

# Naked Nutrition Newspaper



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April 9th - April 17th, 2008

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Naked Nutrition News

## See Mike in “Nutrition in the Prevention and Treatment of Disease”

Mike Roussell April 9, 2008



Here I am holding the second edition of “Nutrition in the Prevention & Treatment of Disease” the day it was released at the Experimental Biology 2008 Conference in San Diego.

Mike’s Blog

## Green Tea in San Diego

Mike Roussell April 9, 2008

As I mentioned on Friday I’m at a conference in San Diego for several days. So far the conference has been great as there are hundreds of brand new studies being unleashed for the first time this weekend.

One thing that I have noticed this year is the abundance of studies looking at the effect of Green Tea. Green Tea has incredible health promoting properties that range from weight loss to fighting cancer to soothing inflammation. We are putting together some articles on green tea that will be published on The Network very soon.

On a personal note: This past year I wrote a chapter on the effects of nutrition and cardiovascular disease for the 2nd edition of one of the countries top upper level nutrition text books and it was put on sale this weekend.

Mike’s Blog

## Do More Push Ups - Step by Step Guide

Mike Roussell April 10, 2008

Bill Hartman (a long time consultant for the Naked Nutrition Network) recently had a great entry [on his blog about push ups](#). Check it out:

Q: Bill, I love your blog. I wish you had time to post more often. I had a question. I have never been able to do a lot of push-ups. My chest gets fatigued after about 25-30 now matter what I do. I hear people talk about doing 50 push-ups at a time.

Do you have any advice that will help me be able to do more push-ups?” Thanks.

A: Thanks for the question.

If you really have your heart set on setting a PR (personal record) for push-ups there’s a number of factors that contribute to your performance.

### 1. Stability

If you lack trunk or scapular stability, your prime movers at the shoulder girdle and upper extremity will be limited in their ability to produce force.

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The Fix: Perform long duration planks and isometric holds in the lowered position of the push-up. Be sure to actively depress and stabilize the scapula.

## 2. Maximal strength

When doing a regular push-up on the floor, you're lifting about 2/3 of your body weight. If you can increase maximal strength of those muscle groups involved, your 2/3 body weight becomes a lesser percentage of your maximals strength and theoretically your maximal number of push-ups performed should increase.

The fix: Loaded push-ups with a weighted vest, push-ups with chains, push-ups with bands, asymmetrical and unilateral push-up variations, partial range of motion push-ups, and even bench pressing.

## There's Perfect and Then There's You

Mike Roussell April 16, 2008

So you've spent hours planning and preparing your meals.



You've invested some money to get a great [fat loss training program](#).

You're all set to start on Monday morning (everybody seems to start a new diet on Monday's).

Monday comes....and then

life happens.

You sleep in by accidents so you can't get in your morning cardio. You don't have time to change your meal plan to adjust for missing a training session so you eat what you had prepared. At work a meeting goes long and you are late getting

## 3. Strength-endurance

High rep sets of push-ups are a test of your strength-endurance, so in essence, doing more push-ups will help.

The fix: Try this progression. 1-2x/week start by performing the maximal number of push-ups that you can do in a row while timing the duration of this first set. Rest the same amount of time that it took to complete the set. Repeat this process until you complete the desired number of repetitions. As strength-endurance improves, it should take fewer and fewer sets to complete the desired number of repetitions.

Bill

in your next meal.

Lunch and your afternoon snack goes well. But after work you head to the gym and it is packed. You can't use the lat pulldown machine and the dumbbells so you can superset dumbbell thrusters and pull downs as there is a line at the lat pulldown machine. You make due, step up the intensity, and shorten your rest periods between sets.

Head home. Dinner is good. But you end up going a little overboard on the peanut butter as part of your evening snack (teaspoon, tablespoon - what's the difference?).

You head to bed. Frustrated that your first day with your new diet didn't go as well as planned...but was the day a victory? Did you make steps towards you fat loss goals.

Yes.

See, as the title of this post says - "There is perfect and Then There is You." You don't need to be perfect each day with your diet and training. Life happens. The real key is making strides (even if it is just one) everyday to be better and more compliant than the day before. If you do that then you'll get the body you always wanted.

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Many people strive for perfection each day and if they don't get it they get frustrated, give up, switch diets, or just quit. You need to keep going each day. Having a proper support system set up in addition to your nutrition and training is integral to your success.

That is one of the reasons why I set up the [Fat Loss Accelerator program](#) so everyday for 45 days I'm in your ear, getting to do make changes, do better than the day before, and lose the weight you've always wanted to.

The Fat Loss Accelerator Program in addition to an extremely effective [fat loss nutrition](#) plan is a recipe for fat loss success.

Mike's Blog

## Accidentally Delicious

Mike Roussell - April 17, 2008



If you are working to lose fat then you **MUST** be creative in the kitchen. Well you don't *have* to but you'll be a lot happier if you do. I'm always messing around with food combinations trying to make healthy fat burning foods that just taste great. Sometimes I make some nasty stuff (just ask my wife), but more often than not things turn out really tasty. Two nights ago was one of those nights

where what I made was delicious! I'm going to share the recipe but the measurements are exact (as I broke my own rule and just estimated).

### Balsamic Horseradish Salad Dressing

- Horseradish Sauce
- Balsamic Vinegar
- Extra Virgin Olive Oil

In a big bowl (the one you make your salad in) add ~1TBSP Horseradish sauce (this stuff is potent so be easy at first). Next add about 2 TBSP Balsamic Vinegar. Grab a whisk (you don't have to whisk but it helps mix the oil and vinegar together and thus you get a thicker salad dressing) and whisk

in 1 TBSP of Extra Virgin Olive Oil. Now you can just add the rest of your salad to the bowl, mix it around to coat it with the dressing and you're all set.

I added sliced red and yellow bell peppers, grape tomatoes, a little chopped avocado, spinach, and sliced grilled chicken.

If you try the dressing then post your comments below as I'd love to hear what you think.

Written by Mike Roussell

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## Articles

# The Bottom Line on Low Glycemic Foods

Jayson Hunter - April 17, 2008

First let discuss what low glycemic is before we decide if it will help you with your weight loss. Low glycemic foods are foods that when consumed do not dramatically elevate your blood sugar levels. Eating foods that are high glycemic will dramatically increase your blood sugar levels. Your body starts to promote the fat storage of these sugars when you eat high glycemic foods because your insulin level increases.

When women want to know or ask what foods to eat so they can be skinny they are essentially looking for foods that aren't going to promote the storage of fat. To become low glycemic a food needs to have a mixture of nutrients, be lower in overall sugars and contain a fair amount of fiber with each serving.

For example a piece of white bread is a high glycemic food

because it consists of processed and refined flour. A piece of whole-grain bread would be a lower glycemic food because it contains a good amount of fiber and other nutrients that would slow down the absorption of your food.

You should choose foods that are either a good source of fiber or contain some protein and fat so that it is a lower glycemic food choice. Though you also need to look at the big picture and look at what else you are eating for that meal since it is all digested at the same time.

When deciding on a meal you want a balance of a lean protein source, 1-2 servings of vegetable and/or fruit and 1 serving of a higher fiber whole-grain carbohydrate food choice. When eating balanced like this your total glycemic level will be lower, which means your blood sugar levels don't rise as high and your body promotes fat usage for energy instead of fat storage.

When you eat a lean protein source at your feeding opportunities you are also releasing a hormone called glucagon that is the opposite of insulin and counteracts the effect of

insulin by promoting the release of fat to be used as energy instead of storing it.



So my answer to women who want to know what foods to eat to be skinny I would say plenty of foods can as long as you eat

them at the right time and in the correct portions. The [best way to be skinny](#) is to eat a lean protein source at every feeding opportunity and a vegetable that is a good source of fiber. Stay away from the high sugar soft drinks or fast foods items that are high in fat.

If being skinny is your goal or you can't lose the weight to fit into that dress then you also have to make sure you incorporate exercise into your program. Nutrition alone may work, but your progress will be much slower. Incorporating the eating principles above along with an exercise program will have you looking stunning in that amazing dress fast!

For more about how Jayson uses low glycemic foods and carb cycling with his clients check out [CycleCarbs4FatLoss.com](#)

### About Author

Jayson Hunter RD, CSCS is the author of the Carb Rotation Diet. To discover the 5 absolute truths Every Serial Dieter Who Seeks Rapid-Weight loss MUST come to grips with visit [CycleCarbs4FatLoss.com](#)