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WELCOME!

Welcome to the inaugural issue of *True C.H.A.M.P.—“The Natural Athlete’s Newsletter”!* The purpose of this newsletter is to provide high school and college athletes—like you—with reliable information on various topics that have the potential to help you improve your athletic performance, as well as help you form good habits that will benefit you throughout your lifetime. *True C.H.A.M.P.* got its name based on the common traits most often seen in elite athletes:

Confidence in ones ability with a competitive spirit

Hungry for success

Aptitude for self motivation, self discipline and self direction

Mental toughness and mental agility to focus and overcome obstacles

Performance perfectionist

Our holistic approach to information sharing will provide you with articles on a variety of topics. Our contributing writers will provide product reviews/suggestions, discuss training, nutrition, stress reduction techniques, goal setting and many other topics to help natural athletes, like yourself, function at your highest potential and assist you in living a healthy life. There will also be opportunities for you to test your knowledge of sports and win prizes. And, YES, we want your feedback. So, if there is a subject you want us to research and address, recommendations you have on improving the newsletter, or even insights you would like to share with your fellow athletes, write to us at one80turn@comcast.net.

Enjoy!

PHITEN TITANIUM NECKLACE

By Rhonda Bradley ME, MQP

I am sure you have seen them. Those funny looking necklaces that many Major League Baseball (MLB) players are wearing. They are Phiten Titanium Necklaces (<http://www.phitenusa.com>) that users report give them more energy, reduce soreness and stiffness and help them to relax. I didn't believe the hype either—until I tried one.



I purchased a Phiten Titanium Necklace X30 – Edge (\$35.00) from Dick's Sporting Goods and gave three as gifts to see what results (if any) others would experience. I purposefully waited to start wearing my necklace after resuming my workouts after a two-week layoff. I wanted to be plenty sore to see if there was any difference in my recovery after two hard sessions at the gym. **I wore my necklace to bed after the second day of my work out, and the following morning I rated my neck, shoulder and back soreness a “6” versus the typical “9” I would experience after a layoff.** My soreness was noticeably reduced overnight.

Those who received them as gifts, made the following comments after only one day of use:

- Arms and back were not as sore after lifting and bending all day
- Neck and shoulders are not stiff
- Experienced more energy during the day
- Able to sleep without tossing and turning all night
- Seemed to be able to push through workouts a little harder

The Phiten products have critics who say that the medical and performance-enhancing claims relating to their products are considered pseudoscience as fatigue is not caused by an imbalance of ions in the body, and the technology behind the company's products is not approved by the United States Food and Drug Administration (FDA). Still, my results were very noticeable, as were those who received them as gifts. And, yes, there are testimonials from users who said they received very little, or no benefit at all, from wearing the necklace.

Have you used a Phiten product? If you have, email us (one80turn@comcast.net) and share your results with us. If not, and you are the first person to correctly answer our *Question Of The Month*, you will win a \$30 gift card to Dick's Sporting Goods to purchase your own Phiten product or any other gear you may want.

CHAD'S SUPPLEMENT SPOTLIGHT: CORDYCEPS MUSHROOM

By Chad Kelly

There are many supplements on the market today. Some are powerful and provide exceptional benefits while others are not so good. So, it pays to do your homework and be an educated consumer when choosing supplements. Perhaps there are no supplements more tried and true than medicinal mushrooms. Humans have been using medicinal mushrooms therapeutically for thousands of years. It is widely believed that humans were using mushroom species like reishi, maitake and cordyceps to get profound results even before the birth of herbalism. Hundreds of books have been written on the well-documented health benefits of mushrooms but, let's focus on Cordyceps, the mushroom for athletes.



The medicinal use of Cordyceps (*Cordyceps Sinesis*) can be traced back to 15th century Tibet where it was first mentioned in medical text. Traditional Chinese Medicine (TCM) considers Cordyceps to be a powerful tonic herb for longevity and over-all well-being. It is exciting to note that modern western science is now able to back up many of these health claims from the past.

Cordyceps is probably best known for its ability to provide long-lasting endurance and stamina. In 1993 this fungus received a good amount of press when three female Chinese athletes broke 5 world records at the National Games in Beijing. Supposedly, each of these athletes were consuming this prized mushroom. Research shows Cordyceps is very supportive to the lungs and helps increase the body's oxygen stores. Given this, it is no wonder that athletes and people living in high altitudes with less oxygen have found Cordyceps to be extremely beneficial. In fact, Cordyceps usually grows naturally in places of high elevation like the Himalayas. There has been some impressive research on Cordyceps and its ability to support healthy testosterone levels in humans. This is a positive for both men and women as both suffer from declining testosterone levels later in life which causes unnecessary fatigue as well as many other issues. Cordyceps, with prolonged use, may help correct this hormonal imbalance. Cordyceps also supports the adrenal glands and kidneys which may help balance stress hormones like cortisol. The health benefits of Cordyceps are many and, currently, the cardiovascular benefits of this mushroom are being researched (i.e. blood pressure modulation) in addition to it being a possible therapy for certain types of cancer.

The beauty of medicinal mushrooms is that they bring balance to the human body and are rarely ever too stimulating. Cordyceps is often classified as an adaptogen by herbalists. To be an adaptogen means that a particular herb has a well-recorded history of use in humans and is generally considered safe for long-term use. Adaptogens are known to benefit multiple organ systems and promote all-over harmony and general well-being.

It is important to note that medicinal mushrooms are in a different kingdom than culinary mushrooms like portobellos and buttons. Allergies to medicinal mushrooms are extremely rare. In fact, certain mushrooms, like reishi, have natural anti-histamine like action. Also, medicinal mushrooms usually pose no threat to people with fungal / yeast conditions. Oftentimes, supplementing with healthy fungi can help fight more pathogenic forms of fungi in the body. It's important to only purchase medicinal mushrooms from reputable sources such as the brands suggested below. These brands contain active, nutrient-rich mushrooms free of heavy metals and chemical pollutants.

		
<p>Fungi Perfecti *Created by leading Mycologist Paul Stamets *Grown on Certified Organic Brown Rice Mycelia www.fungiperfecti.com Approximate cost is \$30</p>	<p>New Chapter *North-American Grown *Whole-Life Cycle of Mushroom www.newchapter.com Approximate cost is \$32</p>	<p>Redd Remedies *Contains Cordyceps Extract *Multi-herb Adrenal / Stress Support *Mental Focus & Stamina www.reddremedies.com Approximate cost is \$27</p>

QIGONG: SPINAL STRETCH

By Rhonda Bradley ME, MQP

Athletes spend a tremendous amount of time *expending* energy be it through practicing, training or competing, but spend very little time *actively renewing* the energy they expend. This can lead to stress and fatigue which could eventually affect ones athletic and/or academic performance and relationships with family and friends. **It would be well worth every athlete's time to learn, and regularly practice, qigong** (pronounced chee-gung) for its stress reduction and energy renewing affects, potential healing affects and the development of improved mental discipline. And the best part? Many qigong exercises can be done in as little as 10 to 20 minutes a day.

Qigong (Chi Kung) is the mother of Chinese self-healing and is one of the four pillars of Traditional Chinese Medicine (TCM) that includes acupuncture, massage and herbal medicine. Qigong is the easiest in terms of self-application and is a practice that has been used by the people of China for thousands of years to improve and maintain their health as well as develop greater power for the martial arts. Those who practice qigong regularly need less medication and heal faster. The word qigong, when broken into its two components, translates like this:

- Qi = energy, life force, vitality that circulates within the body
- Gong = work, practice, cultivate, refine

Therefore, qigong can be defined to mean *to cultivate and refine, through practice, the body's energy or life force to increase and control its circulation.*

A simple qigong exercise that engages the whole body is called *Spinal Stretch*. Performing *Spinal Stretch* when you first get out of bed is a great "wake me up" and is also good:

- After sitting for a long period of time studying
- During half time of basketball and football games
- Between innings of softball and baseball games
- As part of your warm up routine for soccer, hockey, tennis, track, etc.

For more detailed information on qigong and instructions on how to perform the *Spinal Stretch* exercise, go to the One 80 Turn web site (<http://www.one80turn.com>), click on the FREE STUFF link and download the Adobe file under the TAI CHI & QIGONG section.

KRISONA'S KITCHEN: TURKEY MAC

By Krisona Payne

Our recipe this month is a healthy twist to an old favorite.

You Will Need

- Nonstick spray
- ¼ cup shredded part-skim cheese (mozzarella or your choice)
- ½ pound lean ground turkey
- 1 8-ounce can tomato sauce
- 1 teaspoon Italian seasoning
- 2 medium tomatoes, diced
- 4 ounces whole wheat elbow macaroni (dry)

Instructions

1. Preheat oven to 350°F.
2. Spray a large skillet with the nonstick spray and place over medium-high heat. Add the turkey to the skillet and brown, breaking it up with a spoon or spatula until it is thoroughly cooked—no pink.
3. Boil water in a medium sauce pan. Add the pasta to the boiling water and cook until al dente (firm but not hard).
4. Combine the turkey, pasta and all remaining ingredients in an oven safe baking dish. Stir all ingredients well and bake for 15 minutes or until the mixture is bubbling and the cheese has melted.

QUESTION OF THE MONTH

What NCAA Men's Division I basketball program has won the most national basketball championships with a current total of eleven (11)?

Email your answer to one80turn@comcast.net with the words MARCH QUESTION OF THE MONTH in the subject line. First person submitting the correct answer will win a \$30 gift card to Dick's Sporting Goods!

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."



Chad Kelly

Chad is an herbalist who spends a lot of his time learning about ancient systems of herbal medicine and the natural healing traditions of our ancestors. He has attended numerous workshops and classes learning about the various facets of maintaining a healthy lifestyle, using natural methods such as organic farming, fermentation and detoxification. He loves to share his knowledge with those who share his fascination with nature and the nourishing gifts that nature provides. Currently, Chad manages the supplement department at The Turnip Truck Urban Fare in downtown Nashville. In his spare time you'll find Chad out in nature with his dog soaking in the healing rays of the sun.



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"

One 80 Turn, LLC

4636 Lebanon Pike, PMB #251

Hermitage, TN 37076-1316

Email: one80turn@comcast.net

Web: <http://www.one80turn.com>

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