

Staying physically fit – Dr. Mitra Ray –Voice Com Feb. 08

If you're trying to get fit or are fit, this will be of significance importance to you – I work with top athletes as well as top fitness trainers and I work with those who are physically fit but not nutritionally fit. Many trainers say to me when they first start working with an individual on a fitness regime, initially there's a jump or climb in the client's physical ability and fitness, then eventually they reach a plateau or worse their fitness begins to decline or they begin to get injured or become unhealthy. This is true even for elite athletes –maybe you've heard of Bear Grylls – from his TV show Man vs. Wild – it's clear that he is very physically fit, however, like every elite athlete Bear did have health concerns that could only be met through elevating his nutritional status.

Like many celebrity athletes, Bear gets bombarded with free supplements from varied nutritional companies trying to win his endorsements and to convince him with POP nutrition, this popular nutrition is different than true nutrition and has detracted athletes and fitness gurus from the basic simple facts of human physiology. In helping top athletes such as Bear I know the concerns nutrition can address – they are endurance, strength, tissue repair, and recovery time, lower chance of injury and associated costs, and avoiding colds and flu. And then there are the hidden concerns - the development of chronic conditions such as heart disease, stroke, cancer, auto immune disorders, chronic fatigue, etc. Most athletes are not thinking of these concerns when training hard and here's some common myths that get in the way of those concerns – 1. I can eat whatever I want as long as I exercise enough to burn it off. 2. I need high protein shakes and eat lots of lean meat to build more muscle 3. I need supplements like creatin and high protein drinks to enhance my performance.

When it comes to the nutritional content of food I like to relate it to the oil and the gasoline you have to put in a car. Most athletes concern themselves with getting enough gasoline without concerning for how high the octane level is and most of them don't even think about the oil factor. Now what do I mean by high octane gas or oil? An athlete might reach for a quick soda because it has caffeine and sugar and have a big steak for dinner thinking they're getting protein but they're actually filling up on lots of artery clogging cholesterol and saturated fats. And then they may take some supplements that their friends recommended whose physique they envy without knowing if it is right for them. The real education lies in understanding that these choices are low grade fuel. Mother Nature has already provided us with high octane food in fruits and vegetables and whole grains. These fruits not only provide calories which are the fuel that our bodies need, but what I consider to be the high octane fuel because there are no impurities in fruits and veggies and grains in the whole food form. And they have plenty of complex carbohydrates, healthy proteins and essential fats. All other foods have impurities that drain the body of energy and vitality.

Many people have heard of free radical damage which refers to the mitochondrial of the cell that are the energy making batteries of each cell. When food is going to make energy the word "burn" means reaction with oxygen and whenever this happens toxins are created such as burning gas in the car or wood in the fireplace. We need a rainbow diet to counteract this toxicity. The many colors and flavors of fruits and veggies are the antioxidants that protect it from oxidative stress. Otherwise, over time all our cells age prematurely and various systems in the body such as the immune system, circulatory system, the digestive system, etc., begin to fall apart causing illness and disease. Furthermore, we become prone to injury with the loss of optimal sense of balance as well as weak muscles, connective tissue and bone. If you really ponder the balance of exercise and diet at the end of the day most serious athletes should be

eating out of a trough filled of fruits and veggies in order to counterbalance the free radical damage of exercise.

Besides antioxidants there are numerous other plant chemicals known as phytochemicals and there may be over 25,000 chemicals of such chemicals in plants to help regulate many other optimal functions in the other hormonal balance. These phytochemicals with no caloric value are the oil and they make the miraculous human machinery work. All those hours in the gym or training for your favorite sport, or on the court, or in the water, what are you doing to counteract the negative impact of exercise?

There's no need for exercise to be negative. After all with proper nutrition, exercise can strengthen your muscles and bones, keep you toned and aerobically fit and assist with circulation throughout the body and release neurotransmitters that make you feel good about yourself.

At the end of the week how many of you manage to eat 10-12 healthy servings of fruits and vegetables in their raw form to support our body ultimately? Consider there is something that can help you in your goal to attain more fruits and vegetables in your nutrition. For the last 14 years, I have been recommending that along with trying to consume as many fruits and vegetables as possible, to also use a product that I personally use and this is JP. Why? Because 12 clinically published university studies have shown that taking the JP capsules, the orchard, garden and vineyard gives the body the oil and the magical strengthening and healing phytonutrients that are missing in our diets. Imagine going to the juice bar and getting a pint of juice made from apples, cranberries, oranges, cherries pineapple, peaches and papaya and magically removing the sugar and drinking that down and then coming back for another pint with carrots, parsley, beets, kale, broccoli, cabbage, spinach and tomato and again magically removing the sugar and getting that into your body and finally you come back one more time for a pint of blackberries, bilberries, concord grapes, cranberries, blueberries, raspberries, red currants, black currants, elderberries, green tea, ginger root and grape seed and artichoke. Again the man behind the bar has magically removed the sugar. And what if you did this day after day, do you think your body would begin to rebuild itself cell by cell, tissue by tissue, at an optimal level? Of course it would and your body would thank you for it.

That is what you are doing as far as the micro nutrition is concerned with the oil that your body is craving by taking two orchard capsules, two garden capsules and two vineyard capsules without enormous cost or effort or the sugar content of juicing and yet you're receiving the benefits of juicing.

The best of research done at universities worldwide on JP shows improving key markers of health certainly validates that JP is not just another fancy marketing product but the real deal. Even with the best of intentions we seem to fall short at the end of the day. We might have one or 2 good days, but consistency of nutrition over time creates optimally healthy people so whether you're having a good diet day or not, you can be sure you have a nutritional seat belt with JP.

Personal trainers also find that their clients don't have to have a plateau in their ability to improve their physical condition when taking JP. Exercise without nutritional support will wear your body down with time – make no mistake about it. Juice Plus is so affordable and so easy to take with a glass of water, that it seems to me a no brainer to increase this exercise of taking JP along with the rest of your physical fitness routine.