, while running the business and teaching the staff and clients.

DM: *How could a normal person on the street unable to commit hours in a gym or hundreds on “health foods” able to stay lean? Not everyone works at a fitness facility like you do.*

JS: *I know, the common rebuttal I am sure most strength coaches/trainers get is “you work in a gym, so it is easier to get in shape”. I guess that means that because we work at a gym, we are automatically in shape through osmosis or some other chemical process. Just by being here all day, the body fat just doesn’t accumulate; never mind the fact that if you look up average Joe in the dictionary, my ugly mug may appear. You see, I am sure many of us come from very average genetics, grew up on a diet of lucky charms, spaghetti O’s, hot dogs, and whatever mom was making for dinner. Personally, I could never put muscle on in high school or much of college, and still have much difficulty. Any weight I tended to put on came in the form of fat and muscle. Now halfway through my thirties, with family, work, and various other time commitments, the stresses are par for course. Free time is minimal and my training time is definitely condensed. Now, I am sure there are many people who have greater commitments, but I hope this illustrates that even though we are in this industry, we are still completely normal people with minimal time to get and keep ourselves in shape. For me, the only way I can achieve any semblance of fat loss has been through having a set schedule for training, extremely motivating workout partners, and some disciplined nutrition.*

Dan: *Ok so if an average joe walks in off the street what are some of the things to work on to increase health and decrease body fat?*

JS: *For body composition goals, nutrition and hormonal status are quite possibly the two most important factors for decreasing bodyfat. Other factors including training, rest/recovery, detoxification processes, stress levels, sleep patterns, adrenoreceptor activity, PH balance, and digestive abilities also play a role in the battle of the bulge. Much of this is taught at strength coach extraordinaire and functional medicine expert Charles Poliquin’s Biosignature Modulation Levels I and II.*

Dan: *What made you decide to try to get really lean, as you are not exactly overweight year round? I mean, I know I hear everybody busting your chops about how you “look like a marathon runner”?*

JS: *I guess you could start this with the fact that one day a friend mentioned to me about how it became increasingly more difficult to lose weight/prevent weight gain with each passing year. He chalked it up to*

the “fact” that his metabolism was slowing down with age, and that average working class Joes like “us” just can’t get into the shape we were in back in our late teens and early twenties. Time commitments, kids, jobs, stress, lack of sleep. All of these piling up against us, making it more difficult to ever get lean again. He figured, why not accept it and just let nature take its course.

That comment was a pretty good spark, besides the fact that working in this industry, I guess the expectation is that we practice what we preach. His remarks were quite contradictory to what I had learned about hormones, nutrition, regional adipose storage, supplementation, detoxification (and basically everything else under the sun) from attending Coach Poliquin’s Biosignature Modulation courses along with some of my personal reading/research. I thought to myself, whom should I believe here, one of the world’s foremost experts on training, nutrition, and functional medicine vs a non-health industry professional. Hmmm?

Doing a little more research it became evident that metabolism does not automatically slow down with age. There seem to be many factors affecting this, including loss of muscle mass, decrease in activity levels, hormonal profile, environmental toxin exposure, etc.... And with that, the gauntlet was laid down. I wanted to show some buddies that at 35 (or older), our metabolism doesn’t automatically slow down with age. That it may be more of a reflection of our lifestyle choices and our commitment to optimal health.

Dan: Is it true that you used lots of black marker, airbrushing and photoshop editing for your pics?



JS: (Laughs). I guess I had to expect some of this payback. Alright, you got me.

Dan: Back to your story. Once motivated, how did/do you figure out where to go from there?

JS: Simple. Step 1 should be an evaluation, in particular Biosignature, if you know it. The road map is the most important step to any journey. Without this crucial step, how does anybody know where they want to go or how to get there. 12 skin fold measurements with Harpenden Calipers and some data entry. This showed my starting body-fat percentage as well as target ratio sites, which reflected the hormone(s) I needed to target. As a practitioner I had learned from Coach Poliquin what I needed to do to correct these hormonal imbalances through proper training, nutrition, rest/recovery, and supplementation.

Dan: *Speaking of hormonal imbalances, is it safe to assume that your estrogen was high or testosterone low, as I have heard *The View* and *Gilmore Girls* take up most of the space on your home DVR recordings?*

JS: *Ouch! The cat's out of the bag. This coming from a guy who spends as much time as you do in Payless shoes talking with the staff about *Grays Anatomy* episodes.*



Dan: *Okay, let's get back to being serious. Now that you know where you were and what you needed to do to get to your goal, what is the next step?*

JS: *The first step here was once again, a roadmap. Yeah it is possible to go by the "feel", or skinfold measurements and mirror, but to be sure, keeping a food journal was a top priority for me. After all, how could I know where I had gone wrong with carb-ups, low calorie days, post-workout carbohydrate content, macronutrient ratios, and other factors. A simple decision to commit to a journal is one of the most important steps in this process. The one I used was an online journal called *The Daily Plate*, found at www.thedailyplate.com.*

Dan: *What did/does your diet look like?*

For years I have read research and heard lectures on cyclical ketogenic diets and their effect on fat loss. I felt this combined with Paleolithic nutrition strategies was the best approach to maintaining health, increasing fat loss and optimizing body composition. Understanding that insulin sensitivity can increase as calories/carbohydrates are depleted over time, I figured Sunday through Friday pre-workout would be low carbohydrate with calories decreasing to their lowest intake on Thursday. Carb-up would be on Fridays post workout to supersaturate the muscles/liver with glucose/glycogen. Monday and Wednesday post weight training carbohydrates would be allowed in the form of berries (for their antioxidant/Glycemic values) immediately after the workout and steel cut oatmeal/Quinoa pasta with lunch about an hour after workouts.

Tuesday would consist of post workout berries only, while Thursday would be no carbohydrate since there was/is no training. Friday would consist of a carb-up immediately following the weight training/strongman workout. The carb-ups varied as some days it seemed my insulin sensitivity was a reflection of the previous weeks carb-up. If I had a long carb up the week before, it seemed my carb-up could only last 8 hours without gaining fat, while on other weeks, if I had a relatively short carb-up the previous week I was able to carb-up for roughly 24 hours without accumulating fat. Typically, 24 hours was the max duration of the carb-up, while 6-8 hours was the minimum.

Saturdays once the carb-up was completed were mainly low carbohydrate, while Sundays were typically no or very low carbohydrate to get a jumpstart on increasing insulin sensitivity of the next week.

Dan: *I noticed there is no soy in your diet, so can you explain how you maintain your girlish figure?*

JS: *You're still mad about the time your OBGYN called here to confirm your yearly check-up. I mean, you can't keep blaming us for the confusion, as even frogs are now turning up with a set of each.*

Dan: *That's more what I expect from you. Let's get back to your diet. What did/does the typical macronutrient breakdown look like per week/day?*

This is a week's worth of my food journal. Notice the fat intake percentage! It is kind of funny that as my fat intake increased not only did I get leaner but my cholesterol levels got better. Definitely contradictory to everything we hear from our doctors and mainstream media.

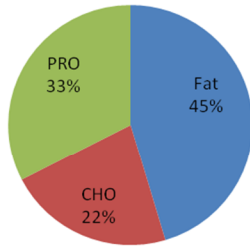
Another thing to note is the protein/fat in the mornings for breakfast. This is one from Coach Poliquin. Though many studies show increased insulin sensitivity in the mornings, do we really need carbohydrates at that time, as protein and fat can have a tremendous impact on mental clarity, hormonal balance, brain function, and long term energy. Why not save the carbohydrates for post workout after you have earned them and when they will be used to replenish muscle glycogen instead of being stored as fat.

*****Here is a sample of one week's worth of the interviewee's nutrition with macronutrient distribution*****

Monday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Wegman's Organic grass fed Organic sirloin Steak	4	480	14	260	180	0	0	0	92
Whole Foods (365) Pine Nuts (Raws)	1.5	285	29	0	0	6	2	2	6
Anceint Harvest quinoa Garden pagodas gluten free	2	410	2	0	8	92	2	8	8
Plainville Farms Ground Turkey 94% fat Free	3	480	21	180	255	3	0	0	72
Organic Avocado	1	289	26	0	0	15	0	12	3
Whole Catch Wild Alaskan Cod Fillets	2	180	1	80	160	0	0	0	40
Whole Foods Organic Broccoli Florets	2	20	0	0	12	4	2	4	4
Challenge Organic Butter	1	100	11	30	90	0	0	0	0
ON casein Protein	1	120	1	10	250	4	1	1	23
Fage Total greek yogurt	1	300	23	40	65	7	7	0	15
King Oscar Sardines, Mediterranean style	1	150	10	110	320	0	0	0	13
Whole Foods Raw Macadamia Nuts	1	220	23	0	7	4	1	3	2
Tree of Life- Organic Goji	1	110	1	0	130	25	15	5	4
Blue Berries Raw	1	84	1	0	2	21	15	4	1
Cinnamon	1	0	0	0	0	0	0	0	0
Metagenics Omega-3 Fish Oil Soft Gels	7	140	14	28	0	0	0	0	0
Ito En sencha Shot	2	0	0	0	40	0	0	0	0
Vibrant Health Green	2	88	2	0	100	14	2	6	6
Totals	34.5	3456	179	738	1619	195	47	45	289

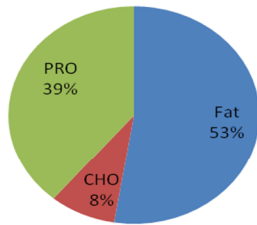
Macro Nutrient Distribution
(Percent of calories)



Tuesday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Whole Foods Market Alaskan Wild Caught Stockeye Salmon	4	240	12	96	72	0	0	0	30
Organic Avocado	1	289	26	0	0	15	0	12	3
Wild Harvest Organic Fresh Herb & Greens Salad	1.5	30	0	0	53	5	0	3	2
Whole Foods Market Organic Free Range/ No Antibiotics chicken Breast	3	375	4	195	218	0	0	0	78
Whole foods Raw Macadamia Nuts	1.5	330	35	0	11	6	2	5	3
Wegman's Organic Beef Strip Steak	4	520	18	180	160	0	0	0	92
Whole Foods Organics Broccoli Florets	2	20	0	0	12	4	2	4	4
Whole Foods Market roasted Brussel Sprouts	1	120	9	0	500	8	0	4	4
Challenge Organic Butter	1	100	11	30	90	0	0	0	0
Fage Total Greek Yogurt	1	300	23	40	65	7	7	0	15
ON Casein Protein	1	120	1	10	250	4	1	1	23
Cinnamon	1	0	0	0	0	0	0	0	0
Metagenic's Omega-3 Fish Oil Soft Gels	7	140	14	28	0	0	0	0	0
Ito En Sencha Shot	2	0	0	0	40	0	0	0	0
Vibrant Health Green Vibrance	1	44	1	0	50	7	1	3	3
Total	32	2628	154	579	1521	56	13	32	257

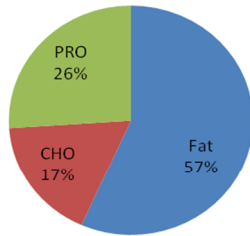
Macro Nutrient Distribution
(Percent of calories)



Wednesday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Organic Valley Organic Large Eggs	2	140	10	430	130	2	0	0	12
Great Range Bison Steak Medallions	1	180	3	65	75	0	0	0	37
King Oscar Sardines Mediterranean Style	1	150	10	110	320	0	0	0	13
365 Brand Roasted & Salted Fancy Mixed Nuts	1	180	16	0	65	6	1	2	4
Bob's Red Mills Steel-Cut Oatmeal	2	340	6	0	0	58	0	10	14
Trader Joe's Grassfed Angus Beef Ground Beef	2.5	675	53	175	188	0	0	0	50
365 Brand Roasted & Salted Fancy Mixed Nuts	1	180	16	0	65	6	1	2	4
Whole Foods Market Alaskan Wild Caught stockeye Salmon	4	240	12	96	72	0	0	0	30
Grilled Vegetables	1	350	0	0	0	0	0	0	0
Blue Berries Raw	0.5	42	0	0	1	11	7	2	1
Optimum Nutrition Nitrocore 24 Ultimate Chocolate	1.5	300	8	68	270	21	3	8	36
Tree of Life- Organic Goji Berries	0.5	55	1	0	65	13	8	3	2
Organic Avocado	1	289	26	0	0	15	0	12	3
Metagenics Omega-3 Fish Oil Soft Gels	1	20	2	4	0	0	0	0	0
Metagenics Omega-3 Fish Oil Soft Gels	5	100	10	20	0	0	0	0	0
Ultimate Nutrition Mct Gold	2	252	28	0	0	0	0	0	0
Vibrant Health Green Vibrance	1	44	1	0	50	7	1	3	3
Total	28	3537	202	968	1301	139	21	42	209

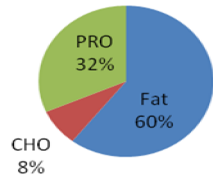
Macro Nutrient Distribution
(Percent of Calories)



Thursday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
365 Brand Roasted & Salted Fancy Mixed Nuts	2	360	32	0	130	12	2	4	8
Organic Valley Organic Large Eggs	6	420	30	1290	390	6	0	0	36
Nature's Promise Organic Olive Oil Cooking Spray	15	0	0	0	0	0	0	0	0
Olivia's Organics Spring Mix	1.5	15	0	0	90	5	0	3	3
King Oscar Sardines, Mediterranean Style	2	300	20	220	640	0	0	0	26
Member's Mark (Sam's) balsamic Viniagrette, Organic	1	70	6	0	360	4	4	0	0
365 Brand Roasted & Salted Fancy Mixed Nuts	1	180	16	0	65	6	1	2	4
Whole Foods Market Organic Free Range/no antibiotics Chicken Breast	3	375	4	195	218	0	0	0	78
Grilled Vegetables	1	350	0	0	0	0	0	0	0
Ultimate Nutrition Mct Gold	2	252	28	0	0	0	0	0	0
Metagenics Omega-3 Fish Oil Soft Gels	4	80	8	16	0	0	0	0	0
Coffee, Black	1	2	0	0	5	0	0	0	0
Cinnamon	1	0	0	0	0	0	0	0	0
Hood Heavy Cream	1	50	5	20	0	0	0	0	0
Wegman's Organic Grass Fed Organic Sirloin Steak	1	120	4	65	45	0	0	0	23
Vibrant Health Green Vibrance	1	44	1	0	50	7	1	3	3
Yerba Prima Physillium Whole Husk	1	15	0	0	4	5	0	5	0
Total	44.5	2633	154	1806	1997	45	8	17	181

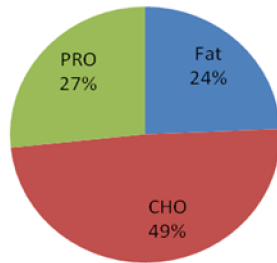
Macro Nutrient Distribution
(Percent of Calories)



Friday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Great Range Bison Steak Medallions	2	360	5	130	150	0	0	0	74
Organic Avocado	1	289	26	0	0	15	0	12	3
Coffee, Black	1	2	0	0	5	0	0	0	0
Hood Heavy Cream	2	100	10	40	0	0	0	0	0
Ancient Harvest Quinoa Garden Pagodas Gluten free pasta	3	615	3	0	12	138	3	12	12
Plainville Farms Ground Turkey 94% Fat Free	2.5	400	18	150	213	3	0	0	60
Ito En Sencha Shot	1	0	0	0	20	0	0	0	0
Wild Oats Spicy salmon Sushi	2	820	28	50	1420	122	20	28	22
Bob's red Mills Steel-cut Oatmeal	3	510	9	0	0	87	0	15	21
Optimum Nutrition nitrocore 24 Ultimate Chocolate	2	400	10	90	360	28	4	10	48
Beach Cliff Sardines- in water	1	150	8	115	230	0	0	0	19
Bob's red Mills Steel-cut Oatmeal	3	510	9	0	0	87	0	15	21
Optimum Nutrition nitrocore 24 Ultimate Chocolate	2	400	10	90	360	28	4	10	48
Tree of Life- Organic Goji Berries	2	220	2	0	260	50	30	10	8
Ancient Harvest Quinoa Garden Pagodas Gluten free pasta	1	205	1	0	4	46	1	4	4
Cinnamon	1	0	0	0	0	0	0	0	0
Tree of Life- Organic Goji Berries	1	110	1	0	130	25	15	5	4
Vibrant Health Green Vibrance	2	88	2	0	100	14	2	6	6
Total	32.5	5179	142	665	3264	643	79	127	350

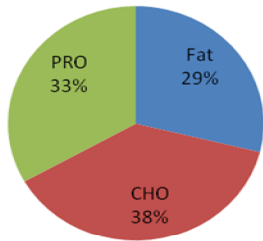
Macro Nutrient Distribution
(Percent of Calories)



Saturday

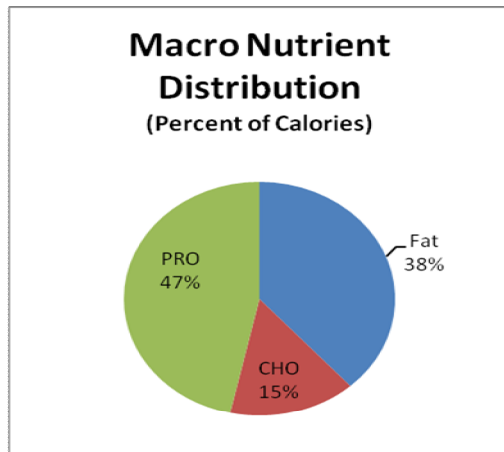
Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Bob's Red Mills Steel-cut Oatmeal	3	510	9	0	0	87	0	15	21
Optimum Nutrition Nitrocore 24 Ultimate Chocolate	1	200	5	45	180	14	2	5	24
Tree of Life- Organic Goji Berries	1	110	1	0	130	25	15	5	4
Organic Valley Organic Large eggs	2	140	10	430	130	2	0	0	12
Quinoa	2	320	5	0	20	58	0	6	12
Brunswick Herring Seafood snacks	1	130	8	65	460	0	0	0	16
Great Range Bison Steak Medallions	2	360	5	130	150	0	0	0	74
WHFoods Sweet Potato	1	95	0	0	10	22	16	3	2
Purely Decadent w/ Coconut Milk Chocolate Peanut Butter Swirl	2	420	26	0	80	42	24	12	6
Whole Foods Market Wild Alaskan Halibut Steaks	1.5	293	7	102	135	0	0	0	52
Whole Foods- Locally grown Green beans	2	88	0	0	2	20	4	8	4
Frey Natural Red organic Wine Red Organic Wine	2	160	0	0	0	0	0	0	0
Brunswick Herring Fillets	1	140	8	65	270	0	0	0	15
Metagenics Omega-3 Fish Oil Softgels	5	100	10	20	0	0	0	0	0
Vibrant Health Green Vibrance	2	88	2	0	100	14	2	6	6
Total	28.5	3154	96	857	1667	284	63	60	248

Macro Nutrient Distribution
(Percent of Calories)



Sunday

Food Item	Servings	Calories	Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Sugars (g)	Fiber (g)	PRO (g)
Great Range Bison Steak Medallions	2	360	5	130	150	0	0	0	74
365 Brand Roasted & Salted Fancy Mixed Nuts	1.5	270	24	0	98	9	2	3	6
Coffee, Black	1	2	0	0	5	0	0	0	0
Hood Heavy Cream	1	50	5	20	0	0	0	0	0
365 Organic (Whole Foods) Chunk ight tongol tuna- No salt added	2	120	0	70	100	0	0	0	28
Driscoll's Raspberries	1	60	1	0	0	8	0	0	1
Blackberry, Raw	1	62	1	0	1	14	7	8	2
Whole Carrots	1	25	0	0	40	6	3	2	1
Horizon Organic Organic Cottage Cheese	1.5	180	8	30	585	6	5	0	20
Whole Foods Market Organic Free Range/ No antibiotics chicken breast	3	375	4	195	218	0	0	0	78
Whole foods Market Roasted Brussels Sprouts	2	240	18	0	1000	16	0	8	8
Vibrant Health Green Vibrance	2	88	2	0	100	14	2	6	6
Metagenics Omega-3 Fish Oil Soft gels	7	140	14	28	0	0	0	0	0
Total	26	1972	82	473	2297	73	19	27	224



Dan: *Let's change gears and talk a little about your workout. What does your schedule look like?*

Our training protocol was/is somewhat minimalist with 50-55 minutes per workout, as optimal would be 2 a day workouts for increased protein turnover. When going for fat loss, we typically alternate between 3 weeks of 3 days per week training and 3 weeks of 5 days per week training. We try to stay as close to Coach Poliquin's recommendation of alternating accumulation and intensification phases as we can. During the accumulation phase a M,T, W, F, S (Tu and Sa are cardio, and M,W,F are weights) template works for our schedules, while M, W, F (Wpm Cardio and M,W,F, weights/strongman) worked for our intensification phases.

The accumulation phases had three weight training workouts combined with two 35-40 minute combination hard interval/fat loss zone cardio workouts, while the intensification phases consisted of two weight training workouts, one strongman workout, and one 25-30 minute combination interval/fat loss zone workout.

*****Below are the schedules, with examples of torso and strongman workout*****

Accumulation Phase:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 AM Chest Back Rotator Cuff Abs	AM: 35-40min Combination Intervals and Fat Loss Zone Cardio	11:30 AM Legs Calves	Off	11:30 AM Shoulders Biceps Triceps Abs	AM:35-40min Combination Intervals and Fat Loss Zone Cardio	Off

Sample Accumulation Phase Torso Workout:

Exercise	Sets	Reps	Tempo	Rest
A1: Neutral Grip Dumbell Bench Press	4	10-12	4010	60s
A2: Weighted Chin- Ups	4	10-12	5010	90s
B1: Dips	3	10-12	3021	60s
B2: Seated Cable Rows	3	10-12	4010	120s
C1:Seated External Rotator	2	8-10	4020	30s
C2: Trap 3 Lift	2	8-10	4020	45s
D1: Weighted Cable Crunches from Incline Bench	3	8-10	2020	60s

Intensification Phase:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 AM Upper Body	Off	11:30 AM Lower Body PM: 25-30min Combination Intervals and Fat Loss Zone Cardio	Off	11:30 AM Strongman Events	Off	Off

Sample Strongman Workout from Intensification Phase:

Exercise	Sets	Reps	Tempo	Rest
A1: 2.5in. Fat Grip Rack Pulls from 18"	3-5 warm up sets 1-2 work sets	3-5	10X0	180s
B1: Atlas Stones	4 (work up to max stone weight)	Set 1: 3 reps Set 2: 2 reps Set 3: 2 reps Set 4: 1 rep		180-270s
B1: Super Yoke	3	30 yards		20-60s
B2: Farmer Carry	3	30 yards		180-270s
C1: Backward Sled Drag	1	40 yards		

Dan: *From the looks of your calves I am sure nobody is all that interested in how you train them, so let's skip ahead to ab training. How much ab training do you do and what do you do for them?*

JS: *That's harsh. Not much to tell you the truth. Targeted ab training might take up the last 3-8 minutes of a workout, with somewhere between 4-6 or 7-12 reps depending on the exercise/phase. One of the guys here was an alternate on the Olympic diving team, so he has shown us some pretty good stuff as well. I would say the majority of our "core" work comes from strongman training, squatting, deadlifting, chin up/pull up variations, Olympic lifts, and overhead work. For abdominal definition, diet seems to be paramount.*



Dan: *We've covered nutrition and training, and I am sure there is really nothing very interesting about your rest strategies, so all that leaves left is your supplements. What did/do you currently take?*

JS: *The supplements I try to take daily include*

- **Digestive Enzymes:** *before each meal. It seemed I needed to take more with darker proteins and less with lighter proteins. Typically 3-4 with dark and 1-3 with light proteins.*
- **Multi Vitamin:** *I would take ½ to full serving of Poliquin's Ubernutrients.*
- **Zinc:** *After taking a zinc taste test I realized I was deficient in zinc. UberZinc by Poliquin was the obvious choice at 75mg per capsule, with 50mg Zinc Orotate and 25mg Zinc Aspartate. Dosages started at 2 bid for the first 3 weeks, then 2 bid for the next 3 weeks, and 1 per day for the last 4 weeks and on for maintenance.*
- **Magnesium:** *Once again UberMag by Poliquin was the best option. Ubermag contains 150mg of magnesium per capsule, with 4 types of magnesium (Magnesium Taurate, Magnesium Glycinate, Magnesium Orotate, and Magnesium Fumarate), so if one does not absorb one form, at least he/she can absorb one of the other 3 forms. At night*

before bed, I also used Poliquin's topical Mag. The topical magnesium does not have to pass through the digestive system as it is absorbed directly through the skin, thus ensuring that it is absorbed by the body.

- **Methylated B complex:** Once again Poliquin has the best product. 1 each morning with breakfast.
- **Vitamin D:** D3 Excellence. Each one is 5000IU.
- **Vitamin E:** Carlson E gems worked here.
- **R-Alpha Lipoic Acid:** Poliquin Yang R-ALA and Yin R-ALA to help with blood sugar maintenance and antioxidant support. 3 capsules first thing in the morning and 3 post workout or at night.
- **Probiotics:** 1 tablet of Rainbow Light ProbioActive 10B taken after each meal to support growth of beneficial gut flora, aid with digestion, and increase immune health.
- **Fish Oil:** Poliquin EPA-DHA 720 or Poliquin Opti-EFA liquid. Between 8-15g per day.
- **Co Q10:** Metagenics brand is one of the best.
- **Resveratrol:** Dosage depends on how I am feeling first thing in the morning.

Some of the additional supplements I may take if I am feeling run down or need an extra boost before a workout include:

- **Uber Vitamin C:** I took this if I was feeling run down or 4 hours pre-workout.
- **L-Tyrosine:** Pre workout if I needed an extra boost.
- **Green Tea Excellence** by Poliquin pre-workout if needed.
- **Reishi Mushroom:** 1200-1800mg w/ Topical Magnesium for sleep, or 1200-1500mg post workout.
- **Glutamine:** 5-60grams per day of Optimum Nutrition Glutamine or Poliquin Glutamine, depending on how I felt.
- **Greens mix:** Primal Greens by Poliquin or Green Vibrance by Vibrant Health once or twice per day.

I notice when my bodyfat decreases, there is a tendency to get colds/sinus problems much easier. To combat this, a great pre-bed combination I have used to wake up feeling great the next morning is Poliquin Uber C mixed with 10g glutamine in 8-12oz water. Along with this I take a Vitamin D (5000iu), 150mg Uberzinc, and 300mg Ubermag.

Dan: Well, that's about all the questions I had for you today. Thanks for sharing this info with your clients and readers.

JS: Anytime. Maybe next time I will be a little more prepared for the payback questions. By the way Dan, are you still bitter about being turned down for the stunt double role in the sequel to Brokeback Mountain?