

## 7 Habits of Successful Sports Nutrition

John Lark  
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### Case Study – ME!

Protein, Carb, Trained  
Like a Nutter  
26.2 % Body Fat  
'Could Get Around'  
Capped for England U19s



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### Health AND Life

- Important Starting Point

## Health is the Key to Losing Weight

- Some examples of one without the other....
- Long Distance Runners
- Jim Fixx - 'Father of Modern Day Running' Died of a Heart Attack!!!
- S.A.D.S.

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### The 7 Key Habits

- Implement One at Time
- Water
- Acid vs Alkaline
- Breakfast for Champions
- Pre-Post Training Strategies
- Sunlight
- Sleep
- The Big 3 Cheap, Cheerful and Brutally Effective Supplements

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### Water -What are the Benefits?

- It helps to recognise that we are big bags of water!

Minerals, etc.	6%
Fat	16%
Protein	18%
Liquid	60%

Infant	70%
Adult	60%
Elderly Person	50-55%

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### What are the Benefits?

- Our Brain is 78% Water
- Which means if you suffer a tiny drop in hydration you will suffer immediately – mood, concentration, performance, thinking patterns
- Our Bones are 25% Water – in particular the cartilage Surfaces
- Which means if you are dehydrated there will be a friction across the two surfaces causing wear and tear
- Our Blood is 82% Water
- Blood is life – carrying nutrients and oxygen! Ever tried holding your breath for long?

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### What are the Benefits?

- Therefore why are we so concerned with what, how, much etc we should eat!
- Our priority should be on the quantity and quality of the water that we drink first and foremost
- There are numerous benefits including, but not limited to:

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### What are the Benefits?

- Weight Loss
- Brain Health
- Flushing of Toxins
- Regulating Body Temperature
- Fresh and Healthy Skin
- Good Digestion

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### How Much Water is Enough?

- We recommend 1 litre per 15-18kg of body weight



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## How much water is enough?

- Thirst is a poor indicator of knowing how much water you need – it is often too late
- You need to get into the habit of drinking this quantity with a STRATEGY (more on this later)
- You need to detoxify!
- Our liver cleans 500 chemicals a day
- Burning fat will be the least of its concerns
- The over-worked worker!

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## What Type of Water?

- Our Bodies are alkaline by design
- This chart shows that tap water has a pH neutral of 7
- Our bodies' internal water is **ALKALINE** by design
- It makes sense to try and give the body what it needs
- So quality is very important – tap water just will not cut it – too ACIDIC



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## How do we make 'Alkaline' Water?

- Water Distiller
- pH Drops
- Water Ioniser
- Lemon Juice!



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### Quality of Your Water is Key

- If the trillions of cells that you are made up of 'bathing' in garbage – how can you expect them to express their true function?
- OPTIMAL HEALTH AND WELL-BEING

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### Quality of Your Water is Key

- Most Tap Water contains traces of heavy metals and pesticides
- Over 350 chemicals were found in UK Tap Water

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### Your Water's Hidden Message

- Dr Masuro Emoto wrote 'The Hidden Message in Water' that has sold over 400,000 copies word-wide
- There is a lot more to water than you think.
- Mozart
- Heavy Metal Music

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**How to Drink More Water**

- Like anything knowledge isn't power – applying knowledge is
- 3-4 litres sounds daunting for even the most health conscious person
- Key is to take baby steps and chunk it down
- 1-2-3-4-5?
- Take as long as you need to transition to this 'habit'

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**How to Drink More Water**

- Begin the day with a drink of good, clean water as soon as you get up (250ml)
- Prepare a Green's Drink with a Litre and consume as much of this BEFORE you leave the house in the morning
- Fill up Glass or BPA Free Flask (Nalgene) a litre in size
- If you prepare before hand you WILL end up drinking it

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**A Sample Daily Water Strategy**

- Wake Up 6am – Drink 250ml of Clean Water
- 6.30 – 9am – 1 Litre of a Greens Drink containing pH Drops and a Greens Powder, Himalayan Salt
- 9am-12 noon – 1 litre of Greens Drink containing pH drops and a Greens Powder, Himalayan Salt
- 12 noon – 6pm – 1 litre of Greens Drink containing pH drops and a Greens Powder, Himalayan Salt
- 6pm – 9pm – 500ml of Water with a Squeeze of Lemon
- TOTAL AMOUNT – 3.75 litres

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## Caveman Nutrition

### Acid vs Alkaline

- The further we move away from our genetic design the closer we move to disease
- 'Feed Your Genes'
- Give your body the 'nutrients' it needs rather than worry about how many grams/ calories of this
- We are missing the point with nutrition – stick to a) a diet close to our genetic design and b) building 'blood' health' rather than counting calories

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## Dieticians



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## ONE case in point

- The Women's Health Initiative 2006: The experimental group reduced their saturated fat and cholesterol intake and cut their overall caloric intake by an average of 360 calories per day for 8 whole years.
- Let's do the math on that to see how many pounds that they should have lost if the whole "calories in vs. calories out" thing worked in the human body:
- $360 \text{ calories/day} \times 7 \text{ days/week} \times 52 \text{ weeks/yr} = 131,040 \text{ calories}$  (food calories, so, technically, that's kilocalories).
- A pound of fat has 3,500 calories. So, they should have lost 37.4 pounds per year.
- However, on average they lost about 2 pounds. BUT, and this is particularly apropos to the article, they GAINED in waist circumference! In other words they got fatter at a slightly lower weight.

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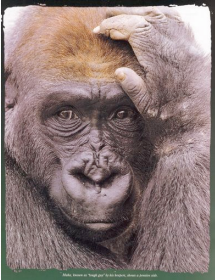
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### Acid vs Alkaline – Easy Solution



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### Alkaline Foods

- Stick to a diet 80% Alkaline Foods
- Veggies, Salads, Greens, Salt, Oils, Water
- Why?
- Disease thrives in an acidic, low-oxygen environment
- Your training, performance will be permanently compromised by this
- Acid Forming Foods – Animal and Dairy Protein, STRESS (Training, Relationship, Financial), Lack of Sleep, Dehydration

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### Alkaline Foods

**YOU BUILD MUSCLE  
WITH BLOOD.**

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### Case Study



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### Case Study

- Divorcee!!!
- 8 Weeks gained 6lbs of muscle lost 4lbs of fat
- Alkaline Diet – Meat 2 x per week
- Deadlift -70kg – 132.5kg
- Bench Press – 50kg x 5 – 100kg x 1
- Energy Levels and Ability to Cope through the Roof
- Coughing and Spluttering to 8 mile Saturday Mornig Runs

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### Case Study

- Weeks 1 – 4 Easy Training – Oxygenate the Body – Sweat – Regeneration
- Weeks 4-8 3 All Over Sessions
- **Day 1**
- Front Squats 10 x 3-5
- Walk for 10 minutes
- Lunge and Reach 4 x 8 each leg
- Paired with a Chin Up 4 x AMRAP

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**The ideal pH for your first urine  
Of the day is 7.2**

5.8 6.0 6.2 6.4 6.6 6.8 7.0 7.2 7.4 7.6

Acid Alkaline

Healthy pH

Think of pH as  
**Potential for Health**

**WE MUST BE THE CHANGE WE WANT TO BE**

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### The Benefits of Breakfast

- More Energy
- Help You Optimise Your Weight
- Balances Key Hormones e.g. Insulin, Cortisol

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### Typical Western Breakfast

- Sugary, stimulant enhanced dehydrated form of cereal, dripping in sugar and wrapped in a wholegrain parcel of marketing.
- Good doesn't mean it is good.
- If it tastes 'too good' then more than likely it should be avoided anyway.
- Homemade Quinoa, Berries and Coconut Oil vs Organic Spelt Granola with Low Fat Milk

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### Let's look at the Rest of the World...

- What do they wake up to....



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### Let's Look at What We Eat



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### Why is Breakfast so Important?

- Journal of Physiological Behavior in 1999 had 144 healthy adults fast overnight and then separate into two groups.
- Group 1 – moderate breakfast
- Group 2 - Ate nothing
- Group 3 – Coffee
- Group 2 did the worst on memory tests and highest levels of fatigue at noon and four hours after they awoke

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## Carb Intolerance

- Eat Like a Pyramid then Look Like One!!
- Keep your blood sugar levels on an even keel



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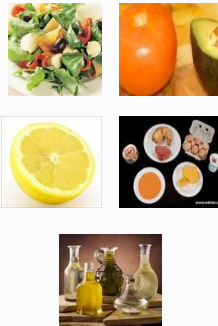
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## The Fantastic Five

- 1) A **Large Salad** or Selection of Veggies
- 2) **Tomato or Avocado**
- 3) **Grapefruit, Lemon or Limes**
- 4) **Protein** : Fish, Meat, Poultry, Egg or Cottage Cheese
- 5) Some form of **fat** in the form of hemp, coconut, avocado or olive oil



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## Water Protocol in the AM

- Get up and drink the following before breakfast:  
**500-1000ml of Reverse Osmosis Water (or clean filtered water with 5 pH drops, 2 scoops of Mega Greens and ¼ tsp of Himalayan salt)**
- Improved Alkalinity
- Improved Energy
- Improved Concentration
- Improved Body Composition

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### How to Make Your F5 Breakfast



A photograph of a plate of food, likely a breakfast, with several red arrows pointing to different parts of the meal, suggesting a breakdown of its components.

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### Case Study

- David B
- Semi-Pro Mountain Biker
- 9% to 2% Body Fat without focusing on it
- ½ a dip to sets of eight
- Weighted Chins BW + 44 lbs
- 400 to 2<sup>nd</sup> in the field



A photograph of a person performing a chin-up exercise, holding a bar with both hands and pulling their body up.

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### Where are you on the scale?

Are you a night owl and find it hard to wind down at night?

Do you have loads of energy in the morning?

Do you suffer from energy lulls?

Does it take a while to get going in the mornings?

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### Here is a quick Q and A for you

- Do you often get less than 8-10 hours of sleep a night?
- Do you have trouble winding down at night?
- Do you need to wake up with an alarm clock?
- Do you wake up in the middle of the night?
- Do you exercise at night?
- Do you sleep with some exposure to light?
- Do you sleep close to any electromagnetic sources such as TVs or Power points?
- If you answer YES to 2 or more than you have sleep issues

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### Why do we need sleep?

- Sleep is a vital chance for you to repair and heal
- Your Hormones are able to recharge
- Your Immune System is able to recharge
- Your Mind and Body are able to recharge
- All Three are crucial components to optimal health and weight management.



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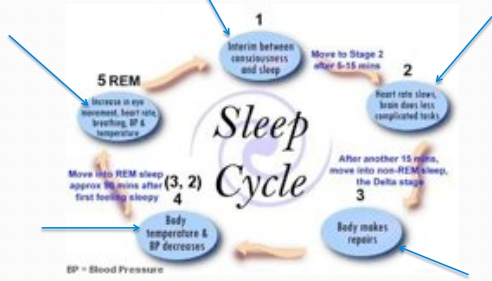
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### What happens during sleep?



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## Basic Biochemistry of Sleep

- Julia Ross author of 'The Mood Cure' writes:

"Your sleep is supposed to be induced by a biochemical concert gradually increasing levels of melatonin in the afternoon and reaching a crescendo at about ten p.m. very gradually throughout the afternoon and evening...the transformation of serotonin into melatonin...lullabies you to sleep"

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## What disrupts this cycle?

- Stimulants
- Poor Blood Sugar Management
- Electromagnetic Pollution
- Other underlying issues that may need blood and hormonal tests performed by your clinician

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## Disrupting Tool Number 1

- Stimulants such as caffeine (the biggest culprit) coffee, tea, green tea etc
- Tell the body to 'wake up'
- Caffeine has a half life of around 6 hours. So if you have a shot of coffee at 3pm you will still have 150mg of caffeine in your blood
- Enough to keep you from winding down at night



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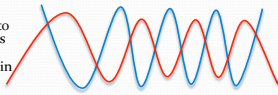
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## Disrupting Tool Number 2

- Poor Blood Sugar Management
- If you allow your blood sugar levels to fall then this pattern emerges
- Sugary, Starchy Foods will cause insulin to be released. This is perceived as a stressful situation to the body and as a result stress hormones will be released to unlock stored sugars or glycogen in the liver to correct this falling amount
- Cortisol- Insulin axis levels remain high - this YO-YO is typical of those who crave sugars and



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## Disrupting Tool Number 3

- EMF Pollution
- Phone makers own scientists discover that bedtime use can lead to headaches, confusion and depression
- By Geoffrey Lean, Environment Editor  
*INDEPENDENT Sunday, 20 January 2008*
- Radiation from mobile phones delays and reduces sleep, and causes headaches and confusion, according to a new study.
- The research, sponsored by the mobile phone companies themselves, shows that using the handsets before bed causes people to take longer to reach the deeper stages of sleep and to spend less time in them, interfering with the body's ability to repair damage suffered during the day.
- Same can be applied to TVs in rooms, power points

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## Disrupting Tool Number 4

- Underlying Hormonal/Biochemistry Issues that are best discussed with your clinician
- Genova Labs provide an excellent battery of tests- cortisol, serotonin, male and female sex hormones
- Good points of reference so that you have an informed discussion with your clinician are Julia Ross' The Mood Cure and Paul Chek's How to Eat Move and Be Healthy
- If they are not willing to discuss this and look at deeper underlying causes then it may be time to find another doctor!

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### How to Fix Your Sleep

- Get to sleep by 10.30
- Physical repair takes place between 10.30 and 2am – make the best use of this time
- This 'stage of sleep' can be enhanced by taking an Epsom Salts bath before bedtime
- Dim the lights in the couple of hours before you go to bed
- Watching stressful events on TV will wind you up rather than wind you down
- Low Intensity Exercise – walk

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### How to Fix Your Sleep

- Keep the house like a cave
- Your room should be free of all EMF
- Manage your blood sugar levels by having a Breakfast, Lunch and Dinner and two snacks between meals – mid-A.M and Mid afternoon
- Stay Hydrated
- Key Nutrients can help too
- L-Tryptophan and 5-HTP
- Fish Oil
- Phosphatidylserine (PS) regulates Cortisol
- Calcium and Magnesium - Taurine

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### Pre-Post Training Formulas

- Charge the Brain!
- 2-3 hours before training
- Light 'Meal' Fish and Salad, 1 tbsp oil
- 1 hour Before Pre-Workout Shake
- Rice and Pea Protein, Virtago, BCAAs
- Half Time
- Protein 15g, Virtago 30g
- Post Match
- Rice and Pea Protein, Virtago, BCAAs, Glutamine, Creatine
- Post Match Meal
- Fish and Rice/ Quinoa / Spelt Pasta

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## The Power of Sunlight

- Vitamin D Production
- Vitamin D is a Steroid Hormone
- Enhance Athletic Performance
- Ireland lies 50-55 Degrees Latitude - WE DON'T GET ENOUGH SUN AND ARE THEREFORE VITAMIN D DEFICIENT

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## The Power of Sunlight

- 1968 MEXICO OLYMPICS
- 1938 GERMAN STUDY 100M TIMES SLASHED
- 1945 RUSSIAN STUDY USING UVB LAMPS 2 MINS 3 TIMES PER WEEK INCREASED SWIMMING SCORES BY 19%
- DOPING!

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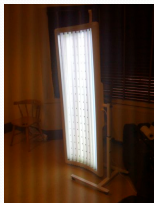
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## I want some...

- Train in Colorado
- UVB Sunbeds - yield over a week 10,000 -20,000 IUs
- 5000 IU Oral Supplementation



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### My Big 3



The image shows three items: a box of baking soda, a bottle of Lugol's Iodine, and a bottle of Magnesium Oil.

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### Case Study

- Mark Kenneally
- Top Finishing Irish Athlete at the European X-Country – 8<sup>th</sup> compared to ‘full-time’ athletes 40<sup>th</sup> and 44<sup>th</sup>
- Combines all elements of the above with a BIG HEART to surprise the field



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### Programme Week Before Race

- Sleep
- Regeneration

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**Programme**

- Day 1 – Lower Body
- Snatch Grip Deadlifts 8 x 3-5, 180s rest, 30Xo
- Walk for 10 minutes
- Lunge and Reach 3 x 8 each leg, rest 75s
- Back Extensions 3 x 15-20, rest 75s

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**What Now?**

- Tips, Tricks and Tools on Facebook – Hit me Up
- Web Site [www.spherefitnessstudio.com](http://www.spherefitnessstudio.com) or [www.john-lark.com](http://www.john-lark.com)
- Consultations
- Short and Long Term Programmes and Packages – Team and Individual

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