

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

Health Protocol designed by
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Handout Volume Two: Defeating the Excuses in Your Life

The Power of Commitment

By Ian Watson

Commitment is magical. It is what transforms a promise into reality. It is the energy, the electrical current that is needed to make things happen. It is the power to change the face of things.

Commitment is not easy- it is making the time when there is none; finding resources when there seem to be none, it is overcoming what appear to be impossible obstacles. It is the daily triumph of integrity over skepticism. It is coming through time after time after time, year after year after year.

Commitment is choosing to be effective and about saying, *“I will find a way to make this happen”*. It is about being out there, exposed, vulnerable, even subject to ridicule because intensity is often considered bad form.

Commitment also has its rewards- it is feeling good about yourself because you know you are being true to yourself and your word. It is what brings a light to our faces and our lives.

SO many foods to choose from:

GREEN VEGETABLES:

Collards	Lettuces	parsley	broccoli	brussel sprouts
Kale	Kohlrabi	arugula	cabbage	chives
Chard	asparagus	mustard greens	rutabaga	cilantro
Cucumber	okra	turnip greens	squash	zucchini
Spinach	string beans	peas	onions	watercress
Broccoli rabe	green pepper	celery	scallions	sprouts
Fennel	Dill weed	mint	dandelion greens	radish greens
Bok choy	Artichoke	leeks	chicory	squash
Spirulina	Chlorella	wheat grass	endive	watercress

SEAWEEDS:

Dulse	kelp	wakame	hijiki
Nori	arame	kombu	bladderwrack
Alaria	laver	sea lettuce	Irish moss

SPICES:

Sage	oregano	rosemary	nutmeg
Clove	tarragon	thyme	bay leaf
Chili powder	cayenne	paprika	curry
Basil	celery seed	marjoram	cinnamon
Lemon grass	verbena	cardamom	coriander

OTHER VEGETABLES:

Garlic	burdock	taro root	sweet potato/yams
Parsnip	radish	radicchio	red cabbage
Pumpkin	butternut squash	Peppers	eggplant
Mushrooms	cauliflower	beets	carrots
Rhubarb	potatoes	turnips	

GRAINS:

Barley	oats	wild rice	brown rice
Corn	triticale	bulgar	sprouted wheat
Amaranth	quinoa	teff	rye
Spelt	millet	kamut	buckwheat
Couscous	whole wheat	kashi	

BEANS:

Adzuki	black beans	black eyes peas	garbanzo
Great northern beans		kidney beans	lentils
Mung beans	peanuts	pinto	soybeans
Lima beans		fava beans	carob
Navy beans		split peas	

NUTS & SEEDS:

Almonds	brazil nuts	cashews	chia seeds
Cress seeds	Fenugreek	filberts	flax
Pecans	pine nuts	pistachio	pumpkin seeds
Sesame	sunflower	poppy	walnuts
Chestnuts	macadamia	coconut	caraway

FRUITS:

Strawberry	raspberry	cherry	blackberry
Lemon	lime	orange	grapefruit
Nectarine	cantaloupe	pear	apricot
Melon	avocado	banana	olive
Watermelon	apple	blueberry	pineapple
Tangerine	raisin	currant	cranberry
Grape	peach	mango	papaya
Coconut	guava	figs	dates
Plum	prune	tomato	pomegranate
Star fruit	tomato	dewberry	wolf berry
Persimmon	quince	plantain	kom quat
Goji berries	noni	acai	mangosteen
Quince	paw paw	leechi	dragon fruit
Tamarind	bitter melon	avocado	passion fruit
Huckleberry	boysenberry	gooseberry	lingonberry

COOKING OILS:

Coconut	grape seed	macadamia nut
Mustard seed	sunflower seed	sesame olive (low heat)

OTHER OILS:

Avocado	canola oil	peanut oil	safflower
Flax	hazelnut	walnut	Krill
Cod liver oil	borage	evening primrose	

Now, think of how many combinations of each of these you can come up with to create satisfying dishes with taste, texture and volume! All you need is your imagination, some spices and either a stove top/oven, a toaster oven or an electric grill.

If you can think of others to add to this list please e-mail Luanne at [HYPERLINK "mailto:whnn@aol.com"](mailto:whnn@aol.com) whnn@aol.com or call me at 973-766-2214.

Try different combinations of vegetables, grains, beans, seeds, nuts and spices. Enjoy fruits with agave, non dairy milks and hot or cold cereals. Try a new item each week.

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)

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

Conditioned/robotic habits vs. Reasonable/authentic behaviors

Dead, chemically processed diet:

Whole live foods

meat, dairy processed foods Caffeine Soda, sugar, candy, gum	beans, nuts seeds, soy rice milk, Earth balance fresh fruits, vegetables, grains water, green tea, herbal tea high fiber snacks, dates
Using microwave ovens	Using toaster ovens and stove tops
Using cell phones/cordless phones without shields	Using Waveshield protection on cell
Smoking	Air Purifier for fresh air
Alcohol	Finding joy, managing stress
Recreational drugs	
Silver fillings, root canals	white biocompatible fillings
Not exercising	Working out 4-6 days/week
Living in stress: Personalizing worry Fears Reacting with anger, defensiveness Righteousness Cynicism, sarcasm Depression and Pessimism	Practicing detached involvement Creating goals Staying focused Responding with positive action Tolerance/consideration of the opinions of others Hope and Optimism
No balance re: time- rushing around	Paced time management, delegation
Adapting to dysfunctional relationships	Letting go of dysfunctional people
Living with financial constraints	Creating financial freedom
Victims of chronic illnesses	Creators of optimal health
Dependent on AMA and FDA systems	Use of integrative therapies
Just surviving or existing	Living with passion and purpose
Entitlement mindset	Empowerment mindset
Detached from environmental responsibility	Involved with helping environment

How to “Reprogram” your Conscious Mind

- *Forgive and let go of past beliefs that no longer serve you*

- *Take 100% responsibility for your thoughts (you are not what you think, you are what you do based on which thoughts you honor and therefore behave from)*
- *Daily affirmation and goal setting (create affirmation tapes in your own voice): Personal-Positive-Present tense*
- *Visualization and imagery of the ideal self (create a collage of images)*
- *Act the part/ Act as if*

How to Focus your Attention

- *Daily breath work/meditation for a minimum of 20 minutes*
- *Silence- consider a day of silence each month*
- *Deliberate detachment from daily events and people, watching as a neutral observer, processing information through reasoning and fact finding and responding with the tools of universal wisdom.*
- *Experience events, people and the emotions they invoke, finding the gift or lesson or information in each because of the emotion it invokes, and then giving yourself permission to let go of the negative emotion and integrate the lesson into your psyche.*
- *Daily Journaling: Joy or success journals, exercise journals, meditation journals, etc.*

How to Develop Discipline

- *Graphing: plot on a graph the quality of your “issue”, whether it is pain, workouts, laughing, breath work, etc. each day and review it at the end of the week.*
- *Be motivated NOT by pain or pleasure, but rather by creating your own life, by manifesting your greatness and for a burning desire to explore and actualize the potential of who you are. Consider fearlessness and being infinitely present.*
- *Bring your attention to the dysfunctional, self-sabotaging behaviors. Observe yourself without judgment or emotion.*
- *Develop the art of nonspecific happiness; realizing that everything is perfect just the way it is.*

The 8 Negative Thinking Patterns:

There are 8 limited thinking patterns. See which ones you need to focus on and eliminate all of them:

1. **Filtering:** you focus on the negative details vs. the positive aspects of a given situation.
2. **Polarized thinking:** things are good or bad; there is no in-between, no middle ground.

3. **Overgeneralization:** you reach a general conclusion based on a single incident and exaggerate the frequency of problems using negative global labels.
4. **Mind reading:** You think you know what people think of you and why people behave the way they do.
5. **Catastrophizing:** You expect and even visualize disaster. “what if” is a dominant thought.
6. **Magnifying:** You exaggerate the degree or intensity of a problem, making it overwhelming.
7. **Personalization:** You assume everything is “done” to you and you compare yourself to others in order to judge events.
8. **“Shoulds”:** You have a list of ironclad rules about how you and others should act. Those who break the rules create anger in you and if you break them you go through GUILT.

UNDERSTANDING THE DIFFERENCE BETWEEN THE CONDITIONED SELF AND OUR TRUE NATURE

The conditioned Self, the ego or “lower self”:

1. This live energy is fed by 2 main roots or sources:
 - a. Entitlement (you entitle yourself to your dysfunctional, chronic negative behaviors and imbalances)
 - b. Internalization (taking everything personally, as if things are “done” to you)
 Once you cut out these roots, the behaviors correlated with them cannot survive!
2. It is concerned with survival. Is distrustful and insecure. It gets security from conditioned rituals, habits and beliefs that supply a false sense of certainty and results in superficial commitments.
3. Victim behaviors are manifested in
 - a. blaming everything and every one for your own destiny and lots in life
 - b. defensiveness and self righteousness
 - c. self sabotage via self destructive behaviors and rituals in order to cope with an illusory set of “stresses”
 - d. subservience to artificially placed “authorities”
 - e. engaging in any one of the 7 diseases of the attitude
4. Its main protectors of the dysfunctional behaviors are
 - a. denial
 - b. procrastination

- c. distractions (everything else controls your attention)
- d. excuses/rationalizations
 - It's too expensive
 - I don't have time
 - I'm overwhelmed
 - It's too hard
 - I'm confused

5. Correlates to the lower chakras, which are concerned with survival and getting approval, acceptance, love and recognition from their assigned "Tribe" (family, friends, coworkers, authority figures in all paradigms).
6. Is easily influenced by external input; i.e., weather, other people's opinions, the media, the day of the week, the news, etc.)
7. The ego is the center of the universe and it sees itself and every one and every thing else in the world as chronically imperfect and undeserving of the capacity to be, have and do the best of everything. This manifests in criticism, gossip, guilt, worry, cynicism, sarcasm, divisiveness, manipulative behavior and revenge. All of these are based on a foundation of fears and conditioned limitations ("I can't"; "I have to"; "I can't, but I have to").
8. It eats to fill hunger and emotional voids such as lovelessness, loneliness and boredom and is concerned with getting rid of the uncomfortable sensation without concern for the long-term consequences.

The conscious/real self or "higher self":

1. This live energy is fed by 2 main roots or sources:
 - a. Faith that life is here to support you
 - b. Belief that you deserve the best and an expectation of success and abundance
 Once you nurture these roots, the higher self evolves easily and eternally!
2. It is concerned with achievement. It trusts that everything that happens is there to teach us a valuable lesson and/or give us important information to help us grow to manifest our highest potential as a human being. It gets security from within, knowing that you are connected to everything in the universe and you have access to universal wisdom via introspection, insight and vulnerability. You are capable of deep commitment.
3. Self empowerment behaviors are manifested in
 - a. a natural curiosity to learn and explore the world around you, which could entail risk and uncertainty.
 - b. autonomy (taking what works for you as an evolving individual from all knowledge bases and belief systems without the need to lose your identity to any one) and accepting that what is "right" is a matter of individual perception and need. You can disagree with respect and dignity. Doing the "right thing" means honoring all of life, especially your own sanctity.

- c. integrated approach to life and health based on factual knowledge and love of self
- d. doing what needs to be done simply because it is the right thing to do since it supports all of life on earth.
- e. happiness, fulfillment and joy

4. Its main supporters of healthy behaviors are:

- a. passion
- b. enthusiasm and optimism
- c. imagination
- d. focused attention and discipline (through relaxation and introspection)
- e. courage
- f. persistence

5. Correlates to the higher chakras, which are concerned with balance, an awareness of ones self in relation to all that is, bliss, personal fulfillment and reaching the highest potential one is capable of in all areas of living.

6. It pulls away from external input and paradigms and draws its security, happiness and sense of self from within. It seeks truth and reasoning before it responds to any given situation.

7. The spirit is the center and it is connected to the universe, so it sees everything as whole, complete and perfect. This manifests in innocence, fun, spontaneity, relaxation and an ease of movement through crisis and sees the good and beauty in everything. It is self-affirming, integrated and balanced. It creates and maintains boundaries and high standards of behaviors and values.

8. It takes in quality foods and beverages to nourish the body/mind without a need to fill time and “emptiness” or loneliness.

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.

You can visit his website and listen to his radio show at:

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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.

You can visit her website at:

<http://www.metropolitanwellness.com/>



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/>