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Introduction

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

It's 21 days of 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 is 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 that's why you've come to the right place.

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

The secret to optimal health is through applying synergy.

So what makes up this synergy? What are the pieces of your health puzzle?

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

- The right mental approach
- Physical training
- A supportive nutrition and lifestyle that includes detoxification

But what is metabolism?

Metabolism is the rate your body uses fuel. It is your internal thermostat. Therefore to burn excess body fat you will 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 work with our 'One Synergy' approach, but what's it all about?

Synergy is the combined total of various elements to get fast results that last:

"the interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects"²¹.

You've probably heard the phrase 'The whole is greater than the sum of its parts' and this why our 'One Synergy' approach works – if you take nutrition on its own and follow a diet it probably won't work, especially in the long term.



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You can be active and fit, run long distances and so on but if your nutrition isn't right you might not be 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 direction to put thoughts into action there's only so much you can achieve.

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 through synergy.

At 3D PTS we put it all together: 3 Dimensions, One Synergy

Have you ever asked yourself these questions:

- What is the secret to achieving optimal health including my ideal weight?
- Why do some people achieve amazing results in a relatively short amount of time and maintain them permanently, while others get stuck on the treadmill and see no transformation, three years or 468 sessions later (if you train three times per week)?
- What happens in each of these situations that dictate success or failure?

I have been asking those questions for over 10 years now from when I first began training people and studying Sports Science and Psychology. In this time I have been fortunate to study and train with some of the best in the health and fitness industry, and this search has led me down many paths, ultimately creating the 3D PTS holistic One Synergy approach.

It has resulted in a formula that 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 - otherwise known as the food lot pyramid (best way to fatten up livestock) – but more on that later...

Sadly most diets seem set up to fail because of several reasons:

- The diet did not take into account your individuality including biochemical needs, level of fitness, and current state (and cause) of stress



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- The diet 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

Getting fit and healthy is big business but unfortunately the size and number of resources and products is not reflected in our general current state of health.

Are all the diet books, Governmental directives and endless nutritional advice helping?

Obesity rates have risen more than three-fold since 1980 in some areas of the world¹ 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 markets¹.

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 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 and fat 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 showing this is wrong or that effect. That's why we're different and why the 21 Day Roadmap to Health is different.



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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 suicide²³.

As we will explain in looking at Metabolic Typing later, going low fat for many people is dangerous (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 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.²³

How, with such a dramatic flaw, could this hypothesis recommending a reduction in saturated fats and cholesterol have further continued and gathered strength one may ask?

Proponents of the "diet/heart" hypothesis point the finger at the beneficiaries.



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The main beneficiaries of the research that found fault with competing traditional foods were the vegetable oil and food processing industries, who consequently then began promoting and funding further research designed to support this hypothesis.

Out of the “diet/heart” hypothesis 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 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.” ²⁴

So why are we still being told this 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 ²⁴.

These symptoms clearly showed that their 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 the calorie intake daily, yet in the UK section those subjects who ate more saturated fat died later ²⁴. So what is the real culprit? Here are some interesting facts:

- Between 1910 and 1970 the 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%
- 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 deaths ²⁴

Supportive eating on a simple level

There are simple and natural laws governing the body’s nutrition requirements, and if you follow these you will achieve a good level of health and vitality which I



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will explain before we start talking more specifically about biochemical individuality.

Here are some common truths when it comes to eating with the aim to boost 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 basically 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 Governments (western countries) food recommendations called the “Food Pyramid” and I do think using a pyramid to recommend food choices is very effective.

As you’ve read I personally do not believe in a “one-size-fits-all” model of diet and nutrition, but I have found a new food pyramid that most closely matches my 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 grains and reducing their consumption (even whole grains) as they are currently overeaten and contribute to our current state of health and sickness, such as insulin-dependence syndromes.

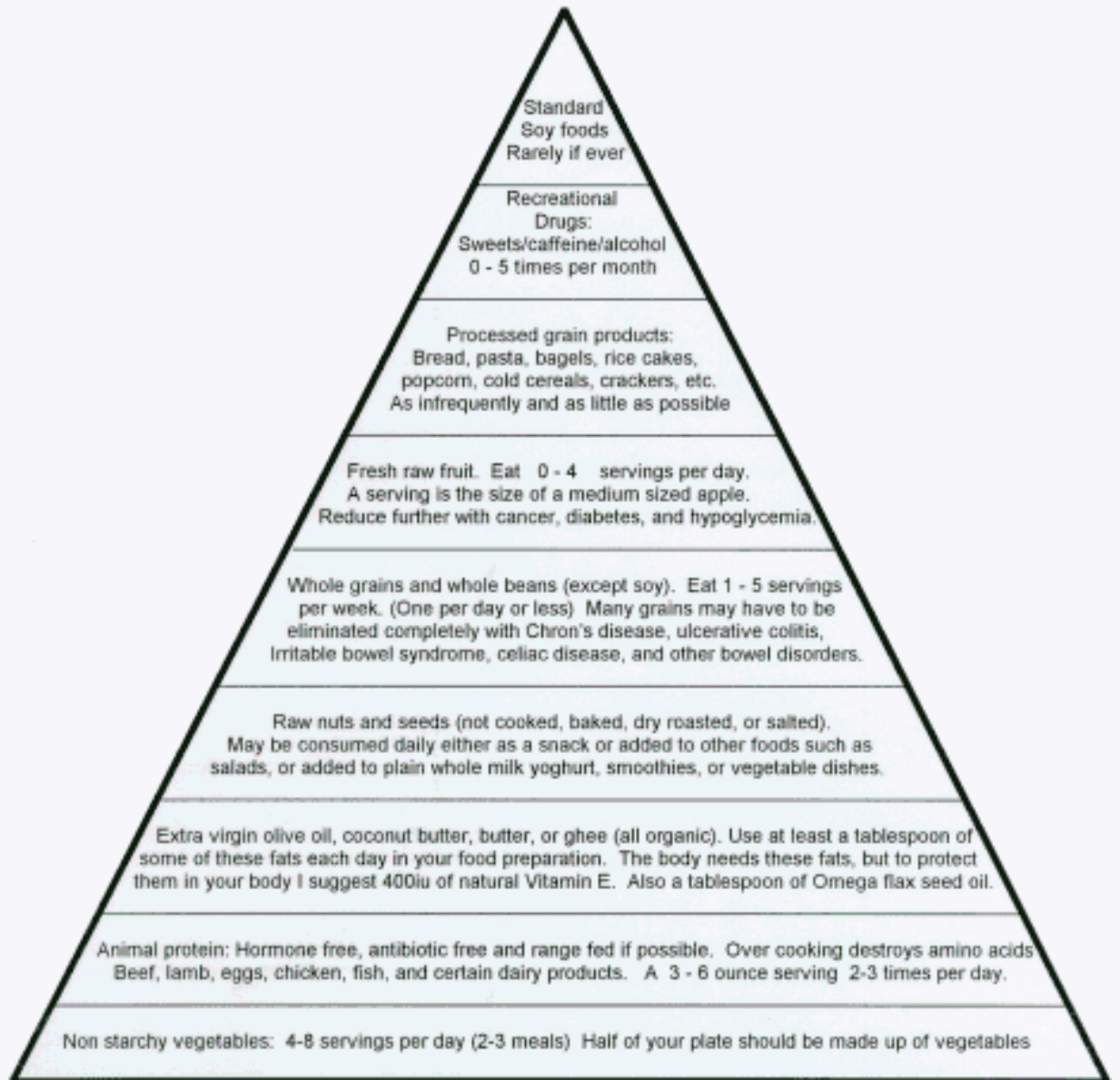
The only “short fall” is that Getoff’s pyramid does not consider your biochemical individuality, i.e. the appropriate ratio of macronutrients for each individual – protein, carbohydrate, fat, as Metabolic Typing does, but we’ll come to Metabolic Typing in a few pages. Loosely recommended serving sizes 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 in the pyramid then you are well on your way towards your optimal weight, health and vitality.

But if you are really seeking a dramatic transformation in energy, well-being and body composition then we have to get a bit more specific.

David Getoff's Food Pyramid

Allergies and food sensitivities are a completely separate issue. If a food gives you ANY undesirable symptom, then you should not eat it. This pyramid may be reproduced if full credit is given to David Getoff.



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Sample Daily Exercise Program

IMPORTANT: Perform 2 sets of each exercise with 15 repetitions in each set

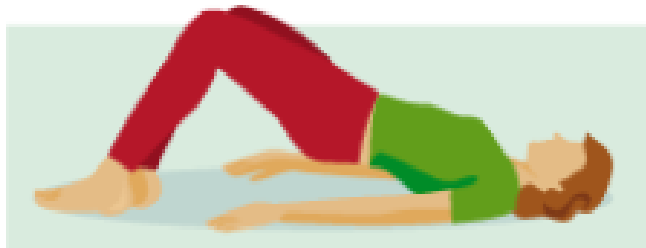
Rest: 30 seconds rest between each set, 1 minute rest between exercises

Lower abdominals (Level 1)



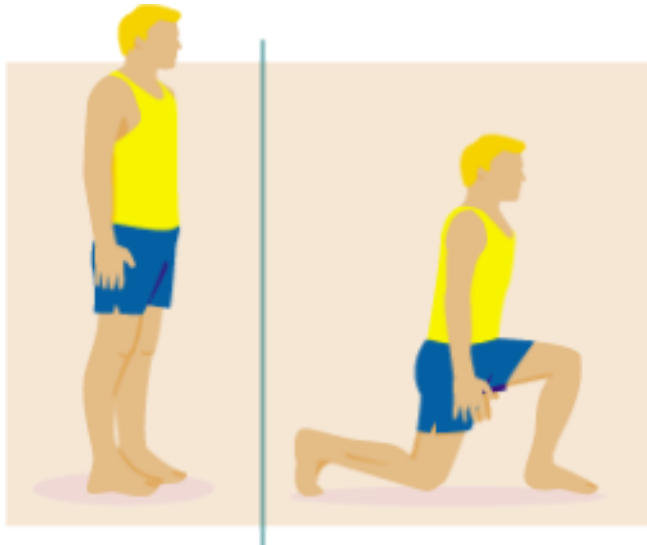
- Lying on your back with your knees bent at ninety degrees, draw your belly button in and flatten your back (to the floor).
- Then breathing out extend the feet out away from your head till you feel your back raising off the floor – then breathing in bring your knees back towards you and raise your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

Standard bridge/hip raise (Level 1)



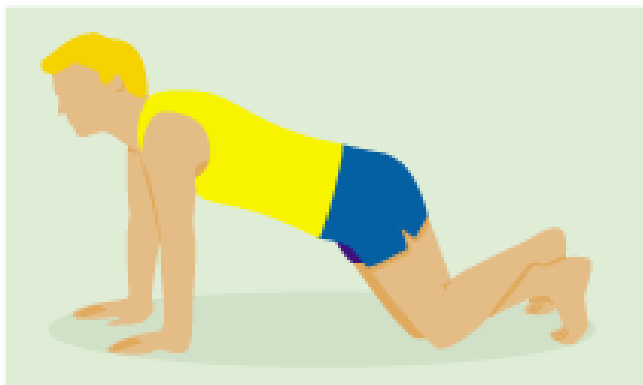
- With your knees bent and facing the ceiling breathe in as you raise your hips up.
- Breathe out as your lower them.

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.