

Optimal Performance Athlete: A Comprehensive Health Protocol for Runners and Athletes

Health Protocol designed by
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Handout Volume One: Getting Started

1. Seven things that influence your state of well being:

Constitution

- genetic makeup, propensities from each parent's genes
- structural or physiological mutations or weaknesses

Peace of mind/Bliss

- sense of purpose and passion
- self discipline and focus with achievement
- capacity for unconditional love and connectedness to all that is
- curiosity, spontaneity, playfulness
- humor/laughter and recreation
- regularly engaging in activities/hobbies that make you lose track of time
- the conscious choice of being happy
- expressing appreciation and gratitude

Emotions

- processing of emotional trauma
- conditioned rituals/habits that support an illusion of security or real health
- stress management, or trying to control what you cannot and reacting to it
- holding onto negative emotions vs. letting them serve to motivate you to make needed changes
- daily relaxation

Physiology

- nutrition and juicing
- supplementation vs. medication
- exercise
- excess or lack of sexual activity
- quality of the breath
- elimination patterns
- posture/alignment
- rest/sleep
- balancing hormones
- responding to physical trauma

Environment

- climate of home, workplace, transportation
- personal hygiene
- environmental hygiene- uncluttering and getting organized
- environmental toxins, electromagnetic fields and radiation

- attacks by microbes
- heavy metal exposure and toxicity

Energy fields

- balancing chakras
- clearing auras
- karma, entities
- receiving intentions of others
- cleansing cellular energy/ releasing past pain
- grounding energy and practicing consciousness with daily meditation

Fiscal stability

- Generating active and passive revenues
- Healthy budgets: Saving/spending habits
- Values surrounding wealth and abundance
- Financial management: retirement fund, education fund, fun funds, long term savings, necessities fund

Homework:

Make a list of your weak links, or where you feel you need to focus most of your time in order to create maximum balance and performance.

2. Factors involved with Aging and the development of Chronic Degenerative Diseases:

1. **Chronic inflammation:** from allergens, environmental toxins, exhausted/confused immune system.
2. **Glycation:** protein molecules and glucose molecules bind together to create nonfunctioning structures (Alzheimer's, ASHD, eye diseases). We need to control our glucose and insulin levels.
3. **Methylation deficit:** cellular DNA needs enzymatic actions (methylation) for maintenance and repair.
4. **Mitochondrial energy depletion-** these maintain critical cell functions (Congestive heart failure, muscle weakness, fatigue, neurological diseases). Maintain high levels of CO Q 10 and alpha lipoic acid to maintain energy.
5. **Hormone Imbalance** (depression, osteoporosis, CAD, libido loss) often from a nutrient poor diet (healthy proteins, essential fatty acids, good thyroid and adrenal function).
6. **Excess calcification:** As we age calcium migrates from the bones into the organs and circulation, causing a stiffening and ultimate nonfunctioning of the body. Often a reflection of hormone balance and degrees of toxicity in the body.
7. **Fatty Acid imbalance:** needed for energy metabolism, production of hormones.
8. **DNA mutation-** synthetic compounds cause DNA to mutate.
9. **Immune dysfunction:** cytokines force the immune system to turn on itself or hyper-react to environmental/food substances (autoimmune diseases, allergies)
10. **Enzyme deficits** related to impaired liver function or poor digestion related to decreased digestive enzymes.
11. **Excitotoxins-** we lose control of our neurotransmitters causing cellular damage. Found in many artificial sweeteners.
12. **Circulatory deficit** causing organ and skin damage.
13. **Oxidative stress** from free radical damage

The Good News???...All of these can be minimized/controlled with a healthy lifestyle.
From LIFE EXTENSION FOUNDATION, www.lef.org

3. Stressors that lead to physiological inflammation:

1. Life events: death, loss of job, pet, relationships, weather disasters, accidents, work issues
2. Chronic infections
3. Hormone imbalances (insulin, melatonin, DHEA, sex hormones, neurohormones)
4. Acute allergies
5. Delayed chemical allergies
6. Delayed food allergies
7. Heavy metal toxicity
8. Biochemical imbalances (sugar, electrolytes, lack of nutrients)

4. What contributes to balance, health and longevity:

To love deeply and unconditionally; to be able to give and accept love

To be happy: to be able to laugh out loud, have fun and enjoy the adventure

To achieve and to learn; to challenge your thoughts, your values and your beliefs

To source your life around reaching your highest potential as a human being

To practice integrity and to be a role model for peace and justice

To achieve safety, personal security and self reliance

Curiosity, playfulness and spontaneity

To experience bliss and have inner peace; to be motivated by negative emotions to make needed changes in values, beliefs and daily rituals

To create balance with daily rituals in order to take as much care of yourself as you do others

To put attention on daily physical, physiological, emotional and environmental needs every day (A healthy diet, supplementation, hydration, physical exercise, daily meditation, personal and environmental hygiene)

5. What creates imbalances in the body:

- being unhappy, unfulfilled, disconnected from your life's purpose & passion
- apathy
- poor nutrition (overeating, under-eating, eating unhealthy foods)
- lack of supplementation
- environmental and dietary toxins
- electromagnetic fluxes and exposure to radiation
- chronic infection and lowered immune system
- emotional stress and reactive assertions of your negative, righteous self
- lack of sleep, oversleeping or poor sleeping habits
- lack of recovery from physical or emotional stress/trauma
- lack of oxygen through habits of breath, exercise, foods, supplements, use of plants, physical environment

- holding on to negative emotions and past negative experiences
- too much or too little sexual activity or pleasure
- avoiding challenges
- avoiding vulnerability
- refusing to surrender that which creates toxicity in the body/mind/spirit
- heavy metal toxicity
- food/environmental allergies
- chronic inflammation
- chronic yeast, parasites, fungus

6. THE PERCENTAGES

50%: ATTITUDE, BELIEFS, VALUES and the RITUALS/HABITS/BEHAVIORS that result from them

- Personal fulfillment and meaningfulness in your life
- How well you manage conditioned and real thoughts
- To what degree you let go of, hold on to and learn from negative emotions and stress

5%: RECREATION/ FUN/HUMOR/LAUGHTER

5%: RELAXATION & MEDITATION

15%: NUTRITION & JUICING

10%: SUPPLEMENTATION

10%: MOVEMENT/EXERCISE/WORKOUTS

5%: ENVIRONMENTAL & PERSONAL HYGIENE

The Contributors of Optimal Performance Athlete



Gary Null, PhD, has been coaching marathoners in New York City for over 20 years. Gary is an accomplished marathoner himself, and a world class track athlete. He has the longest running health and fitness show in the United States, with millions of listeners.

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Luanne Pennesi, RN/MS, a registered nurse practicing for nearly 30 years in both conventional and integrative medicine, is a rising star in the field of natural health, sharing information that motivates people to take back their personal power and lead happier more productive lives at ANY age. Luanne is also an accomplished athlete, winning silver medal at the World Games in racewalking.

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The hosts of the program, coaches **Steve Mackel** and **Gary Dawson Smith** - Sole Runners Full and Half Marathon Training Program, have coached thousands of runners in Southern California to run 5k's to Ultra-marathons using low impact, holistic techniques such as ChiRunning® and Yoga.

You can visit their websites at:
<http://www.SoleRunners.net/>
<http://www.SoCalRunning.com/>
<http://www.marathontraining.tv/>