



Volume 1, Issue 9

November 2011

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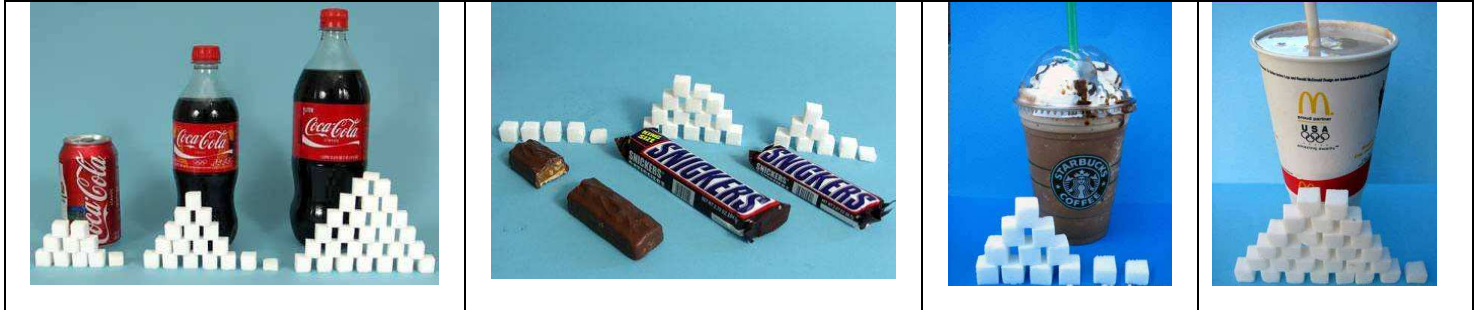
## THE THREE VILLAINS: VILLAIN #1 - SUGAR

By Rhonda Bradley ME, MQP

Sugar is in so much of our food, and in so many of our beverages, that it can be almost impossible to stop consuming it. I have even heard it referred to as, "the new crack that is legal." All sugar, whether natural or processed, is a type of simple carbohydrate that your body uses for energy. **Sugar does occur naturally in some unprocessed healthy foods, such as fruits, vegetables, milk and some grains. The "villain" sugar that I am referring to is the added sugar (any non-naturally occurring sugar) in processed food.** This sugar is in junk food like candy and soda, but it also sneaks into the diet of an athlete in places you might not suspect like crackers, yogurt, breakfast cereal, sports drinks and peanut butter. Added sugar is often found in foods that also contain solid fats. These two together, called SoFAS, make up 35% of the total calories in a typical American diet. A few of the reasons sugar is added to these products is because it:

- Acts as a bulking agent in baked goods and ice cream
- Assists in preserving foods such as jams and jelly
- Gives baked goods texture and color
- Improves flavor

**One teaspoon of sugar (one sugar cube) equals 4 grams.** Take a look at how much sugar is consumed in products that are eaten every day (source: [sugarstacks.com](http://sugarstacks.com)):



The huge drawback of sugar is that it raises your insulin level. This inhibits the release of growth hormones, which then depresses your immune system. Totally not what you want if you want to stay healthy and avoid disease.

A sudden “dumping” of sugar into your bloodstream upsets the body’s blood sugar balance and triggers the body to release insulin. The body uses insulin to keep your blood sugar at a safe level. Insulin also promotes fat storage so when you consume foods high in sugar (particularly sweets) you are setting the stage for increased weight gain and elevated triglyceride levels—both of which are linked to cardiovascular disease.

With most Americans getting more than 355 calories a day of added sugar (which is approximately 22 teaspoons) what is an athlete to do? Two suggestions:

1. Eat as much food that comes from the earth as possible and strictly limit processed foods.
2. Follow the American Heart Association’s guidelines for added sugar: 100 calories a day or less from added sugar for most women (about 6 teaspoons) and 150 calories a day or less for most men (about 9 teaspoons).

## PRODUCT REVIEW: SUPREME 90 DAY®

By Rhonda Bradley ME, MQP

I am sure many of you have heard about P90X, but have you heard about Supreme 90 Day® (<http://www.supreme90day.com>)? It is a very comparable product, by Telebrands Corporation, that sells for 1/3 the cost of P90X at \$19.99 plus shipping. This DVD set has become one of my staples (along with Insanity® and the body weight routines in the book *You Are Your Own Gym*). The workouts are based on the principle of muscle confusion along with “clean” eating habits.



Source: [supreme90day.com](http://supreme90day.com)

### What’s In The Box

- 10 DVDs (5 strength routines, 3 cardio workouts, 2 core/ab routines)
- Bonus ab workout DVD
- Workout calendar that shows which DVD to follow for the day


- 30 day eating plan broken down into 6 small meals each day
- On line web support

Day 1

**SUPREME**  
90DAY

W=Women M=Men

Immediately upon arising drink 4 cups of water. Flavor with lemon juice if you like. This is an excellent detoxifying drink. If you did not experience a BM yesterday morning it should happen soon. Part of this way of eating is also a retraining of the bowels to empty themselves regularly. When you are in full swing you should have 2 to 3 BM's each day.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup Ezekiel 4-9 @ cereal with 1 cup skim milk, rice, or almond milk, topped with 2 Tbsp. ground flax seed and 1/2 cup mixed berries</p> <p>M: Same as above but 1 cup cereal with 1 1/2 cups milk</p> <p>W: 4 egg whites + 1 yolk omelet cooked with spinach and tomato (1/2 cup spinach + 1 small tomato)</p> <p>M: Same as above but with 6 egg whites + 1 yolk in the omelet</p> <p>1 12 oz cup of black coffee or Clear Herbal Tea</p>	<p>W: 1 small apple + 4 Tbsp. natural peanut butter</p> <p>M: 1 medium apple + 5 Tbsp. natural peanut butter and 1 or 2 pieces Ryvita @ or brown rice cakes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1 can water packed tuna or salmon mixed with 2 Tbsp. olive oil and 1 Tbsp. vinegar</p> <p>M: Same as above but with 1 1/2 cans tuna</p> <p>W: 1 cup shredded mixed carrots and cabbage + 1/2 cup sprouts</p> <p>M: 1 1/2 cups shredded vegetables + 1/2 cup sprouts</p> <p>Place all in a whole grain wrap and eat</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1/2 cup plain low fat yogurt with 1 banana</p> <p>M: 3/4 cup plain low fat yogurt with 1 banana</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 2 cups steamed broccoli seasoned with sea salt and black pepper</p> <p>W: 4 oz grilled chicken seasoned with sea salt and black pepper</p> <p>M: Same as above but 5 to 6 oz chicken</p> <p>W: 4 baby potatoes</p> <p>Men: 6 baby potatoes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/2 cup plain low fat yogurt mixed with 1/4 cup mixed berries or chopped apple</p> <p>2 cups water</p> <p>Clear herbal tea</p> 

Source: supreme90day.com

### What You Need To Invest In

- Exercise ball
- Dumbbells with a hexagonal end
  - Suggest 10, 15, 20 pound sets for beginner women
  - Suggest 15, 20, 25 pound sets for beginner men



### Pros

1. Very affordable.
2. Well produced DVDs.
3. Workouts are short (30 – 40 minutes), fast paced and tough (if you use enough weight to challenge yourself).
4. You will get your heart rate up and keep it up.
5. The instructor (Tom Holland) is good and not overbearing.

### Cons

1. The case for the DVDs is cardboard and flimsy. You may want to store the DVDs in something sturdier to keep them from being damaged.
2. I like the fast pace, however it may be too fast for some. You will need to keep your remote handy to pause the workout until you can get used to the pace.
3. 90 days using the rotation, as it is designed, may lead to overtraining, which could produce prolonged muscle soreness.
4. The warm up and cool down (5 minutes each) are always the same and may bore some.

### My Personal Modification

After three straight weeks of strictly following the program routine as designed, beginning with week 4 I added an extra

day of yoga to help my body recover better. So, my routine was:

- Monday & Tuesday – work out
- Wednesday – Core/ab training and yoga
- Thursday & Friday – work out
- Saturday – Core/ab training and yoga
- Sunday – no training

**Overall, I really like this DVD set.** This would be great preseason training for any sport, an excellent alternative to spending time (and money) at a gym, and a way for former athletes to begin to get their mojo back. Give it a serious look.

## FEEDBACK FORUM

Our readers have sent us some interesting emails during the past few months. **As always we value your input.** Keep it coming!

"I wanted to wait a while before writing to see what my results would be using the [You Are Your Own Gym](#) book you suggested. I am a freshman on my school baseball team and was searching the internet for home work out routines. This book has been great. I have gained size and strength just following the routines in the book."

*K. Middleton*

*The Free Home Gym*

"I used Insanity® to help me get ready for basketball. All I can say is that you were right; the intensity level is nuts! The commercials on TV do not give you any idea of what you are in for. That was some of the hardest cardio training I have done, but I like the results."

*M. Raymond*

*Product Review: Insanity®*

"I am the mother of one your readers (my son gets your newsletter). The article on raw honey was good and so was the follow up recipe. I never thought of putting honey in my coffee, but now it is all I use. And the Creamy Honey Tangy Slaw Dressing was a big hit with the ladies in my social club."

*D. Lehman*

*Chad's Supplement Spotlight: Raw Honey – Sweet Ancient Elixir Of Health*

*Krisona's Kitchen: Raw Honey Recipes*

## KRISONA'S KITCHEN: LOW FAT CHILI

By Krisona Payne

The chill in the air says it is time for chili. This low fat recipe is good with cornbread and can be served with a variety of toppings such as shredded reduced fat cheese or fat free sour cream.

### What You Will Need

- 2 Teaspoons of canola oil
- 2 Tablespoons of tomato paste
- 2 Crushed garlic cloves
- 1-3 Tablespoons of chili powder (or to your taste)
- 1 Tablespoon ground cumin
- 1 Cup chopped onion
- 1 Chopped stalk of celery
- 1 Pound extra lean ground beef
- 1 28-ounce can diced tomatoes
- 1 15-ounce can of dark kidney beans (drained)

1 15-ounce can of pinto beans (drained)

#### Instructions

1. In a large skillet, heat the oil and add the garlic, onion and celery. Saute gently for 2-3 minutes.
2. Add the ground beef to the skillet and cook the meat until it is brown (no pink).
3. Remove mixture from the skillet and pour into a large pot.
4. Add tomatoes, tomato paste, beans chili powder and cumin.
5. Stir all ingredients well and let simmer on low-medium heat for 25-30 minutes, stirring occasionally.
6. Will make 8-10 servings.

## QUESTION OF THE MONTH

This Louisiana State University (LSU) basketball player played for 3 NBA teams and is still the all-time leading NCAA Division I scorer with 3,667 points and an average of 44.2 points per game. What is his name?

Email your answer to [one80turn@comcast.net](mailto:one80turn@comcast.net) with the words NOVEMBER QUESTION OF THE MONTH in the subject line.

First person submitting the correct answer will receive a \$30 gift card to Dick's Sporting Goods!

**Congratulations to David Treanor** of Chattanooga, TN for being our October Question Of The Month winner!

## DO YOU WANT TO GET RECRUITED BY COLLEGES & UNIVERSITIES?



necollegeprospects.com

If you are a student-athlete who answered, YES and you:

- Have a good head on your shoulders
- Possess the ability and desire to play college sports
- Perform on the field and in the classroom

Be proactive concerning your future, and contact me now ([one80turn@comcast.net](mailto:one80turn@comcast.net)) to learn how I can help you get exposed to over 14,000 coaches and 3,500 colleges and universities and give you choices for your athletic aspirations through a program that is **sanctioned and monitored by the NCAA** and has a **success rate of over 90% of program participants continuing to play at the college level!**

## CONTRIBUTING WRITERS



**Rhonda Bradley, ME, MQP**

Rhonda is the owner of One 80 Turn, LLC. In addition to being a Life Purpose Coach for athletes, she is an engineer, second degree black belt in karate and certified medical qigong practitioner who supports her community as a member of Delta Sigma Theta Sorority, Inc. and the Nashville Sports Council. An avid music lover, Rhonda is an aspiring bass player who believes, "the only volumes for music are loud and louder."



**Krisona Payne**

"Every obstacle is a stepping stone to your success," that's her motto. Krisona is a graduate of Lipscomb University; and an avid reader, writer, and sports enthusiast. An athlete since the age of seven, she understands the importance of good nutrition and preparedness to perform at optimum levels. Much of her spare time is spent in the kitchen creating recipes; she finds joy in sharing tasty creations with family and friends.



*"Life Coaching For Your Individual Greatness"*

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