Is Exercise the Key?
If it was as simple as just exercising, women would all have flat tummies and men would all have six packs!

Selecting the correct exercises:
- It doesn’t take a second longer to do an effective exercise than it does to do an ineffective exercise!
- If you factor in the cost of medical expenses per person/year, decreased vitality and quality of life and lost time to doctors’ visits and surgical procedures, organic food, stress management and correct exercise become a real money and time saver!

What happens when exercise doesn’t provide the results we are seeking?

Trouble Shooting Guide - The 8 Secrets to Flatter Abs

1. It’s not just about exercise.
   Are you living 80/20 or 20/80?
   Metabolic Typing® or Primal Pattern® Diet Typing
   ✔ Racial and ethnical background
     - Eskimos thrive on ~90% Fats/Oils/Proteins
     - Quetchus Indians of South America exist largely on a vegetable diet
     - Aboriginal Natives:
       o coastal vs. inland
     - Celtic Irish have higher than normal requirements for fish oil
       o Alcoholism

   ✔ Biochemical individuality
     - Individual plasma potassium levels vary 2-3 fold
     - Individual calcium requirements vary five fold
     - 100 fold variations in taste are common
       o Some children could not taste sugar in a 20% solution!

   ✔ Macronutrient proportions
     - Protein Type / Fast Oxidiser / Polar Type
     - Mixed Type / Variable Type
Carbo Type / Slow Oxidiser / Equatorial Type

Eating after a workout - Many celebrate a single training session with a feast!
✓ Usually far too much simple carbohydrate!
✓ All protein is NOT created equal!
  o Organic steak vs. whey protein powder
- Recommendations:
✓ Eat soon after training
  o Always eat balanced meals according to your Metabolic Type®!
  o Immediately after training is the only time that elevated insulin levels are beneficial!

Think before you drink
✓ What is in that sports drink?
✓ What effect will it have on your physiology?
✓ Most drinks sold in gyms are:
  o Full of sugar and laced with caffeine and other metabolic stimulators that affect autonomic and hormonal balance
  o Insulin = > SNS tone!
  o Are very cold and dehydrate the body
  o Are less effective than water alone!

Autonomic Dysregulation
✓ Sympathetic vs. Parasympathetic

2. Never Diet – You are when you eat

Optimal meal strategies
3. **Real Food – the building blocks of health**

- ✅ Optimal Ω3:Ω6 ratio = 1-4:1
- ❌ Too much Ω6 is pro-inflammatory
- ❌ Hormone fed, nearly dead
- ❌ Genetically altered foods
- ✅ Organic produce provides as much as 40x nutrient density
- ❌ Food additives may not be listed

**Commercial Foods**

- Learning disorders
- GI Inflammation
- Neurodegenerative
- Hormone disruptors
- Liver toxic!!

**Organic closed cycle – you are what you eat**

**Food intolerance**

- ❌ Food antigens result in inflammation and visceromotor and viscerosensory reflexes
- ❌ Immune system over activation and fatigue
- ❌ Inflammation results in capillary leakage and fluid retention
- ❌ Damage to microvilli
- ❌ Destruction of enzyme storage sites
  → Progressive malnutrition
  → Poor response to exercise!

4. **Is your digestive system healthy?**

**Questions:**

(a) Do you experience lower abdominal bloating?
(b) Frequently have loose stools or diarrhea?
(c) Constipation or stools that are hard to pass?
(d) Belch or burp after meals?
(e) Frequently have gas?
(f) Headache after eating?
(g) Crave certain foods (bread, chocolate, fruit, red meat…)?
(h) Poor appetite and/or feel worse after eating?
(i) Excessive appetite or crave sweets?
(j) Experience abdominal pain, cramps or discomfort?
The Poopie Policeman

Keep your digestive system healthy
Regular as clockwork!

- Water! $0.033 \times$ body weight in kg = liters of water daily!
- Metabolic Typing® / Primal Pattern® Diet Typing
  - ☑ Caffeine, nicotine and alcohol all disrupt autonomic regulation
  - ☐ Antibiotics? Must re-colonize after treatment ends
  - ☐ Never suppress the urge!
5. Keep your detoxification system healthy
Watch out for:
- Soda and artificial drinks?
- Digestion?
- Food intolerance?
- Processed foods?
- Deep fried foods?
  - Hydrogenated and rancid fats!
- Prescription drugs?

Keys to success:
- Water! $0.033 \times \text{body weight in kg} = \text{liters of water daily}$
- Eat only organic produce and organic or free-range meats.
- Use only organic whole-food vitamins.
- Rotate foods to insure adequate nutrient variety.
- Never suppress the urge and try to stay regular.

6. Hormones and fat burning
Balancing hormones is tricky business! Are you sure you want to experiment with yourself??

- Clean up your diet!
- Drink adequate water
  - Fat stores toxins!
- Consider the sum total of all your stressors, including exercise!
  - Thyroid = Throttle!
    - Beware of body transformation contests!

7. What your gynecologist forgot to tell you!
What is really the issue?
- Females from healthy native populations had little to no premenstrual or post menopausal discomfort!
- Male and female sex organs reflex to the lower abdominal musculature!
- Proper exercise!

8. Is stress making your pants tight?
- Cortisol : DHEA ratio
Key References and Recommended Study Materials

For a complete list of references, please e-mail the CHEK Institute.

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