

Session #4002

FLATTEN YOUR ABS FOREVER

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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:
 - costal vs. inland
 - Celtic Irish have higher than normal requirements for fish oil
 - Alcoholism
- ✓ Biochemical individuality
 - Individual plasma potassium levels vary 2-3 fold
 - Individual calcium requirements vary five fold
 - 100 fold variations in taste are common
 - 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!
 - Organic steak vs. whey protein powder
 - Recommendations:
- ✓ Eat soon after training
 - Always eat balanced meals according to your Metabolic Type®!
 - Immediately after training is the *only* time that elevated insulin levels are beneficial!

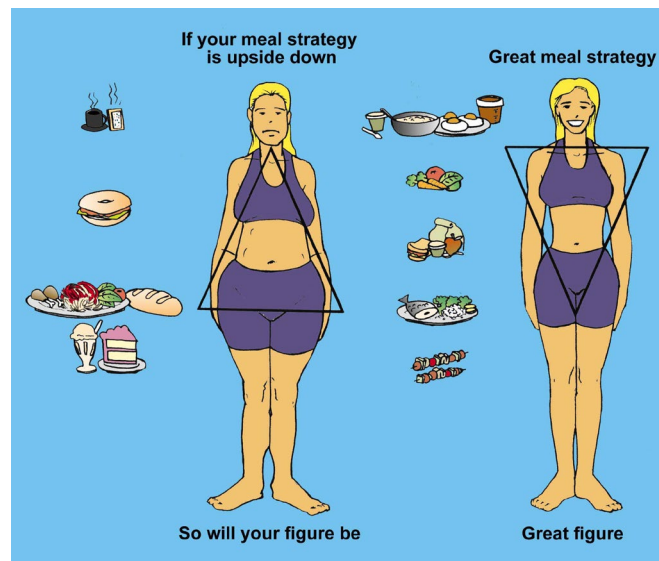
Think before you drink

- ✓ What is in that sports drink?
- ✓ What effect will it have on your physiology?
- ✓ Most drinks sold in gyms are:
 - Full of sugar and laced with caffeine and other metabolic stimulators that affect autonomic and hormonal balance
 - Insulin = > SNS tone!
 - Are very cold and dehydrate the body
 - 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 $\Omega 3:\Omega 6$ ratio = 1-4:1
- ☒ Too much $\Omega 6$ 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

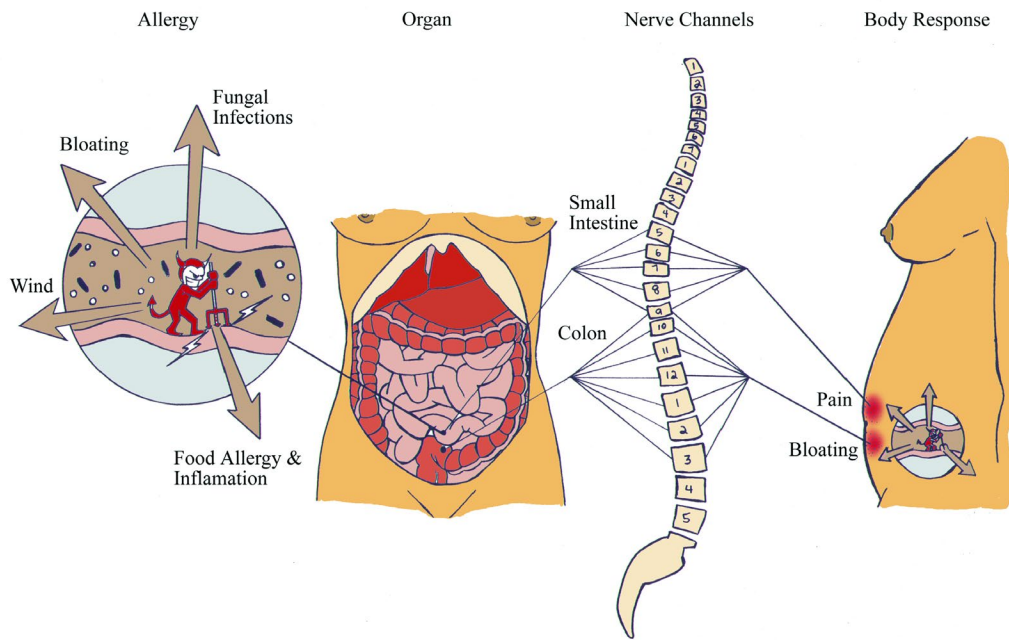
Food intolerance

- ☒ 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! $0.033 \times \text{body weight in kg} = \text{liters of water daily!}$
- ✓ 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

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



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