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Introduction

So what's different about **The 21 Day Roadmap to Health?**

It gives you 21 days of real life tools and techniques we currently use when beginning with our own personal clients that deliver proven results.

No nonsense, just 21 days of what's best for you – no filler, no 'latest trends' that don't work. It's the best of what we've found in our experience in the past 10 years of day to day life at the leading edge of the health & fitness profession, refined, distilled and crammed into a format that works for you.

Why 21 days?

It is often said it takes 21 days to form a new habit and, in our experience, it's a short enough time to be able to commit to and long enough to see and feel a noticeable difference.

Results are the key – and by buying this book you've made a perfect start to seeing some real and meaningful changes, not only in your body but also in your energy levels, mental clarity, positivity and overall vitality.

The secret to achieving *your* ideal weight is by controlling your metabolism through a 3 dimensional synergy.

We firmly believe that success in achieving your health and fitness goals depends on a 3 dimensional synergy that includes:

- The right mental approach
- Functional exercise
- Supportive nutrition and lifestyle that includes detoxification

So what is metabolism?

Metabolism is the rate your body uses fuel. It's your internal thermostat. Therefore to burn excess body fat you'll want to have an engine that chews up petrol like a supercharged V8 Holden Commodore (for those who don't know that's a big gas guzzling Aussie car).

At 3D PTS we've designed an approach that combines all the aspects essential for optimal health and fitness, including controlling your metabolic rate, into a single approach, or synergy.

Synergy is "the interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects".¹

You've probably heard the phrase 'The whole is greater than the sum of its parts'



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and this why our synergistic approach works – if you take nutrition on its own and follow a diet it probably won't give you optimum health on its own, especially in the long term.

You can be active and fit, run long distances and so on but if your nutrition isn't right you might not be that healthy. Fit yes, healthy no, depending on what you eat.

It's the same with your mind – getting into a positive and happy frame of mind is one of the best things you can do, but without the right exercise and nutrition ideas to put thoughts into action there's only so much you can achieve with your mind alone.

To achieve real and sustainable success there must be, to some degree (depending on where you're starting from and where you want to end up) a change in the way you eat, exercise and think – it's by making sometimes small changes in each of these areas that we can achieve really powerful results.

Our approach has proven successful in **every** case when followed.

Ok so we've talked about us, but to answer the question 'So what's different about **The 21 Day Roadmap to Health?**' we need to take a look at what else is going on in health & fitness today.

There are millions of health and fitness books out there including:

- Books on the latest fad diets that often contradict the last 'diet best seller'
- Books on new forms of exercise not taking into account where *your* body is at
- General weight loss books written by 'experts' re-hashing tools taught to them in college, such as the food pyramid

Getting fit and healthy is big business but unfortunately the number of resources and products is not reflected in our general current state of health. Most diets are set up to fail because:

- It didn't take into account your individuality, biochemical needs, level of fitness, and current levels (and causes) of stress
- It did not address 'synergy' or the individual elements that must work together to get a permanent result
- The diet had not been correctly and sufficiently tested in the laboratory of life

So we have to ask the question: are all these diet books, Governmental directives and endless nutritional advice helping?

Obesity rates have risen more than three-fold since 1980 in some areas of the world² and this epidemic is not restricted to industrialised societies – developing countries are not far behind.

The World Health Organisation (WHO) suggests this reflects profound changes in economic growth, modernisation, urbanisation and globalisation of food markets.²



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But we're not the fat police. We need to stress that **The 21 Day Roadmap to Health is not a book written specifically for those who are overweight**, its purpose is to transform the health, vitality and well-being of all those who follow it.

Weight loss for those who are overweight is just one of the many benefits of our approach.

When you're fit, healthy and full of vitality you'll lose fat, so at 3D PTS while we understand, and are experts in weight management, we aren't obsessed with it. We're obsessed with positive, optimum health and fitness instead – getting back to our natural organic state in a world that offers a million ways of moving away from it.

We've spent the past 10 years reading every diet book, every newspaper article and new study so we can be more effective for you. That's why we're different and why the 21 Day Roadmap to Health gets results.



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Day: 9

Read this first

1. Take responsibility for your exercise today – be organised - make it a priority
 2. Commit to your nutrition today - shop right - it's your food and your body
 3. Eat regularly – No more than 4 hours *maximum* between snacks or meals
 4. Your estimated required fluid intake = your weight in Kilo's x 0.0333 - and your urine should be clear or a very light yellow. Do NOT drink around meal times (30 minutes before and 1 hour after food)
 5. Be asleep by 10:30pm – earlier in winter
-

Then read this

Nutrition - Part 2

Fat

Fats and oils are absolutely essential to optimal health. They are important building blocks for the cells of your body, a source of energy and they provide a variety of hormones. The respected medical journal "The Lancet" (v339, 3/21/93) comments that low-fat diets are often associated with increased rates of depression, psychological problems, fatigue, violence, and suicide.⁴⁵

As we will explain when we look at Metabolic Typing later, a low fat approach to nutrition is dangerous for many people (however it has shown to work for some as it comes down to your individual body's needs – remember no two people are identical when it comes to diet).

So why does fat get all the bad publicity? Let's take a brief look at the history of dietary fats and heart disease.

Before 1920 Coronary Heart Disease (CHD) was rare in America, but by the mid 50's it was the leading cause of death among Americans (this corresponds with most Western countries). So what had changed?

In 1953 American doctor Ancel Keys believed that high-fat food was the culprit. He set out to prove this by comparing death rates from CHD and the amount of fats eaten in certain countries to suggest a positive correlation. However it seems Dr. Keys was very selective as to which countries he chose. Out of the possible 22 countries with available data he chose only 6 that supported his hypothesis, which ultimately skewed the data in favour of the diet/heart hypothesis. However, Dr. Keys proved to be very persuasive at the time and so the "diet/heart" hypothesis was born.⁴⁵



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How, with such a dramatic flaw, could his hypothesis recommending a reduction in saturated fats and cholesterol have continued and gathered strength to become the unquestioned 'truth' it has become today?

Critics of the "diet/heart" hypothesis point the finger at the beneficiaries. The main beneficiaries of Dr Keys research were the vegetable oil and food processing industries, who consequently began promoting and funding further research designed to support this hypothesis.

Out of the "diet/heart" concept came several large-scale, long-term, and human intervention studies, which were set up in many parts of the world. These involved thousands of subjects and hundreds of doctors and scientists costing billions of dollars to prove that a fatty diet caused heart disease.

The most influential and respected investigation of heart disease was carried out by the Harvard University Medical School and was called the "Framingham Heart Study". This study was influential in determining our current dietary fat recommendations – such as reduce saturated fats and cholesterol – and involved measuring cholesterol and saturated fat intake with subsequent blood cholesterol levels. However after 22 years, the researchers concluded:

"There is, in short, no suggestion of any relation between diet and the subsequent development of CHD in the study group."⁴⁶

So why are we still being told that fats are bad you may ask? Good question!

Nathan Pritikin is cited for being instrumental in the low-fat diet movement. His weight-loss programs proved to be very successful at first. One component included reducing fat. However he also advocated eliminating sugar, white flour and all processed foods and replacing them with fresh, whole foods and a strenuous exercise program, which obviously makes it difficult to single out any one factor. Unfortunately the low fat and fat-free diets proved to be very difficult to maintain and over a length of time, as many clients suffered from low energy, depression and weight gain.⁴⁶

These symptoms clearly showed that some client's biochemistry was not suited to this type of diet.

The World Health Organisation's European Coronary Prevention Study, which was published in 1983, again proved no correlation between fats and heart disease. The study reduced saturated fats to only 8% of calorie intake daily, yet in the UK section of the study those subjects who ate more saturated fat died later.⁴⁶

So who's the real Coronary Heart Disease culprit? Here are some interesting facts:

- Between 1910 and 1970 animal fat consumption decreased from 83% to 62%
- Butter consumption decreased from 18 pounds to 4 pounds per year
- Margarine, shortening and refined oils consumption increased by 400%



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- The fatty acids found in arterial clogs are mostly unsaturated (74%), of which 41% are polyunsaturated
- Today CHD causes at least 40% of all US deaths⁴⁶

Supportive eating on a simple level

There are some simple, natural laws governing your body's nutritional requirements, and if you follow these you will achieve a good level of health and vitality.

Here are some common truths when it comes to eating with the aim of boosting metabolism:

- Consume frequent meals consisting of proteins (red meat, fish, chicken), fibrous carbohydrates (vegetables), starchy carbohydrates (e.g. brown rice – the amount each person can tolerate does differ considerably), and good fats and oils (e.g. olive oil, ghee, butter, coconut oil) including essential fatty acids (e.g. fish oil, flax seeds)
- Frequent smaller meals mean eating every 3-4 hours, being satisfied, not bursting at the seams. It works by your body sending signals to your brain saying "I don't need to store this as fat as I get food regularly"
- Minimise simple sugars and refined carbohydrate intake (bread, pasta, and cakes)

Later we'll talk about the "Food Pyramid" used is often used (or misused) in the western world when talking about correct nutrition. Using a pyramid to recommend food choices is very effective, but it's the content that counts!

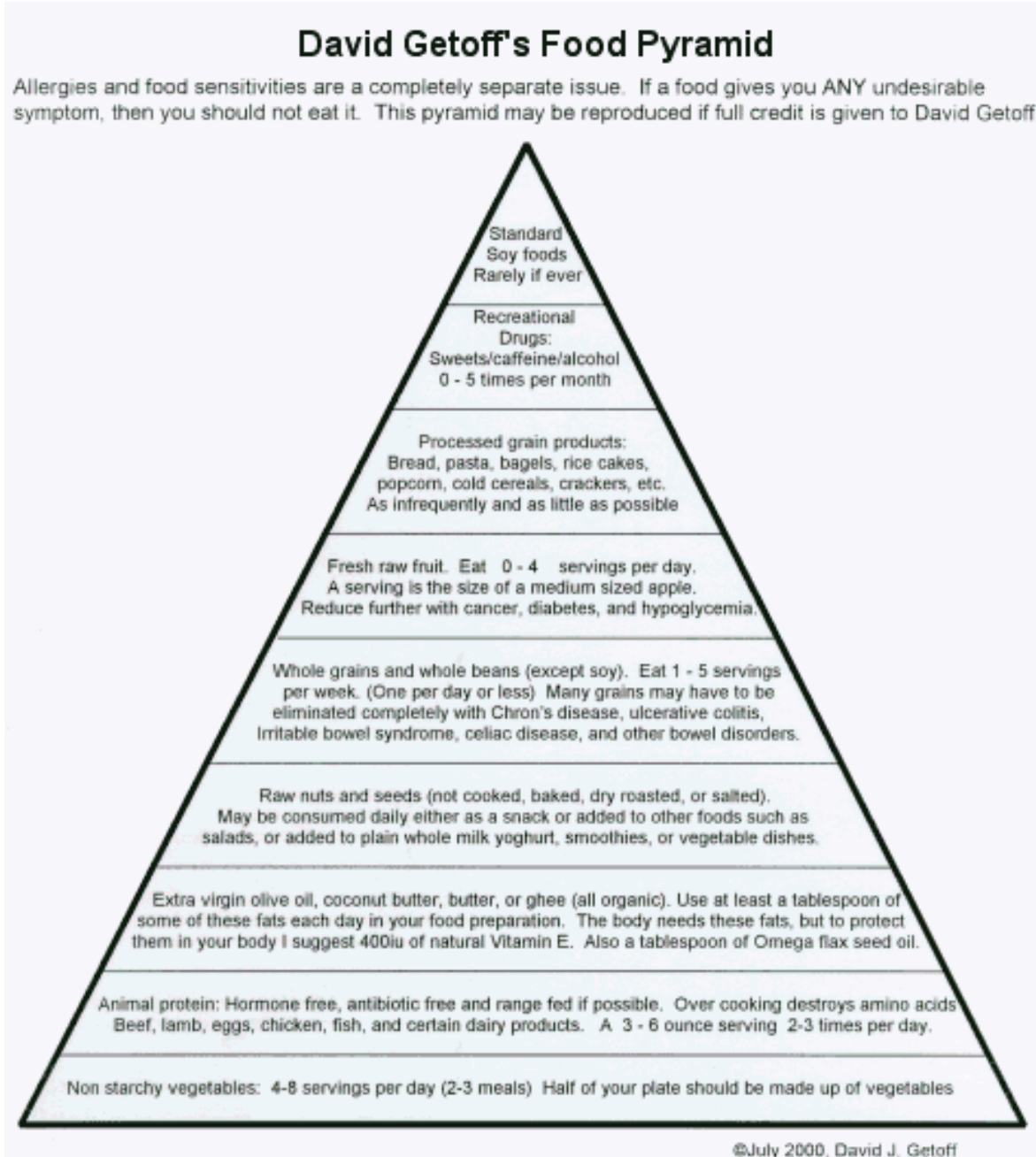
You know by now that we don't believe in a "one-size-fits-all" model of diet and nutrition, but I have found a new food pyramid that most closely matches our personal healthy-eating recommendations. It's by leading Naturopath David Getoff, his website is www.naturapath4u.com

Some important distinctions in Getoff's pyramid include separating grains into whole versus processed, and reducing their consumption (even whole grains) as they are currently overeaten and contribute significantly to our current state of ill health and sickness, such as insulin-dependence syndromes.

The only problem is that Getoff's pyramid does not consider your biochemical individuality, i.e. the appropriate ratio of macronutrients for each individual – protein, carbohydrate, fat, as Metabolic Typing does, but we'll come to Metabolic Typing in the next few pages. Loosely recommended serving sizes in the pyramid do allow you to tailor the recommendations sufficiently though.

The David Getoff pyramid is a great start and if you just follow the directions contained in it then you're well on your way towards your optimal weight, health and vitality.

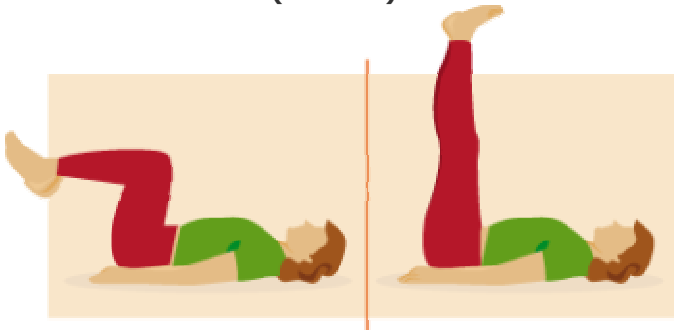
If you're seeking a really dramatic transformation in energy, well-being and body composition then we have to get a bit more specific, and we will tomorrow!



Sample Daily Exercise Program

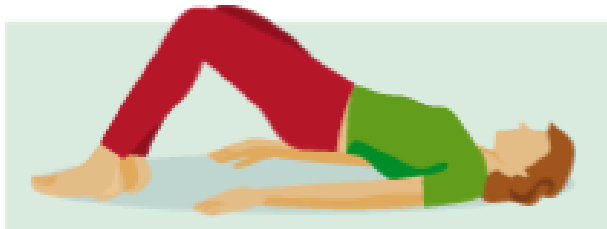
IMPORTANT: Perform **2** sets of each exercise with **15** repetitions in each set
Rest: **30** seconds rest between each set, **1** minute rest between exercises

Lower abdominals (Level 1)



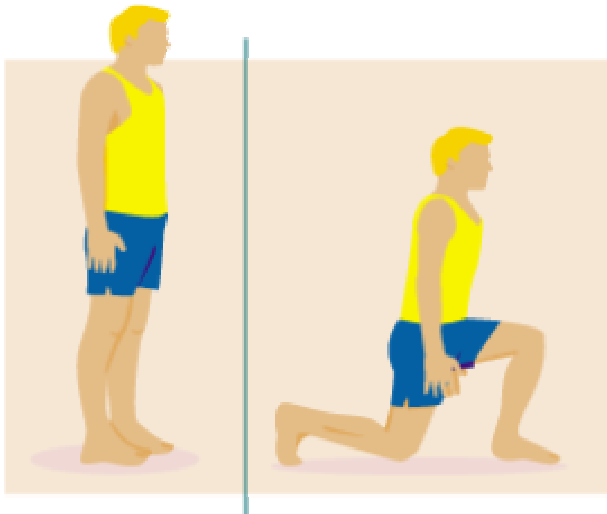
- Lying on your back with your knees bent at ninety degrees, draw your belly button in and flatten your back (to the floor).
- Then breathing out extend the feet out away from your head till you feel your back raising off the floor – then breathing in bring your knees back towards you and raise your feet to the ceiling.

Standard bridge/hip raise (Level 1)



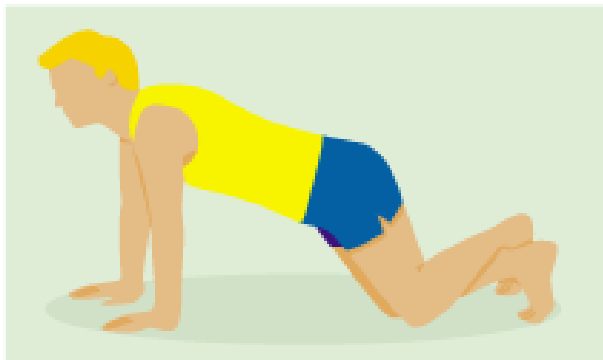
- With your knees bent and facing the ceiling breathe in as you raise your hips up.
- Breathe out as your lower them.

Basic split squat / lunge (Level 1)



- Stand with your hands by sides and step forward so your front knee is over your toes and roughly a right angle at the knee. The back knee should make a line through the hips up to the shoulder.
- Then return and change legs.

Push up on knees (Level 1)



- Begin with your hands under your shoulders and your arms around shoulder width apart.
- With your knees on the floor lower yourself to the ground.
- Imagine you have a pole extending from your bum to your head, and the pole stays in contact with as much of the body as possible (apart from the little curve in the lower back and neck). Then lift yourself back up.