

Energy Fitness Newsletter

04/01/2010



Congratulations Hank Cowles, age 65 & Owner of The Corkscrew wine store in downtown Memphis. He is another one of our many success stories.

[Hank lost 5.5% body fat in only 6 weeks.](#)

Click on link below to see his testimonial video.

http://www.youtube.com/watch?v=_zhfLcoFRoc

Do you want results like Hank? Call 901-523-2348 or e-mail us today.

***NEW - Indoor Rowing Classes by MidSouth Indoor Rowing. for schedule, pricing or more details check out:**

www.midsouthindoorrowing.com.

The Missing Link to Optimal Health

Do you rarely get sick, have no need for prescription meds, and can't remember the last time that you had to visit the doctor?

If you answered no to the above questions then you are likely suffering from nutritional deficiencies.

It's hard to know exactly what to eat for optimal health, especially since everyone has a different opinion.

Even when you make every effort to eat healthy, your diet almost always lacks important nutrients.

In her book, Green For Life, Victoria Boutenko set out in search of the perfect human diet. She immersed herself in nutrition research and discovered a very interesting observation.

The Chimpanzee Connection: Chimpanzees and humans are more closely related than any other animal species. In fact, research shows that we share 99.4% of our DNA sequence with our chimpanzee friends.



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Success Stories

Said while struggling during an abdominal exercise. "I can feel the fat just coming off"

Hank Cowles, 65 owner of The Corkscrew wine store

"Since October I have lost 1.5 inches in my wedding dress". Brandi has lost 10.5% bodyfat, 13 inches, & 23 lbs so far since Sept. of 09 using our Energize Method to get results. Congrats Brandi:)

Brandi Paul, 26

Want a Free 45 min. Consultation?

<http://www.energymemphis.com/complimentary.html>

Check Out these Links:

[How to lose those stubborn pounds & other topics, Tonya's radio interviews from Womens Wisdom Network](#)

[OUR BLOG - very helpful nutrition](#)

Why is this significant? Chimpanzees are in far better physical shape than humans, and possess strong natural immunity to cancer and other fatal -- and quite common -- human illnesses.

Victoria's research all pointed to the chimpanzee diet as the reason for their superior health. Chimps and humans have vastly different eating habits.

It's All About The Greens: While humans enjoy pizza and hamburgers, chimps eat a diet extremely high in dark leafy greens -- an item that hardly exists in the human world.

Victoria then turned her focus on dark leafy greens. What she discovered was a super-food packed with extremely high levels of nutrients. Here are 5 amazing facts about greens:

1. Greens are packed with amino acids...AKA protein.

I'll bet you didn't know that dark leafy greens are a legitimate source of protein. It's true!

Protein molecules are made of a chain of amino acids. When you consume protein from chicken, you're getting chains of amino acids that have already been assembled into a complex protein.

When you eat dark leafy greens you are getting a plethora of individual amino acids. Your body then takes these amino acids and assembles it into complex protein chains.

2. Greens give you lots of insoluble fiber...like a sponge.

You know fiber is important, but did you realize that fiber is needed to rid your body of toxins? Insoluble fiber is extra special, since it is built like tiny sponges that each absorbs several times more toxins than its own volume. Check out just a few of the many benefits of fiber:

- Fiber reduces cholesterol
- Fiber prevents and reduces the risk of cancer
- Fiber lessens risk of diabetes and improves existing diabetes
- Fiber helps shed unwanted pounds and prevents overeating

3. Greens promote bodily homeostasis...necessary for optimal health.

Homeostasis is the physiological process that regulates all substances in your body at ideal levels for optimal health. It is a very complex process, one that your body is constantly working towards.

In order for your body to achieve homeostasis it needs an abundance of vitamins, amino acids, carbohydrates, essential fatty acids and minerals. Greens are a super provider of all of the above.

4. Greens are alkaline...which promotes healthy cells.

In 1931 Dr. Otto Warburg won the Nobel Prize for discovering the cause

[and other info.](#)

[Train2Tri \(triathlon training group\)](#)

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Juice Plus: Energy Fitness' Favorite Vitamin! (the next best thing to fruit & veggies)

of cancer: weakened cell respiration due to lack of oxygen on the cellular level -- this causes fermentation, which results in acidity, or low pH.

There is a close connection between the foods you eat and your pH balance. For example, Parmesan cheese is highly acid forming, -34; while spinach is an amazingly alkalizing food, +14.

When you get plenty of greens on a daily basis, you're able to better maintain a good alkaline pH balance.

5. Greens are made of chlorophyll...liquid sun energy.

As amazing as it may seem, the molecule of chlorophyll is strikingly similar to the molecule of human blood. Chlorophyll heals and cleanses your organs while destroying harmful substances.

Here are just a few of the powers of chlorophyll:

- Chlorophyll builds a high blood count
- Chlorophyll helps prevent cancer
- Chlorophyll counteracts toxins
- Chlorophyll promotes an alkaline body
- Chlorophyll helps sores heal faster
- Chlorophyll improves varicose veins
- Chlorophyll improves vision

Introducing The Green Smoothie: While the evidence for eating lots of greens continues to mount, who really wants to chomp through a pile of spinach everyday? The solution is as convenient as it is efficient: the green smoothie.

Victoria discovered that when she blended greens with fruit and water, the result was an easily absorbed, delicious smoothie. The key to reaping all the benefits from your green smoothies is to use a wide variety of greens and to drink it every day. Most enjoy it as a quick, nutrient-packed breakfast.

See the recipe below

Victoria did a study where people drank green smoothies everyday for a month. Most participants reported a noticeable increase in their energy levels after just the first week. This boost of energy may be just what you need to get into gear with your workouts.

Remember, regular challenging exercise is the key to achieving your ideal body.

Call or email today to get started on a fitness program that will get you to your best body quickly.

Green Weight Loss

Need more convincing that greens should be a regular part of your diet?

People who consume green smoothies report fewer cravings for unhealthy food and tend to snack far less than when they aren't getting their greens.

So sip your green smoothie with a big smile, knowing that you're turbo charging your health and expediting your weight loss.

Green Smoothie

Green smoothies consist of 3 basic ingredients: greens, fruit and water. Have fun experimenting with a wide range of varieties of both the greens and the fruit in order to reap the most benefit. You may be surprised to find that the simple combination of greens and fruit is quite delicious.



Servings: 1

Here's what you need...

- 1 bunch (2 cups) red dandelion greens (feel free to use spinach or any other dark greens)
- 1 cup strawberries
- 1 banana
- 1-2 cups filtered water

1. In a high speed blender mix the ingredients until smooth.

Nutritional Analysis: One serving equals: 199 calories, 1g fat, 47g carbohydrate, 10g fiber, and 6g protein.

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