

the schwarzbein principle

Hormonally Balanced Exercises

Happy
August!

I hope your
summer is going well.

If you read my previous three newsletters, you should be taking your Vitamin D3 and working on meal hygiene by now! If not go back and read them since taking Vitamin D3 and working on your GI tract are very important if you are going to achieve optimum health and your ideal body composition. You will find a link to the past newsletters on the home page.



NEWSLETTER ANNOUNCEMENT

This is the last e-newsletter provided at no-charge as I had to make a decision to either discontinue them because they are so time consuming or continue to provide this service by subscription. Since I have been getting such great responses from you in regards to them, I decided to carve out some time in my ever-increasing lecture and writing schedule to continue providing this service. Starting in October 2007, there will be six newsletters each year. As a subscriber, you can be part of the decision plan on what you want me to write about by emailing me your personal request for topics. I will also be selecting 1 to 3 medical questions that you email in for me to answer each month in a section in the newsletter called *Dr. Schwarzbein Explains*.

There are two ways that you can subscribe. You can join the Schwarzbein Principle Family Newsletter Program and enjoy savings on supplements, books, exercise items and audio lectures (coming soon) or you can just subscribe to receive the newsletter itself.

Subscription to the **Schwarzbein Principle Family Newsletter Program** includes six e-newsletters annually and 10% discount off any supplements, books, exercise items and audio lectures (coming soon) purchased. The discount applies to any sales price as well. This subscription period is October 2007 through August 2008.

Price: \$125.00 annually. If you order before 8/20/07 the price is \$100.00

Subscription to the **Schwarzbein Principle Basic Newsletter Program** includes six e-newsletters annually. This subscription period is October 2007 through August 2008

Price: \$75.00 annually. If you order before 8/20/07 the price is \$60.00

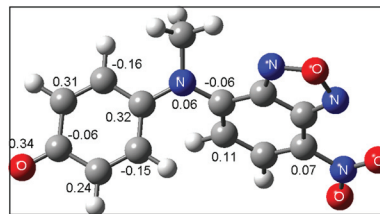
HORMONALLY BALANCED EXERCISE

The topic of this newsletter is why I recommend interval training over the cardiovascular exercises that most health care professionals are advocating. I chose this topic because I had several requests regarding my exercise recommendations. Don't forget to keep sending in your personal request for topics.

To understand my exercise recommendations, you need to recall that my Schwarzbein Principle Program is a 5-Step lifestyle program that improves your health by healing your metabolism, if needed. It is NOT a weight loss plan but rather a way of life designed to slow down and reverse accelerated metabolic aging. Once you balance out your metabolism, you can achieve your ideal body composition. *You must be healthy to lose weight, not lose weight to be healthy.*

Optimum Metabolism

There are two sides to your metabolism, the using and the building sides. On a daily basis, you are "doing" your life. Doing is using. Being able to function well on a day-to-day basis requires you to use chemicals (made by your cells from food) and energy (stored or made by your cells from food) to be able to work, play, take care of others and keep your body alive through oxygen exchange, the beating of your heart and maintaining normal blood pressure. In order to keep doing/using, you need to rebuild and replenish. This is accomplished when you eat and rest. How well your metabolism works is determined by how well you replenish what you use on a daily basis. As long as you can build as much as you use, you have an optimum metabolism.



The Aging Process

Aging is a normal process due to your cells not being able to keep up with the daily repairs needed to maintain you functioning at your optimum. The aging of your metabolism occurs because your body loses its ability to build as much as you use even if you eat well and rest a lot. This inability to repair and rebuild gets worse with time/age. Most of us start to experience some signs of aging around age 35 to 40. Some of these signs include the loss of the ability to lose weight as easily as when we were younger, the loss of the ability to awaken unharmed in any way from a few beers/glasses of wine from the night before, and/or the inability to recover from exercise as quickly as before.

Genetic and Accelerated Metabolic Aging

Everyone is born with a preset life span or genetic age limit. You will reach your preset life span if you do everything right. Though you cannot improve your genetic age limit, you can control accelerated metabolic aging – that part of the aging process that is determined by your daily habits.

Accelerated metabolic aging is due to poor nutrition and lifestyle habits and overlaps your normal genetic aging process. It will prevent you from reaching your genetic age limit because poor nutrition and lifestyle habits will catch up with you, causing you to develop diseases and die sooner than your preset genetic life span.

The influence you have over your own aging process is determined by your daily habits.

In other words, you have the final say over how much you do and consequently use on a daily basis and you can decide what you put into your body in terms of good nutrition as building material and how many hours of rest you get each day. If you eat poorly, don't sleep well, ingest too many toxic chemicals

(sugar, alcohol, tobacco, drugs, etc.), and/or over-exercise, you will be using your energy and cellular chemicals at a faster rate than your body is able to rebuild them. This can occur at any age, but most people notice the consequences when the "bad" habits they have had for years catch up with them after the age of 35.

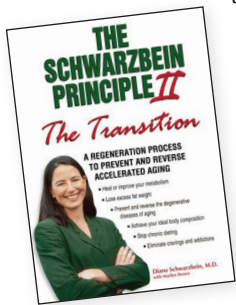
Hormones, Habits and Aging

Now that you understand that aging is due to using more than you are capable of building, you need to know that using and building are under hormonal control. There are hormones that help you use and hormones that help you build. It is the ratio between the using and building hormones that determines whether you are building or using your body's chemicals, energy and cells at a given moment.

What determines your hormone levels is your daily habits. A habit that elevates the level of the using hormones higher than the building hormones communicates to your body to literally use itself up. A habit that lowers the levels of the using hormones below the level of the building hormones conveys to your body that this is the time to rest and rebuild.

Nutrition, sleep, stress, chemical ingestion and exercise are the habits that influence your hormones. This newsletter focuses on how different types of exercise change the ratios between your building and using hormones, causing you to break down/use or help you rebuild. For more information on how nutrition,

sleep, stress and chemicals affect your building and using hormones, I refer you to either my latest book, *The Program* or my second book, *The Transition* (this one is more technical for those of you who want to know which hormones are actually involved).



The Hormonal Effects of Exercise

You may have heard the terms cardiovascular, resistance and stretching to describe the different types of exercise. I have renamed and reclassified exercise as stimulating, adaptive and calming. This is a different way of classifying exercise that takes into account how different exercises affect your hormone levels.

- Stimulating exercises break you down
- Adaptive exercises build you up
- Calming exercises slow down the using side of the metabolism

Stimulating Exercises Break You Down

I have named the exercises that increase the using hormone levels higher than the rebuilding hormone levels, stimulating exercises. These are exercises that you do continuously for 15 minutes or more that keep your heart rate higher than 90 beats per minute and cause you to sweat.

It feels good to do these kinds of exercises because they also stimulate the release of endorphins.

All cardiovascular exercises are stimulating. Unfortunately after the age of 35 stimulating exercises break you down more than build you up. A good example of this is in women who run long distances – they end up with osteopenia (bone loss) or osteoporosis (severe bone loss with increased fractures). A better way to run would be interval or adaptive training (see below).

When you are younger than 35 years old, the using-up phase triggers a rebuilding phase and that is why these types of exercises have gotten a good name. However, when you are older than 35 years old, these types of exercises use you up more than trigger rebuilding and you end up aging faster by doing them. This may be hard to believe but you need to trust not only what I am saying but to understand why this occurs after the age of 35 years old. At this time in your life, you are already into the normal aging process when it is harder to keep up with rebuilding (remember this is normal). Therefore anything you do that causes you to use yourself up at a higher rate puts you in a rebuilding deficit. This is the definition of aging. Therefore, the older you are, the faster you age if you do stimulating types of exercises. As you get older it is better to do adaptive or calming exercises to help you improve your capacity to build.

Adaptive Exercises Build You Up

Adaptive or Interval training exercises increase the release of building hormones (as long as you are eating and sleeping well). Therefore, these are the types of exercises I advocate you do, especially after the age of 35.

To be a true adaptive exercise, you need to get your heart rate above 90 beats per minute and keep it there for a few minutes, then, you need to stop and cool down and get your heart rate back down below 90 beats per minute for a few minutes and then restart again. Your workout should last a total of 30 minutes to 2 hours at the most. This includes the rest periods.

In general resistance types of exercises such as weight training, calisthenics and Pilates would be classified as adaptive, but only if they were done in an interval manner.

Not all resistance types of exercises are adaptive and that is why this category has been renamed. If you weight train continuously without a break in between sets, such as in most

circuit weight training gyms, then this would be considered a stimulating form of exercise, NOT an adaptive one. An example of this would be Curves, the circuit training program that is designed to keep your heart rate up continuously by rotating between weight stations and aerobic stations. You could, however, easily modify your Curves workout to make it adaptive by resting at the aerobic stations. You can change any type of stimulating exercise into an adaptive one by doing it in intervals.

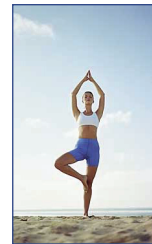
Interval running is better for you than continuous running because it triggers building hormones, whereas continuous running releases using hormones.

You can actually see this by noticing the body composition of the different types of runners. A sprinter has more lean body tissue (bones and muscles) compared to a marathon runner! Also this type of exercise is very good for your heart and in fact the latest studies are saying not only does interval training build more lean body tissue and burn off fat but it also improves the function of your heart better than cardiovascular exercises.

Very Few Exercises Calm You Down!

Calming exercises are those that lower the using hormones, such as restorative yoga, Tai Chi, Qigong and light stretching. These types of exercises are ideal if you are under stress or are be-

ginning to get back into exercise. They help to decrease the using side of your metabolism and that in turn makes it easier for you to catch up with rebuilding. You can do these types of exercises every day.



Clearance

You always need medical clearance if you are over 50 and/or you have a medical condition and have not been exercising.

When Not to Exercise

Too many people think that any type of exercise is good for you. Well it is not. Here are some times when exercise actually does more harm than good.

- When you are sick
- When you haven't slept
- When you are overly stressed (can do calming exercises)
- When you haven't been eating enough
- If you are already in the mode of using more than building, then any amount of exercise

will cause you to use even faster. This accelerates the aging process.

- If you have a damaged metabolism

If you have a severely damaged metabolism, are tired and/or sleep deprived, listen to your body and rest. Exercise does not give you energy, it requires energy – an exception is restorative yoga.

SUMMARY

Hormonally balanced exercise is Step 4 of my Five-Step Schwarzbein Principle Program because it should not be addressed without first working on good eating and sleeping habits. Step 3 – Avoiding or tapering off of toxic chemicals and Step 4 – Hormonally balanced exercise can be addressed at the same time but again only after Steps 1 and 2. See my book *The Program* for more information on how and when you should start an exercise program.

It is important to understand that different types of exercises trigger different types of hormones in your body that determine whether you will use up proteins, fats and energy or build proteins

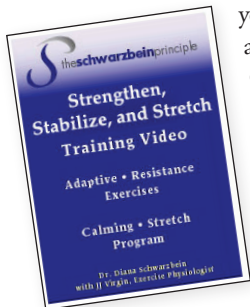
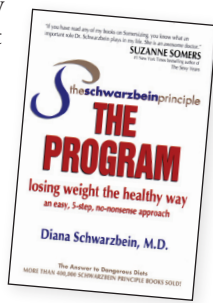
while using up fats and energy. The latter is what the goal is and is achieved more by doing adaptive/interval types of exercises. Only with these types of exercises can you build muscle and bones and burn off unwanted fats. Conversely, stimulating exercises break down muscles and bones along with fats, especially after the age of 35.

Exercising more or any amount of exercise when you are not eating well

or sleeping enough can initially cause weight loss because you use yourself up when you do so. But weight loss is not the best way to achieve health. You need to improve your metabolism first and then you can burn off excess fat weight. This is the only way to be healthy and to achieve your ideal body composition.

For a great adaptive workout consider my latest exercise video *Strengthen, Stabilize and Stretch*.

I challenge you to exercise smarter, not harder.
To your health and happiness,
Diana Schwarzbein, MD



SPECIALS

For the month of August you will receive a 10% discount off each item separately or 15% discount off available packages listed below.

Supplement Packages

Insulin Sensitive with Healthy Adrenal Gland Package contains:

- Ultrapreventative III (a multivitamin)
- Omega Synergy (omega 3 and 6)
- Calcium and Magnesium
- B supreme (B complex)

These are the core vitamins recommended for everyone on The Schwarzbein Principle Program.

To this you tailor your supplement regimen by adding in other supplements, dependent upon your specific needs.

To support your exercise regime you can add in the Exercise Supplement Package or the individual supplements listed below

Exercise Supplement Package contains:

- Three a Day Antioxidant
- Carnitine
- Lipoic Acid
- Coenzyme Q-10
- Phosphatidyl Serine

Individual Supplements

- **Carnitine** – used to preserve lean body tissue and help you burn off fat. Take 2 before a workout and 2 after a workout for maximum effect, on an empty stomach.
- **Phosphatidyl Serine** – lowers the release of the using hormones. Take 1 to 2 before a workout on an empty stomach.
- **Lipoic Acid** – improves the building side of your metabolism. Take 1 at breakfast and lunch with food.
- **CoQ-10** – a good antioxidant that is good for your heart. Take 1 at breakfast and lunch with food.
- **Vitamin C** – helps to build collagen. Take 1 at breakfast with food.
- **Vitamin E** – a good antioxidant. Take 1 at breakfast with food.



- **Three a Day Antioxidant** – contains several different antioxidants that help combat the effect of oxidation that occurs with exercise. Take 1 with each meal.
- **Vitamin D3** – a hormone that is important in improving insulin resistance and it is also fat burning. Take 1 to 3 daily. This one requires that you follow your Vitamin D3 levels to assure you are getting enough and not too much.
- **Ultrapreventative III** – a balanced and comprehensive high potency multivitamin/mineral that could be your best ally in supporting your body's natural defenses and overall good health. Take 2 with each meal.
- **Omega Synergy** – a combination of Omega 3 and Omega 6 fatty acids to decrease inflammation and support your organs. Take 1 with breakfast and dinner.
- **Calcium and Magnesium** – work together for healthy nerve and muscle function. They are often used together as a nighttime supplement for better sleep. They help calm the nerves and muscles. Best to take 1 at breakfast and 2 at bedtime.
- **B-Supreme** – a Vitamin B complex. B vitamins are essential for healthy amino acid metabolism, neurotransmitter balance, heavy metal detoxification and immune function. Take 1 with breakfast.