

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

Health Protocol designed by
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Handout Volume Three: Performance Nutrition Basics

Peace of Mind and Bliss are often equated with one's SPIRIT. In Chinese Medicine we must consider that often imbalance starts at the least dense energetic part of our being, or the spirit. Often when the spirit is broken from a life circumstance, it then infiltrates into the mental/emotional body, which is more dense. It usually creates a negative emotion, which we are conditioned to suppress or sublimate or deny. If we do not process the emotion and learn the life lesson, the imbalance travels to the most dense energy, or the physical body. By understanding the role each energetic layer plays it is easier to gain insights into self-healing. Always we look at original cause or the ROOT of the imbalance in order to heal it.

THE ENERGETICS OF IMBALANCE

OUR SPIRIT

- Our sense of connectedness to all things, to who we are
- Our purpose on the planet and unique greatness
- A sense of infinite, unconditional love and kindness
- Personal integrity, character and ability to commit to a deep purpose
- Playfulness, spontaneity, and ability to express who we are
- Focus, personal discipline, self control and consistency
- Ability to learn life lessons and accept new information in order to challenge/change beliefs and values
- Natural curiosity, sense of awe, appreciation and gratefulness for all we have

- Our natural radiance
- A passion to live life fully and well, leaving a legacy behind when we leave

When we experience positive emotions and life events they serve to reinforce or validate your values and they feed your spirit. Enjoy them.

When the spirit is broken, we are called to address it when we experience

NEGATIVE EMOTIONS

(anger, anxiety, guilt, worry, rage, frustration, fear, depression, grief, angst, jealousy, apathy)

HEALTH PROMOTING responses:

- negative emotions need to be processed in order to repair the broken spirit; i.e., let them SERVE to MOTIVATE YOU to make the necessary changes in order to return to peace of mind or invoke your inborn “warrior” energy, which is designed to stand up for universal justice. Once this is done, allow yourself to let the negative emotion go and keep the life lesson/revelation.
- There is no stress in life: There is GOOD INFORMATION and the rest is LIVE ENTERTAINMENT while you experience an adventure or life circumstance. The dramas we create around life events and the power we give others over our psyche is what makes us react to not being in control, asserting our learned dysfunctional behaviors. The key is to learn the skill of “detached involvement”. Be involved in the event without tethering your identity to it.
- Bring with you your new lessons and wisdom; leave the experience and negative emotions behind you where they belong!

HEALTH DESTROYING: We lose our personal identity when we use tools we were conditioned to use to deal with negative emotions:

- Denying them through overwork, holding on to clutter, or justifying them via intellectualizing
- Suppressing them through depression, “grin and bear it” affect, martyrdom
- Sublimating them through food, drugs, alcohol, gossiping, complaining, smoking, taking medications, projecting our stuff on others (blame, destructive criticism, defensiveness, righteousness, being

judgmental), codependent relationships, sports, television, computer games, shopping, pornography, gambling. Consumerism in our society is built on sublimation of emotions vs. processing them.

“When the abnormal becomes common, it is seen as normal”. According to health and nutrition expert, Gary Null, “Consensus implies validity or accepted truth; however, to become healthy you must go beyond what our society calls “truth”. It is really a carefully created illusion to influence your perceptions of what you accept as “reality”...or not. A “consensus” is an accepted truth, but it could be based on flawed information. Universal truth sustains itself. Illusion supports itself with dysfunctional energy and cannot endure in the long run.”

PHYSICAL SYMPTOMS

We often get this information when there is unresolved negative emotional energy, along with any combination of unhealthy lifestyle choices that challenge the body’s innate ability to function on our behalf. Left unresolved, negative emotional energy goes to the physical plane, which eventually affects our ability to function, in order to get our undivided attention. Every cell responds to every emotion you carry, especially the immune system.

Lung/sinus/ Colon problems: grief issues, issues with the impermanence of the universe or initiating change, letting go, shallow breathing

Digestion/muscle problems: over-analysis, intellectualization, over studying, anxiety, worry, needing to be right or the best or perfect in order to have love, acceptance and recognition

Heart/circulation/stomach problems: anxiety, apathy, over joy, “What’s the use”, “Why bother”, pessimism

Liver/gall bladder/tendon/eye problems: anger, rage, frustration, resentment

Kidney/bone/ligament/ear problems: fears (especially fear of failure/rejection), indecision, phobias, holding back, not wanting to be vulnerable

Breast problems: issues about nurturing, being nurtured, abandonment issues

Pelvic problems: also issues of nurturance, more related to initiating or birthing new things/ideas

Immune problems: usually issues of the liver and/or digestion

A great reference for this is Louise Hay’s book, **Heal Your Body**, 1988, Hay House, Inc. or any Traditional Chinese Medicine textbook.

Just a few reminders:

1. There are other things that influence our health, such as our genetic constitution, structural trauma and environmental factors. This information addresses the impact of unprocessed, negative emotions on our physical body. Remember, that **health is about striving for relative balance** of all of these.

2. In life, pain is inevitable. Suffering is an option. We all have the right and responsibility to be

- Ecstatically happy
- Optimally healthy
- Independently wealthy

3. We are on this planet to do 3 things:

- Live in love- we need to give it as much as we get it
- Laugh, experience joy and have fun
- Achieve our personal potential as human beings

These three things help to fuel high levels of self esteem and confidence which help to keep us focused, disciplined and empowered and to enable us to commit ourselves to enjoying the kind of life we were meant to live.

4. Remember: “THE WORLD CAN’T WEIGH YOU DOWN WHEN YOU’RE STANDING ON TOP OF IT”

Notes:

HEALTHY BEHAVIOR MODIFICATION **TECHNIQUES:**

Unclutter your physical environment: Give it away, throw it away or use it. Keep nostalgic personal items securely stored. Consider things like E-bay, Craig’s list and others to sell stuff.

Forgiveness:

- a. List all the people that screwed you up**
- b. Write a letter to each one of them outlining what they did to you and how it affected you. At the end of the letter forgive them (i.e., “and you were given a lousy set of tools to deal with your pain and conflict. You did the best you could with them, and I forgive you.”)**
- c. Write a letter to yourself outlining what you’ve done to hurt yourself (self-destructive things) and anything you may have done to others. Then forgive**

yourself (“I was given a limited number of tools to manage my pain and conflict. I did the best I could with what I was given. And I forgive you”)
d. Then burn all the letters (or destroy them).

Positive affirmations: Affirmations are positive, personal statements about you in the present tense.

- **When anyone asks how you are say, “I’m Fabulous” and act as if you really mean it.** You are describing your spirit.

First, understand that this is an opportunity to express to the world the gratitude that you have for your life through your spirit self. You need not respond to the question literally, for you will tend to focus on the negative ego’s feelings about current life challenges. Secondly, if people respond to your greatness with a qualifying question like, “what makes you so great?” you can tell them, “I woke up above ground...it’s a great day!”

Level one: “I’m fabulous” or “I’m excellent”
(You’ll get a strange look of disbelief)

Level two: “I’m blessed and highly favored today”
(They will feel a strange twinge of nausea- people can’t stomach others doing well or better than them...)

Level three: “Today I am a living magnet for miracles”
(They may puke on their shoes at this point. Be prepared)

Level four: “I am a magnificent expression of all that is”
(They will most likely *never* ask you that question again)

- **Make a tape of yourself reading positive affirmations, with your favorite music between sets of 15 of them.**
- **Make a collage of your ideal life, including your ideal body.**
- **Look into the pupils of your eyes in the mirror every morning and say (or think) “I Love You”.**

Consider Neurolinguistic healing or medical hypnotherapy.

Set healthy boundaries

Keep a success journal. Record challenges you overcame, disciplines you develop, positive events & people in your life, as well as great ideas and goals you have.

What do you want to do before you die? What have you always wanted to do but were afraid to try?

Write the answers to these and the fears that prevent you from doing them. Then create a plan to do each one and start. The plan may change a few times, but do

it anyway.

Create goals, visions or intentions. Include a time frame and how you will reach them. Meditate on different goals each day and visualize them happening. A Board of Positive Intentions is a great way to stimulate the law of attraction.

a. Health and appearance

b. Relationships

c. Personal growth: trainings, classes, seminars, education

d. How you are making a difference: include donations of time and money

e. Financial goals (debt reduction, income, savings)

f. Career or business goals

g. Free time/family time activities

(From the workbook and CD program, *The Success Principles: Your 30 Day Journey from Where You are to Where You Want to Be* By Jack Canfield and Janet Switzer, www.successprinciples.com)

“When you discover you are in a hole the first thing to do is stop digging”
- Confucius, 551-479 BC

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NEUTRAL CONFRONTATION

There are times when we need to confront people who are creating conflict on our lives. Here is a time proven template to confront those you care for in a neutral way.

D= Define how you feel

“When you (describe the BEHAVIOR- do not judge the person), I feel (describe your *feelings* in a word).”

E= Empathize

“I can appreciate the fact that (give them the benefit of the doubt; put yourself in their shoes. Again, NO judgments)”

S= Suggest how you want them to behave toward you

“What I would like to suggest is that (describe a more effective behavior from them that would influence your behavior in a more positive, supportive way)”.

C= The consequences of your suggestion, both positive and negative (if they choose not to honor your suggestion)

POSITIVE: “This way, I won’t be feeling_____ and we can work this out and strengthen our relationship.”

NEGATIVE: “Because if you continue to (describe original behavior), I will continue to feel_____ and our relationship will surely deteriorate. And our relationship is important to me.”

Then stop talking. There is no need to embellish, dramatize or emotionalize the issue when setting a boundary.

You may need to repeat the boundary a few times. But stick to the outcome. You need to have enough self-respect to walk away from toxic relationships. And when you let go of a relationship that is not working for you, tell them “It is more about ME than it is about YOU”.

Learn to say NO. “No, that doesn’t work for me” is a good example.

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Supplement formulas

(Based on the protocols of Gary Null, from his book, **Get Healthy Now!** 2006, Seven Stories Press)

Managing withdrawal symptoms or headaches:

<i>Magnesium 500 - 1000 mg</i>	<i>Cayenne 10-20mgm</i>
<i>Niacinamide (non flush niacin)</i>	<i>Gingko 150mgm</i>
<i>Vitamin B6 90-100mgm</i>	<i>CoQ10 200mgm</i>
<i>Evening Primrose Oil 1500mgm</i>	

Natural adrenal support

Reishi mushroom complex	L-Taurine 500mg
Beta 1,3 glucan	Pantothenic acid (Vitamin B5)
Siberian ginseng	Vitamin B6

Panax ginseng (good for hypothyroid conditions with weight gain)

L-Tyrosine

Red chlorophyll powders

Brain drink for increased mental functions: Listen to Mozart while studying

12 oz. Protein shake with

- 2 scoops of protein powder
- Soymilk 5oz
- Water 5 oz
- Pineapple juice 2 oz
- Lecithin 1 TBS
- 1 scoop Green vegetable powder
- Brain formula capsules 2 capsules (Gary Null's BRAINY or Age Busters)
- Cognitex (Life Extension Foundation, www.LEF.org)

Pre-workout

Protein shake

Mitochondrial Energy Optimizer (www.LEF.org)

Green tea extract

L-Carnitine 500 - 1,000mg

CoQ 10 100 - 500 mg

Vitamin B12 1,000mcg under the tongue

Vitamin E 200-400IU

DMG 125 mg under the tongue

Post Workout:

Antioxidant formula

CoQ10 100-500mg L-Carnitine 500-1,000mg

L-Glutamine powder

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RELAXATION/MEDITATION

Why meditate? **Meditation strengthens the breath and enhances the oxygen concentration in the body. In Chinese medicine the lungs rule the part of the immune system that wards off externally induced infections. The breath also grounds your energy and therefore reduces anxiety and enhances a restful sleep. It is also the key to disciplining your attention. When you focus on the breath, you detach from the conditioned brain. Only then can you develop your intuition, clarity of thought and access the higher self. Includes SELF healing, TOUCH therapies & ENERGY work.**

How is it done? **There is no "outcome" to meditation, except for a deep sense of relaxation and, often bliss. It is ONLY the quiet mind that heals. Here is a list of some ways to engage in meditation/relaxation. Wear loose fitting clothes. Have variety in your meditation. There is no right time or place. You decide that. Do not answer phones or honor interruptions while you are doing your breath work. Practice this 7 days a week, 30-60 minutes a day.**

1. Abdominal breathing
2. Progressive relaxation tapes
3. Hypno-peripheral processing (created by Lloyd Glauberman- 212-787-8956)

4. Yoga
5. T'ai Chi, Qi gong
6. Therapeutic Facials, scalp massage
7. Kundalini breath work
8. Transcendental meditation
9. Reiki- (use of light hand placement to channel energy)
10. Healing Touch- (laying on of hands for energy rebalancing, INCLUDES THERAPEUTIC TOUCH)
11. Polarity therapy- (working with energy fields in and around the body as well as pressure points and joints to help release blockages)
12. Affirmation tapes (Louise Hay, Alan Cohen) PERSONAL-POSITIVE-PRESENT TENSE
13. Guided meditation tapes (www.mentoratwork.com)
14. Alpha induction music (www.sacred-geometry.com)
15. Prayer groups
16. Group meditation
17. Sitting in nature, connecting to pets, gardening with awareness
18. Rolfing (stretching/moving/manipulation of connective tissue & muscle)
19. Trager approach (recognizing and releasing patterns of tension in the body)
20. Feldenkrais (breath, movement and reworking posture)
21. Guided imagery
22. Biofeedback
23. Visualization
24. Walking or eating meditation
25. Alexander Technique (rebalancing the body through awareness, movement and touch)
26. Floatation tank (controlled sensory deprivation)
27. Sounds of Nature
28. Massage (Cranio sacral, Trigger Point, Shiatsu, Sport massage, Thai Massage, Deep Tissue)
29. Rebirthing (circular guided breathing technique)
30. Hypnotherapy
31. Neurolinguistic healing
32. AMMA therapy (specialized acupressure/massage/lymphatic drainage)
33. Meditation videos
34. Reflexology

Things that enhance your experience:

Aroma therapy	Color therapy	Flower essences
Altars	Chanting	Feng Shui
Candles	Classical music	Mantras

HEALING BATH:

Put 3 cups of Epsom salts in the bath water plus 1 bottle of peroxide. Add some essential oils like lavender to calm or lemon/citrus to energize. Get a bath pillow and relax as you listen to meditation tools.

NOTES