

NUTRITION & SUPPLEMENTS

101

You've seen the transformations, now learn how I use the most commonly overlooked secret in fitness to get these amazing results!



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Hey there! Thanks for downloading my 'Nutrition and Supplements 101 eBook! If you follow me or any of my posts you know that this is something I am insanely passionate about as it has changed my body and my life in a huge way. It is one of my favorite topics to research and discuss and I have spent years studying and applying different principles with myself and my clients to find out the best way to shred fat, build muscle and most importantly, stay healthy.

So what is MY philosophy on nutrition and supplementation?

As I explained on my website, there are so many different objectives for "getting in shape." What is ideal for health is not always ideal for fat loss and vice versa. My philosophy with health and nutrition has always been to use the HEALTHIEST approach to fat loss possible; using diet, exercise and supplements to speed up the metabolism, increase lean muscle and accelerate fat loss. I have learned that while some of the "quick fix" methods and programs out there do produce results, they are almost always short lived and often do much more damage than you think.

The good news is you don't need quick fix or extreme diets to get results.

With the proper knowledge and guidance you can get the body of your dreams and feel absolutely amazing without sacrificing your metabolism or your health. Not only have I done it with all my clients, I've done it myself and I am going to explain to you one of the pillars of my programs in this eBook.

Let's start with one of the most frequent questions I run into ALL THE TIME.

Do I think supplementation is necessary?

ABSOLUTELY. You hear people saying things like you don't need supplements if you eat whole foods, etc. But the truth is, this couldn't be farther from the truth! I'm not saying it's not important to eat a healthy, balanced diet of real whole foods, because it absolutely is, but there are many reasons you absolutely NEED to supplement with certain nutrients- in addition to a healthy diet.. And these reasons are not just your fitness goals but for your health, too.

Why are supplements so important?

First, the food today is not anywhere near the quality of foods we used to have. Between soil degradation, GMO's and tons of chemicals and pesticides, food has lost so much of its nutritional value and in certain instances it actually works to leech nutrients from our bodies to help remove all the toxic chemicals present.

MOST COMMON RESPONSE TO THE ABOVE STATEMENT: But what about organic? Yes, I absolutely encourage you to purchase organic and non GMO foods when possible. Unfortunately, there aren't many governing bodies inspecting "organic" farms so we have to go by the farmer's word they are following the organic foods farming standards. It's for this reason I highly recommend taking a number of different supplements to make sure your body has all the vitamins and minerals it needs to function and run your metabolism properly.

Secondly, let's talk about STRESS. We all have stress and much more than you are aware of! Work, family—life In general. Our current lifestyles are extremely demanding with so much going on and our bodies take the brunt of it. Stress is the underlying factor which can make a healthy person's metabolism go haywire, yet it's so often overlooked.

I am going to explain, and in detail, just how it affects you and your metabolic potential.

So, what exactly is stress? This is where most people have a misunderstanding of what stress really is and how greatly it affects our physiology. Whether it's physical, emotional or physiological stress, our bodies interpret it all the same exact way: A STRESSOR! In addition to our everyday stress, training the way we do is not exactly the most natural thing to do to our bodies either. Considering our genes haven't changed since they evolved 50,000 years ago when we were hunters and gatherers, the one thing that definitely DID change was our lifestyles. For example- you didn't see cave women doing marathons and running around lifting boulders and doing bikini contests. Humans at that time rarely exercised and when they did it was either walking or super high intensity bursts of energy followed by long rest periods. This is how our bodies are genetically DESIGNED to move and understanding this concept is the key to unlocking your metabolic potential.

While physical exercise is absolutely healthy and essential, the type of training necessary to get a lean and toned look (like a bikini fitness model) can actually can be stressful to our bodies if we don't take care of it and do the right thing. The right thing in this instance is taking precautionary measures to make sure it has all of the nutrients it needs to function properly, without causing metabolic damage. Let's take a look at why.

METABOLISM 101:

Our bodies are one big chemical reaction. Just like you learned in chemistry class:

A + B = C

What do you think happens if you don't have B in the equation? Exactly, you don't get C! For purposes of your metabolism, "B" is things like vitamins, minerals, proteins, enzymes—these nutrients act as catalysts and are the foundation of your metabolism which determine if it's going to run like a supped up Ferrari or a an out of gas 1980 pinto with a dead battery. And we both know we definitely don't want the latter.

So How Do We Avoid This?

We already know our food quality is far from ideal and stress depletes our bodies of all these key nutrients necessary for our metabolisms to run efficiently. But let's take a closer look at the impact stress actually has on our body because this is where you will learn exactly WHY supplementation is so critical for metabolic health...

RAWR! You're a cave woman just walking along the river looking for fish and out jumps a saber tooth tiger! Your body immediately goes into a fight or flight response and starts operating to give you enough energy to fight this crazy beast or run for your life. Your adrenal glands start pumping, setting off a cascade of hormonal events that actually signals your body to stop digesting food and shunt blood from the intestines to our arms and legs because we need our extremities to have as much energy as possible. Next, it floods the body with blood sugar, making sure it has a constant

source of fuel and subsequently immobilizing all of our metabolic functions because our main focus is to fight the tiger or get the hell out of there!

Fast-forward fifty thousand years—now and days, we aren't running from saber tooth tigers. Instead, we are under daily- and sometimes hourly- CHRONIC stress. And, remember, our bodies interpret ALL stress the same exact way. Whether it's running from a saber tooth tiger or just being annoyed at a slow driver, our annoying boss, unruly kids (or husbands) and so on—our adrenals are still operating the same way: HIGH GEAR. This wears our bodies down and, as you learned, totally disrupts our metabolic functions. What do you think happens when your body shunts blood to your limbs and stops digesting food? Exactly.

Poor digestion = poor nutrition = deficiency = metabolic catastrophe

Not only are you not getting the nutrients you need- the partially digested food is now rotting in your gut which can cause a TON of problems in itself—including leaky gut and systemic inflammation to name two. You can easily see how this process depletes us of essential nutrients and, if left unchecked, can ultimately lead to massive metabolic damage. And, trust me, I've seen it over and over again! Along with my husband who is a wellness physician, I previously owned and operated two health clubs where we specialized in metabolic damage. Through the programs we ran, I was able to work with hundreds of clients, both in personal and online, all who have some form of metabolic damage—and it all boils down to one thing: DEFICIENCY.

As a thank you for reading this eBook, I will be happy to make you a customized supplement plan which will best suit your needs. Email me Theresa@bikinibossfitness.com and I will send you my metabolic and nutritional profile to fill out (e-sign) which helps me to identify if you have any underlying deficiencies or hormonal imbalances so your body can burn fat more efficiently.

THIS IS WHERE SUPPLEMENTS COME IN

The best way to ensure your body has what it needs to function at its highest level, physiologically, is to take certain supplements we KNOW our body needs to metabolically function. As I explain to my clients, there is no point even starting a fat loss program if you're not making sure your body has what it needs to even burn fat! Trying to supercharge charge your metabolism and burn fat without the right nutrients is like trying to win a NASCAR race with an empty tank of gas; it's just not going to happen. Like we saw in our chemistry lesson, if we are missing key nutrients necessary for our bodies to work properly- it's unable to function optimally; end of story. There are certain supplements essential for health, some essential for fat loss and then there is sports performance. Since health is the foundation of the latter two, I'm going to start with the fundamentals and discuss them all respectively.

NOTE: Regardless if you decide to purchase the 1stphorm products I am recommending, you absolutely need the nutrients I am discussing, so just make sure you do your research and source out an equivalent brand. One of the best investments you can make for your health and fitness is in quality supplements, so this is not an area I would recommend being a cheap skate. If a product is dirt cheap it's always for a reason. I would never put my name on or endorse anything I felt wasn't the absolute best, end of story. When you have been in the health in fitness industry as long as I have, you learn quickly there are thousands of supplement companies claiming their products are superior but only a few can actually back it up. Choose wisely.

1. Multi-Vitamin: YOU ABSOLUTELY NEED TO TAKE A MULTI. We now know our bodies are

like a big chemical reaction. If we aren't getting the ideal amount of nutrients from food, and our digestion is frequently impaired, how do you expect your metabolism to preform optimally? Exactly. That's why it's critical to take a quality multi-vitamin. THIS IS THE FOUNDATION FOR YOUR METABOLISM. If you only had the money to purchase one supplement, I would tell you this is the one you should take. Remember, our goal is to win the NASCAR race, we need to have gas in our tank before we can start supercharging the engine. As any supplement expert can explain, it's very difficult to press a ton of different ingredients into one little block which is why it's best to look for brands that use capsule form. If you pick up the bottle and shake it and it sounds like rocks, set it back down and walk away. Your body isn't going to be able to digest them effectively and it's a waste of your money. Secondly, like the 1St Phorm M-factor goddess multi, look for a neutraceutical multi-vitamin formula. Neutraceutical vitamins contain additional nutrients like antioxidants and enzymes for maximal health benefits plus they're usually chelated for better absorption.

2. Omega 3 fish or krill oil: Omega 3 fats are critical for health and are used to make every single cell in our bodies. When I say every single cell, I'm being literal; your hair, nails, skin, nerve, organs and muscle. Our bodies are always in demand of omega 3 fats. Most people's diets are generally deficient in omega 3 and high in omega 6/9 which can cause inflammation, so it's not only essential but critical to supplement with omega 3's to bring proper balance back and regulate your hormones. Personally, when making my client's meal plans, I include omega 3 fats as at least 1 or 2 servings of liquid fat

per day. Do not be afraid to take more than the label of bottle recommends—you absolutely cannot overdose! It's a type of fat- not a pharmaceutical. If you're deficient in Omega 3 fatty acids, your body is going to use the little bit that you have for your brain and nerve cells. This is not good because all the other tissues, like muscle cells, will be deficient. Why is this important to your goals? Think back to chemistry class—the diagram of the cell with the cell membrane, nucleus and cell wall. Well, that cell wall is the way nutrients like proteins and carbs are carried into the cell. So any deficiency of fatty acids affects the permeability of the cell wall making it difficult for nutrients to move across. Poor nutrient delivery = poor metabolism = poor results. It's extremely important to make sure the omega 3 you take is not only manufactured properly to keep the integrity of the fat, you want to make sure the ratio of DHA/EPA is most beneficial to you. I take the 1stPhorm Full Mega because it's the maximal amount of these two omega 3's at the proper ratio and I know it's manufactured properly because it's made in an FDA approved lab.

3. Vitamin D: It's not just for your bones! Vitamin D is insanely important for immune function and regulating all mineral uptake in the body. Between living in doors and the wide-spread use of sunblock, most people don't get nearly enough sunlight to support natural production of Vitamin D in the body so a supplement is absolutely recommended. **YOU CANNOT HAVE PROPER IMMUNE OR HORMONE FUNCTION WITHOUT IT.** Make sure to get it in drop form vs. pills because it absorbs more effectively.

4. Adrenal Support: As we know, the adrenals take on the burden of our everyday lives and

chronic stress, causing them to constantly pump out adrenal hormones which can lead to adrenal fatigue and a host of other issues as we discussed earlier in this eBook. You have got to make sure you're doing everything possible to support and protect your adrenal glands as they are literally the inception of ALL metabolic problems. Most people don't know this, but thyroid damage and conditions like hypo-thyroidism are actually a symptom of a hyperactive stress response from your adrenals. Obviously, it's impossible to avoid stress completely so the best thing we can do is to make sure we taking the steps necessary to protect our adrenals. A supplement I recommend to every single person on this planet is Adrenal Restore. If your adrenals aren't working properly, your fat loss potential is going to be severely hindered- if not rendered completely futile. This supplement is proven to help prevent and treat adrenal fatigue at its origin, and the ingredients come together to aid in the production and release of the proper ratio of adrenal hormones into the body.

5. Thyro Drive: As I mentioned, thyroid disturbances and malfunctions like "hypothyroidism" are actually a symptom of underlying issues caused by both adrenal fatigue and nutritional deficiencies. Remember, if our body doesn't have the correct nutrients it's unable to function properly; this goes for your thyroid, too. Thyro drive is essentially like a multi for your thyroid, formulated with essential and specific vitamins, minerals and herbs to restore thyroid function and increase your metabolism. And trust me when I tell you, it works! I take this myself and you can actually feel your metabolism increase. You will feel hungrier and warmer because your metabolism is going to pick up and work more efficiently to burn calories and speed up fat loss.

6. Essential Amino Acids. One of the biggest problems most women face is not eating enough food and even more so enough getting enough protein. Protein is not only the building blocks of muscle, it's the foundation of many metabolic processes and used to transport nutrients in and out of your cells. Protein deficiency= metabolic deficiency. This is not helpful when we are trying to burn fat and shape our bodies. Yes, I know—you are busy and it's hard to stick to such a rigorous eating schedule. Trust me, I get it. While I encourage you to eat whole foods several times a day, there are times when you just cannot do so. This is where this supplement comes in. Any time you go beyond a 4 hour time period without food, specifically a few key essential amino acids, your body switches into a catabolic state. What this means is your body starts to use protein for energy and starts tapping into protein stores which can have a massive effect on our lean muscle mass. As hard as it is to build muscle, the last thing we want to do is waste it away; especially because muscle is our metabolic machine that burns fat and uses calories even at rest. Eating a protein rich meal every few hours is ideal to avoid this however the most important part of this concept is getting in essential amino acids every few hours. Since a lot of us have periods where life gets in the way and we don't have food, I always recommend an essential amino acid supplement like

Anabolic bridge to make sure your body is getting what it needs to keep your metabolism working as efficiently as possible. I personally, keep it in my purse for these types of occasions.

Getting results the right way is not rocket science, it's simply understanding our physiology and what the body needs to work right. Our bodies are an incredible machine and it's pretty remarkable what happens when we give it what it needs. There are a few other important supplements to discuss in regards to sports nutrition and training but I wanted to first discuss the essential ones you should be taking to get the best results both with BOTH your health and fitness. Focusing on sports nutrition without taking into account your metabolic health is equivalent to building a house without a foundation: It may stand for a minute or so, but it will ultimately become weak and collapse.

I hope you learned a ton and have a better understanding of supplementation and why it's vital to any successful fitness or fat loss program.

Theresa xoxo

As a thank you for reading this eBook, I will be happy to make you a customized supplement plan which will best suit your needs. Email me Theresa@bikinibossfitness.com and I will send you my metabolic and nutritional profile to fill out (e-sign) which helps me to identify if you have any underlying deficiencies or hormonal imbalances so your body can burn fat more efficiently.