

# SCS FIT & HEALTHY

*The True Path to Health, Fitness & Longevity*

## SCS FAST FACTS

### Did You Know?

#### Intervals vs. Moderate Cardio Training



**Interval Training Burns More Fat** and increases fitness far better than

moderate cardiovascular exercise. Study participants increased fat utilization, aerobic capacity, and enzyme activity in the muscle after 40-minutes of exercise.

(University of Guelph, 2007)

#### Avocados Lower BP?

**Potassium deficiency** is one likely cause of high blood pressure, but the great news is that increasing your daily potassium intake through foods like avocados is a simple way to naturally lower it and keep it low!



#### Get Rid of Back Pain

**This study showed a 60% improvement** in pain and function levels for people with chronic backache who completed a 16-week exercise program of resistance training using dumbbells, barbells and other load-bearing exercises.

(University of Alberta, University of Regina Joint Study, 2008)

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## "Listen to What Your Cravings Are Telling You..."



### WHY YOU CRAVE, WHAT YOU CRAVE...

**W**hy is it that some people become ravenous when it comes to snacking between meals, after dinner, or simply being unable to live without a few of their favorite foods?

Some people crave sweets and others need a salty or savory taste... You're probably more familiar with the specific craving manifestations like chocolate, ice cream, coffee, candy, soda, pretzels, or some other food.

***So why is it that some people crave these foods?***

The truth is that there can be a REAL physiological issue going on. This means the body is literally trying to tell you something in its own weird way. The strange thing is that many of these

items are actually foods we may have a sensitivity to, but are drawn to for various reasons.

**Those reasons typically all revolve around what the body (and mind) may be missing.** For example, many people with low blood pressure or blood sugar crave chips (salt) or pretzels (starch/sugar), which satisfies their need to increase electrolytes or glucose in their blood. These processed carbohydrate snacks provide a spike in blood sugar and blood pressure quickly relieving their fatigue.

Coffee works in much the same way, but involves a more complex *(continued on pg. 2)*





## Hydrate to Health

**U**nderstanding water's importance to the body and the need for proper hydration should help your dedication to your overall health and fitness. Water is responsible for cell membrane health and growth, toxin removal, healthy skin condition, proper digestion, blood sugar regulation, immune function, homeostasis and even contributes to mood and energy. Without water, our bodies would not have the sufficient fuel to function at an optimal level.

It is important to understand that just because you are not medically dehydrated, does not mean you are actually hydrated to a healthy and beneficial level. Cell membranes with less water than they need will ultimately put more stress on other organs, therefore, preventing your body from running as a productive unit. **Our bones are 22% water, blood is comprised of 80%, our muscles and brain are about 70% each, and our lungs are an impressive 90% water!**

We all wake up dehydrated and coffee only adds to that. Starting the day with a glass of warm water and some lemon will jump start your liver and rehydrate you. Throughout the day, carry a liter bottle to track your daily consumption. As an average, adults should consume half their body weight in ounces of water per day. And, when possible always choose natural spring water!



**by Julia Hayes, CPT**  
Julia Hayes is a nationally certified personal trainer and specializes in nutrition & wellness coaching. Julia is also a 2013 licensed integrative nutrition coach candidate.

# Listen to Your Cravings...

*(continued from cover pg)*

process that forces your body to produce adrenaline (epinephrine) and cortisol for a rapid pick-me-up.

**Soda, like Coca-Cola or Pepsi** (either diet or regular), **has also become an addition for many people.** You may not know this, but the true addiction isn't just from the caffeine in these beverages. It also comes from the syrup, sugar, and minerals (like phosphorus) in the soda, which thickens the blood and adds more electricity to the system.

This is another reason why I see so many low blood pressure and low blood sugar clients have such a hard time giving up their soda. **Until they replace what their body is missing** they will have a craving, or strong addiction to soda or a salty substitute, which provides their body with what they are lacking.



**What about chocolate?** The funny thing about chocolate is that it contains fat, sugar, caffeine, and minerals all in one food source! This allows it to fulfill many different needs that the body is crying out for. For example, did you know that many people who crave chocolate may actually have a magnesium deficiency? It's amazing to watch people's "emotional-based" cravings disappear when they're given a magnesium supplement or get their digestion working properly again in order to better absorb this mineral..

**Do I believe there are emotional based food cravings?** Absolutely... However, until you rule out it isn't just your physiological needs telling your brain you **MUST HAVE** a certain craving food I wouldn't bet on it... Remember, **the emotion has to come from somewhere** and if you don't remember where or why you

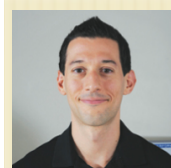
began craving particular foods, then it may be your body signaling you to eat certain items for a "quick fix."

Please keep in mind that just because you crave these foods **doesn't mean they are good for you.** Typically, they're just easier to assimilate since they're processed and contain a fair amount of sugar mixed with minerals which can be quickly rushed into your blood stream, hence the "quick fix."

The good news is all that of this can be corrected and if you've been battling weight or health issues and feel your food cravings are holding you back from reaching your potential, there is something you can do about it.

**It all starts with being able to break down and assimilate the foods you consume.** You see, most people do take in enough protein, fats, carbohydrates, vitamins, and minerals to sustain their body. However, due to years of poor eating and medications you may not be able to fully absorb the nutrients in your food.

To remedy this you must regulate your blood sugar, reduce inflammation, and correct your digestion. You can do all this by focusing on eating real food as seen in nature. You should begin to eliminate inflammatory foods and support your digestion. This may mean something as simple as sipping hot ginger tea during a meal, or it could be more therapeutic and involve HCL, enzymes, probiotics, and bile supplementation. We'll cover more of this in future articles, but for now begin to recognize what your crave!



**by Stephen Cabral, CSCS, CPT, NS**

Stephen Cabral was awarded "2011 Personal Trainer of the Year." He has published 2 books and over 1,100 articles on health, nutrition, fitness, and weight loss. He is also the founder of Stephen Cabral Studio and StephenCabral.com online training.



**Most "Likes" on Facebook**

There is no set amount of time you "should" work out. It's safer to progress than regress. 30 mins can be enough if the intensity matches it! I personally need a little longer most of the time. It is important to note that somewhere around 45 mins of maximal output (this varies for everyone individually) cortisol levels will rise and your body will start to breakdown muscle and oxidation will occur. When I design programs, I generally have people work out harder for shorter periods of time to maximize this anabolic (muscle building) window. Stick to interval style cardio and resistance training to get the most bang for your buck!

by Julian Cardoos NS, CPT, FMS

**Most "Comments" on Facebook**



Find ways to say "thank you" more often, even in difficult circumstances. Being able to appreciate life's twists and turns with faith and gratitude will keep your heart a little lighter and your mind and soul healthier. Create more positivity in your life.

by Julia Hayes, CPT

**Most "Views" on Facebook**

Spice up your life! Incorporating spices such as saffron offer a host of benefits to your health while also improving your waist line. Preliminary research suggests that saffron regulates appetite, supports the liver, enhances energy, and boosts mood. Pretty impressive for one little spice. Add it to meals or research supplements that provide saffron extract.



by Chris Carreiro, CSCS, CPT, FMS

**Most "Shares" on Facebook**



Growth hormone is a fat burning, muscle building hormone. One of its key functions is to build up cartilage and collagen. It is stimulated by protein intake and intense exercise (not light exercise). its peak production is early at night while you sleep. Eating before bed can lower production. Try to limit big meals before bed if you do not want to lower your growth hormone production.

by Julian Cardoos NS, CPT, FMS

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**STEPHEN CABRAL STUDIO NEWS...**

**Daily Tips**

Did you know you can receive daily tips from the SCS team? Every day one of our team members posts a health, fitness, or nutrition tip to our Facebook page, SephenCabralStudio. You can also read more in depth weekly articles at StephenCabral.com by signing up for the free newsletter there. Check in today and get your daily SCS motivational dose!



**SCS Continuing Education...**

This past month the entire SCS Team went to a 1-day industry event to catch up on what other elite coaches are doing to get their clients exceptional results. Plus, Chris Carreiro just recently graduated with his MA as a wellness coach and Julia Hayes is finishing her program as a certified health coach. Stephen Cabral is also completing his last year of his doctoral degree in Naturopathic Medicine.

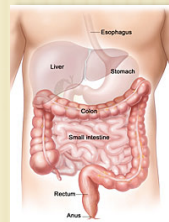
**Comments? Questions? Suggestions?**

We're always looking for ways to better serve our clients, so please feel free to send us an email at [results@stephencabralstudio.com](mailto:results@stephencabralstudio.com) with your feedback!

**Product Review**

**Your Inner Army**

Did you know that you have more bacteria in your gut than cells in your body? With 70% of the immune system located in the gastrointestinal tract, your gut is your primary defense against foreign invaders, working hard to distinguish between which food substances are beneficial to the body and those potentially detrimental.



An imbalance of gastrointestinal flora (i.e. bacteria) may lead to antibiotic associated diarrhea, irritable bowel syndrome, inflammatory bowel disease and Crohn's disease, food allergies, psoriasis, eczema, autoimmune disease, and chronic yeast infections.

Taking a probiotic (Greek meaning "for life") supplement is a powerful way to boost your immunity. Here are some key points to consider when evaluating which probiotic supplement you should take:

- 1) Research:** Choose strains of bacteria that have been well-researched. For example, lactobactobacillus acidophilus NCFM and bifidobacterium lactis BI-07 have been shown to provide well-rounded GI support.
- 2) Potency:** Look for probiotics that contain billions of colony forming units (CFU).
- 3) Stability:** Are you aware that probiotics can't survive the pasteurization process. Therefore, eating yogurt is not an efficient means of improving GI floral balance. Look for guarantees of shelf stability and expiration.

By following these important guidelines and taking a proven probiotic supplement daily, you lay the foundation for optimizing GI function and improving your overall health!

Jones, D (ed). (2005). Textbook of functional medicine. Boulder, CO: Johnson



**by Chris Carreiro, CPT, CSCS**

Chris Carreiro is a nationally certified strength & conditioning specialist and personal trainer.

Chris also has his MA as a Wellness Coach.

# Foam Roll for Flexibility & Injury Prevention

**T**ake that foam roller out of your closet and dust it off. Research shows that you will not become more flexible through osmosis.

It dramatically increases the healing process from the stress produced from exercise and can substantially reduce the likelihood of injuries by returning the muscle to optimal tension.

Foam rolling, or self-myofascial release, is the act of using a cylindrical piece of foam to roll out tension in a muscle. The weight of your body creates pressure as you roll through the length of the muscle. This is essentially a self-applied massage. Most people do know this now as foam rollers have been prevalent for about 10 years. What most people do not know is why this is so important...

As you roll through the fibers of the muscle and release tension you are also increasing blood and oxygen flow to that area. This shuttles critical nutrients that will dramatically increase the recovery of that muscle. Equally as important is the neurological benefit of rolling. Each muscle has a certain level of extensibility and

pliability, which is lost when tension builds and adhesions, or knots, form.



Foam rolling is the most efficient at changing flexibility by triggering

what is called the "pressure reflex" of the muscle. Within each muscle, a receptor known as the Golgi Tendon Organ is responsible for telling the muscle to relax when there is too much pressure. This is a safety mechanism to prevent strains.

The goal is to roll on a muscle and search for the tender or firm spot. Hold on that area until this "releasing" mechanism occurs. It may take 45-90 seconds.

Static stretching is what most people are accustomed to doing. This is holding a stretch for an extended amount of time. When done after exercise, it has been shown to reduce soreness following a workout, but is not very efficient at preventing injuries during exercise or increasing one's overall flexibility. Foam

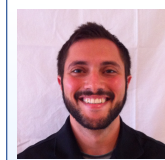
rolling does both and the sustainability of it is far greater.

Static stretching, although it may feel good at that moment, also is not capable of triggering the "releasing" mechanism of any adhesions in the muscle.

Therefore, it is ineffective at substantially changing the elasticity of the muscle. This means that static stretching is not useful before exercising or effective at regaining flexibility if you have adhesions.

If maximizing time is critical to you, ditch the static stretching before the workout. Foam roll each tight muscle for 45-90 seconds and then follow with some active stretching. Save the static stretching for after the workout.

In a future article, I will detail the benefits of active and dynamic stretching. Until then, roll out!



**by Julian Cardoos, CPT, NS**

Julian Cardoos is a NASM certified personal trainer and Manager of Stephen Cabral Studio. He specializes in

postural biomechanics and helping clients achieve lasting weight loss results.

## SCS SUCCESS STORY OF THE MONTH



### George Baxendale

#### Weight Loss

- \* Lost 43 lbs. in 12 weeks!
- \* Lost 88 lbs over the year!
- \* Lost 27% body fat!

#### Inches Lost

- \* Lost 15 inches off his waist alone!

#### Other Improvements

- \* Dropped 11.2 pts off his BMI!
- \* Back to high school weight!
- \* Gained core strength and got rid of low back pain!

### "Lost 88 lbs. in 9 Months!"

*George's weight had ballooned to a high of 303 lbs at the beginning of the year and he was determined to make radical changes in his lifestyle. Over the course of 2012, he lost nearly 90 lbs, 15 inches off his waist, 11 full inches off his hips, and nearly 27% body fat. From September to December alone, he dropped 43.4 lbs, reduced his waist 6 1/4 inches and hips by 4 3/4 inches, and lowered his body fat by over 12%. He is now at a weight he hasn't seen since high school and feels better than ever. Following an intensive core-strengthening program, George no longer experiences back pain. Overall, he is thrilled with the amazing results he has achieved and remains motivated to continuing making progress in 2013!*