

ENDURAMAX RUNNING CONSULTANCY (Est. 1994)

DIET

Weight can be lost through exercise only when that activity takes on a cardio component. Exercise should be non-stop at a steady state or manageable pace. The weight loss is through perspiration

The most effective way to lose weight is to ‘make a deal with the kitchen’

Eat less, eat more sensibly (the correct food) and eat more often without eating more than the normal intake for a 24-hour period. A note should be made of what foods are eaten at what time of the day

A combination of dieting and a well rounded exercise programme which includes a goal orientated cardio/vascular/respiratory element makes for the perfect solution

A large carbohydrate intake for the last meal of the day is not advised. The metabolism starts to shut down when sleeping and much or some of the intake is stored as fat

DR ROSS TUCKER : NOTES ON DIET

The diet can be planned in 3 phases prior to a major sporting challenge :

Phase 1 is 4 weeks before the start of the Challenge

Phase 2 is 5 days before, the first 3 consisting of high fat and the next 2 days of high carbohydrate loading

Phase 3 is the Challenge Day ie before the start, during and after the event on each day

Phase 1 has a priority of high carbs with 7-9grams per kg of bodyweight per day being ingested. Judge the amounts and be sensible. 6 meals per day (obviously smaller than normal eating amounts). Drink when thirsty. Some additions to be diet can be Powerade, fruit, Bar One and potatoes. Protein and Carb drinks can be used as meal replacements

In regard to protein 1½-2grams per kg/BW per day is required. Helps create a sense of fullness. A protein/CHO mix is best. Intake must not be too high as it might effect the kidneys. Protein intake must not be too high during training. Chicken and fish (white meat) is good

With fat 1-1½grams per kg/BW. Judge the fat to carb ratio. The theory of the ‘5 colours’ (I have forgotten what this was)

Phase 2 is the 5 days before. The diet stays the same. Training is reduced and food is increased slightly through. Spoke of meal replacements such as Megaload and using a powder, milk, water mix. Important to teach the body to use it’s fat stores

Phase 3 during the **Pre Race** ie 1½hrs before the start of each day ingest 100g (this is best) or a max of 150g of carbohydrates. This could include jam, toast, bread, cheese, anchovy, orange juice but no milk and no proteins

During the Race take Powerade, water, dried fruit, pretzils, 30-60g of solid or liquid carbs. Vuma, corn syrup together with water. Important to listen to the body

After the Race take small meals often that include fat and complex carbs

The Power of Healing of Nature Foods

	HELPS WITH	PREVENTS
Almonds -best soak overnight -need 6-8 per day	Antioxidant Cholesterol	Heart diseases Colon cancer
Apples -1 a day – keeps the doctor away -can make use of apple cider vinegar	Antioxidant Cholesterol Triglycerides Improves brain function and memory	Stroke Heart attack Lung cancer Prostate and liver cancer
Asparagus -can chop raw in a salads	Antioxidant Eliminates waste Alkalizes the body	
Avocados		

-if on diet only 1 per week -use for hydrating face mask	Anti-aging Antioxidant Cholesterol	Atherosclerosis Prostate cancer Eye cataract Age related muscular degeneration
Bananas -use for cleansing and hydrating mask	Lowers blood pressure Calms the body -Green Bananas Lower LDL and Increases HDL by up to 30% Gastric and duodenal ulcers Thickens the protective gastric mucoa -Ripe banana Soothes digestive disturbances	
Beans (Legumes) -can toss in salad	Antioxidant	Heart diseases Cancer
Beets	Antioxidant Slows the growth of skin and lung tumours	
Bell Peppers	One of top 10 antioxidant vegetable Superb overall body alkalizer and healer	
Blueberries “Brain Berry”	Antioxidant Natural laxative Cleanse the blood Prevent and REVERCE abnormal physical and mental decline Antiaging	
Broccoli	Antioxidant with Healing powers Metabolizes excess estrogen Controls blood sugar Inhibits the reproduction of the herpes simplex virus Weight loss	Breast and gastric cancers Heart diseases

Brussels Sprouts (Cruciferous vegetables)	Antioxidant Lower estrogen	Tumour growth Breast cancer Prostate cancer by 41%
Cinnamon	Relieves bloating and gas Normalizing blood sugar	Anti-aging
Carrots -eat them together with fat (avocado, flax seed) -better when cooked	Antioxidant Detoxifies the liver and the digestive tract Cholesterol	Cataract, muscular degeneration and night blindness Cancer Heart diseases
Celery -Lives have more nutrition -use juice for base of salad dressing -drink the juice before meal to curb the appetite	Natural tranquilizer Insomnia High in natural sodium and Potassium and good for post workout (replaces lost electrolytes) Tones vascular system Lowers blood pressure Colon and stomach cancer Mollifying kidney and liver disorders Easing gout, rheumatoid arthritis and rheumatism	
Chilli Peppers	Anticoagulants Raise endorphin levels Fights colds, coughs, bronchitis and sinusitis High blood pleasure	Cancer Stroke Heart attack
Cranberries	Antioxidant Urinary tract infections	
Cucumber	Diuretic Relives edema Cleanse and purify's the blood Helps to digest proteins Cleanse intestines Expels tapeworms and other intestinal parasites Strengthens connective tissue Adds elasticity to the skin Eczema, psoriasis Splitting nails Hair loss Acne Reduces high uric acid (Alkalizer)	

	Normalizes blood pressure	
Figs	Increases strength Preserves elderly in better health Gives youthful look	
Flaxseed 2-3 tbs. daily	Balance estrogen Constipation Bloating Eliminates toxic waste Strengthens the blood Reduces inflammation Accelerates fat loss Reduces depression Slows down absorption of starch Balance blood sugar and insulin Anti-aging	Heart diseases Cancers (breast) Autoimmune diseases such as multiple sclerosis and rheumatoid arthritis and many skin diseases
Garlic “Russian Penicillin”	Kills bacteria and fungus Clears the arteries Balance the body chemistry Slows cholesterol synthesis Lowers blood pressure Reduces atherosclerosis Inhibits platelet aggregation Fights stomach cancer Eliminates lead and other heavy metals from the body Removes worms Boost immune function Improves the action of the liver and the gallbladder	
Ginger	Promotes digestion Anti inflammatory Slows development of tumours Lowers cholesterol and triglyceride levels Reduces atherosclerosis and osteoarthritis Thins the blood “just like aspirin”	Alzheimer’s disease Arthritis Cancers Stroke Heart disease

Goji Berries	<p>Anti-aging (blemish free and wrinkle resistant) Beautifying Superior health tonic Longevity Strength building Sexual potency Increases T-cell transformation Doubles the activity of the white cells Improves appetite Improves sleep</p>	Cancers
Grapefruit	<p>Eases constipation Improves digestion Reduces the accommodation of atherosclerotic plaque in patients with atherosclerosis Strengthens blood vessels and capillaries Fights insomnia and promotes sleep Fights colds</p>	Cancers Heart diseases
Kale	<p>Improves red blood cell count Better cell circulation and respiration More calcium than milk Anti-aging</p>	Breast and lung cancers Age related macular degeneration of the eyes
Kiwi	<p>Controls blood cholesterol levels Controls eye health</p>	
Lemons	<p>Great alkalizer for the body Very potent detoxifier Dissolves gallstones Kills some types of intestinal parasites When taken in the morning on the empty stomach diluted with water, is known to improve liver function and has been used to eliminate kidney stones Stimulates digestive juices and relieve constipation Relieves colds, coughs and sore throats Helps with dry mouth - Can erode tooth enamel, so rinsing the mouth with clean water is necessary after drinking lemon juice</p>	

Mushrooms	<p><i>Shiitake mushrooms</i> help fight cancer and tumors rheumatoid arthritis and lupus <i>White and Portobello mushrooms</i> can prevent prostate cancer and slows an enzyme used in the production of estrogen (fights breast cancer) Anti-aging</p>	
Oats	<p>Lowers LDL cholesterol Helps to regulate the thyroid Soothes the nervous and digestive systems Reduces craving for tobacco Stabilizes blood sugar Benefit those who suffer from type II diabetes</p>	
Onions	<p>Potent antioxidant Lowers cholesterol Hinders clot formations in the blood Prevent high blood pressure</p>	Heart Attack
Oranges	<p>Helps with production of collagen (high in Vit C) Superb antioxidant and antimutagenic Elevates HDL (good cholesterol) and lowers LDL Anti-inflammatory actions</p>	Cancers
Parsley	<p>Detoxifies the body Alleviates flatulence Sweetens breath Improves appetite Improves digestion by increasing blood circulation in the digestive tract Enhances absorption of nutrients Effective diuretic Prevents kidney stones Great stress buster Anti-aging Reduces depression Lowers cholesterol</p>	

Parsnips	<p>The beauty food</p> <p>Strengthens hair and nails</p> <p>Improves skin quality</p> <p>Helps acne</p> <p>Improves the function of the lungs and the bronchial tubes</p> <p>Diuretic</p> <p>Anti-arthritic agent</p> <p>Dissolves gall and kidney stones</p>	
Pears	<p>Lowers cholesterol by flushing it out of the body</p> <p>Prevents constipation and haemorrhoids</p>	Colon cancer
Pomegranates	<p>Antioxidant</p> <p>Reduces plaque build up in the arteries by 44%</p> <p>Reduces oxidative stress and atherogenesis</p>	Cardiovascular diseases
Raspberries	One of top antioxidants	Prevents cancer and heart disease
Sea Vegetables (Nori – seaweeds) (Kelp)	<p>Treats Candida albicans</p> <p>Chronic fatigue</p> <p>HIV infection</p> <p>Arthritis</p> <p>Allergies</p> <p>Edema</p> <p>Goiter</p> <p>High blood pressure</p> <p>Mucus cough</p> <p>Fatty cysts under the skin</p> <p>Warts</p> <p>Improves digestion</p> <p>Diuretic</p>	
Sesame seeds and Tahini	<p>Builds a deficient liver and kidneys</p> <p>Antioxidants</p>	
Spinach Coenzyme Q10 Best to eat it raw	<p>One of top 14 foods</p> <p>Critical Antioxidant</p> <p>Brain tonic</p> <p>Anemia</p> <p>Circulatory weaknesses</p> <p>Cholesterol diseases</p> <p>Supports eye health</p> <p>Anti-aging</p> <p>Alkalizes the body</p>	<p>Cardiovascular health</p> <p>Alzheimer’s diseases</p> <p>Hypertension and stroke</p> <p>Cancer</p>
Strawberries	<p>Antioxidant</p> <p>Lowers cholesterol</p>	Cancers

	Tranquilizing	
Sweet potatoes	Highly nutritious Powerful antioxidant Lowers cholesterol Boost vitality	Heart disease Certain cancers
Tomatoes	Antioxidant defence network of the skin Raises SPF	Cancers Heart health
Walnuts	Antioxidant Lowers cholesterol	Stroke Heart diseases
Watermelon The rind and seeds are anti aging - juiced	Diuretic - edema Cleanses the kidneys and the bladder Lowers blood pressure	Heart disease Cancers