NUTRI-FACTS

GET MORE ENERGY

April, Issue 1

WHERE DOES ENERGY COME FROM?

Look all around you, the weather is warming and plants are beginning to blossom; a clear and welcomed indication that spring is finally here. It's similar to what is happening in our bodies every single day of our lives. In the case of the plant kingdom, plants are unable to produce food over the winter so they go dormant, storing their food in the form of sap deep in the root system. As the sun warms the earth, the sap that was created the previous year is pulled up from the plant's root system to begin the cycle of converting this 'stored energy' into life.

As human beings, we are constantly eating and converting the foods that we eat into energy. Food is energy; more specifically carbs are energy. Like that mighty oak tree, we store our food, not in the form of sap but rather in the form of Glycogen, to be used as our body demands it.

WHAT IS GLYCOGEN?

Plants make their food in the leaves through a process called photosynthesis- the process of converting sunlight and oxygen into sugar. It then gets shuttled off to their root systems to be stored and utilized by all parts of the plant. The same thing happens to us (well, sort of). We eat carbs, and then our bodies convert this macronutrient into energy and convert the leftover carbs into Glycogen to be stored in our muscles and liver to be used when our body needs it.

THE RIGHT CALORIES

Our bodies are very complex and are constantly making adjustments. They transport the calories that you eat to be used for different purposes throughout your body. If you make mistakes in your diet (like eating too much fat or protein, or not eating enough carbohydrates) your body will make the adjustments it needs to maintain balance. Carbs are nature's primary energy source, so if your body is forced to utilize fat or protein for energy, something is being sacrificed in the process. If you consume the right calories (carbs) at the right time, you will save protein and fat for the very specific purpose that your body wants them for. A smart choice is to consume the right carbs - the slow-digesting complex carbs – over 5-6 small meals comprising 50-60% of your total calories, you will have sustained energy all day long. However, there is an exception to this rule...

THE EXCEPTION

There is always one exception to every rule. Immediately after exercise, our bodies need a fast-digesting simple carb, not a slow-digesting complex carb, to replenish the energy that we just burnt. This is a perfect time to have a liquid meal, like a Recovery Shake, replete with the nutrients your body needs to rebuild itself. Ingesting simple carbs, along with protein, after exercise keeps your metabolism humming and your energy level high. We guarantee that not one gram of the natural sugars from fruit will be deposited to your butt or love handles. Instead, it will be used to replenish the energy that you just burned.

EAT WELL!

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ONE WAY TO GET EVEN MORE ENERGY

We offer an add-in for our shakes, called Get Energized by swiig, to help you achieve your Performance Goals. This natural, whole-foods based supplement is a combination of six very powerful herbs that have amazing, energizing properties, which have been substantiated by science.

Ingredients, such as...

BEE POLLEN - Athletes often use this supplement to help increase their strength, endurance, energy and speed. Bee Pollen aids the body in recovery from exercise by helping return breathing and heart rate to normal. Bee Pollen can improve endurance following great exertion. It provides energy, stamina and strength as well as improving mental and physical reactions. Lecithin, an ingredient in Bee Pollen, increases the speed at which calories are burned and so it stabilizes poor metabolism and may lead to weight loss.

GINKGO BILOBA - There are many uses of the Gingko Biloba tree, including increasing circulation. Increasing blood flow to your muscles boosts the amount of oxygen, nutrients and hormones they receive. In addition, increasing blood flow helps remove waste products and toxins from your muscles. This promotes Recovery and growth.

ELEUTHERU (also known as Siberian Ginseng) - This herb is well documented for invigorating vital energy for more than 2000 years. It helps regulate key hormones in the body related to stress, endurance and overall energy levels. It is also a powerful analgesic (pain-killer), anti-inflammatory, antioxidant and reputed aphrodisiac.

WHITE WILLOW BARK - Willows have been used for centuries for pain relief and fever reduction. The leaves contain salicin, which the body converts to salicylic acid; the same compound that is found in aspirin. Other benefits are that it is an anti-inflammatory and may aid in your dietary goals.

GOTU KOLA - Not to be confused with Cola Nut, this herb has no caffeine. The active ingredients are known as Triterpenes. These substances are believed to enhance the production of collagen, which is found in cartilage, bones, and connective tissues. Triterpenes also help keep blood vessels strong and assist in producing essential neurotransmitters, the brain's chemical messengers. It is commonly used to rebuild energy reserves, improve memory, and treat both mental and physical fatigue.

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April, Issue 3

ENERGY

Our bodies were better fueled 50 years ago than they are today. The reason for this is that the majority of foods were not processed back then, they were natural, whole foods. After a long trend towards processed foods, the pendulum has started to swing in the other direction. For sustained Energy, nutrition has to be an integral part of your overall lifestyle and the daily choices you make. If you make poor (sometimes easier) choices and fuel your body with sugary foods all day, those carbs will allow you to train, but you won't have sustained energy to supply your muscles during an extended workout and you will end up fatigued. Without sufficient protein and its Branched-Chain Amino Acids (BCAAs) you won't be able to dampen the catabolic effects of exercise-leading to greater muscle damage. The payoff of good choices is that you'll be healthier and have more fuel in your tank all day, allowing for more productive workouts and a physique that's aesthetically pleasing.

THE KEYS TO ENERGY

Energy comes from calories. A hard training body builder needs to multiply his body weight by 20 to calculate the proper number of calories to fuel his body all day. On non-workout days, this number can drop to 18. Carbs are an important source of energy; consume 2-3 grams per pound of body weight daily. Protein is vital to both muscles and energy; take at least 1 gram per pound of body weight per day. Your remaining calories should come from fat; especially the healthy unsaturated sources.

EAT BREAKFAST

Breakfast is the second-most important meal of the day. Folks who eat breakfast are more apt to have high energy levels and less problems with weight control. After a night of fasting, the body is starved for nourishment. In this state (catabolic), your body is cannibalizing its muscle tissue to access glycogen (stored sugar) to keep energy flowing to the brain. By eating protein, carbs, and healthy fats within 30 minutes of waking up, you stop this catabolic process and save your hard earned muscle tissue.

EATING AFTER YOU TRAIN

The most important meal of the day. No matter what time of the day you train, your body still needs to be nourished within 30 minutes of your last rep. This meal should come primarily from fast-digesting carbs and preferably in a liquid form. Fast-digesting carbs at this time replenish your muscle's glycogen levels so your energy level and metabolism stay high throughout the day. Don't worry, consuming fast-digesting carbs at this time will not add one gram of fat to your hips. A great source of fast-digesting carbs (and Protein) is one of our nutrient-dense Recovery Shakes. Ask for more information at the Juice bar.

EAT OFTEN

Frequent eating keeps blood-sugar levels consistent, preventing a series of energy highs and lows throughout the day. Nourishing your body every few hours ensures that your muscles and your brain receive enough glucose and other nutrients.

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THE ESSENTIAL NUTRIENTS FOR ENERGY

Five Nutrients that beat fatigue, improve your workout and fight disease.

VITAMIN E

28% of you don't get enough. (15 mg/day). Vitamin E protects against heart disease and boosts immunity. When you work out, free radicals are released at an alarming rate. Antioxidants fight free radicals and Vitamin E is one of the most potent antioxidants.

Where to get it: Oils, Nuts, Seeds, Spinach, Broccoli, and well-fortified cereals like Total. Of course, the Core Supplement Get Recovered by swiig is a great source.

IRON

12% of you are deficient (@ 18 mg/day). Iron helps deliver oxygen throughout your body.

Where to get it: Try to include a few servings of lean animal protein each day (the redder the better). Beef has more iron per ounce than chicken. Also, Spinach, Beans, and Apricots are good sources.

POTASSIUM

Most consume less than 50% of the USRDI (@ 4,700 mg/day). Potassium aids in muscle contraction and regulates fluid and mineral balance when you sweat. Most are not eating enough fruits and vegetables to get the required amount.

Where to get it: Bananas (of course) along with Figs, Tomato Puree, Soya Flour, Apricots, Raisins, All-Bran and Wheat Germ are easy sources.

MAGNESIUM

Most ingest 72% of what you need each day (320 mg/day). Magnesium is essential for energy production and muscle function.

Where to get it: Pumpkin, Halibut, Quinoa, Almonds, Spinach, Buckwheat, Tuna, Oat Bran and Tofu can help provide the necessary magnesium.

Where to get it- Pumpkin, Halibut, Quinoa, Almonds, Spinach, Buckwheat, Almonds, Tuna, Oat Bran, Tofu

ZINC

Less than 50% are getting enough (@ 8 mg/day). Zinc is essential for regulating your metabolism.

Where to get it: Legumes, Pumpkin Seeds, Muesli, Cheddar Cheese, Fruit Yogurt, Peanut Butter, Figs, Orange and Almonds all contain Zinc.

NOTE- SOURCES FOR THIS INFORMATION ARE CREDITED TO FITNESS MAGAZINE, KAREN ANSEL, R.D.

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