

Participant Handout for Session #4 of “Performance Boost 30”

www.TimelessHealingInsights.org/Boost



A. The Week Behind Us...

- Day 15: Trim Down
- Day 16: Breathe Deeply
- Day 17: Avoid Hidden Sugar
- Day 18: Embrace a Healthy Environment
- Day 19: Go Green
- Day 20: Depend on Your Dentist; Maximize Magnesium
- Day 21: Be Humble

B. The Week Ahead...

- Day 22: Eat, Fast
- Day 23: Identify Your Stressors
- Day 24: Eliminate Some Stressors
- Day 25: Harness Some Stressors
- Day 26: Scrutinize Your Supplements
- Day 27: Befriend Some Biologicals
- Day 28: Forgive

C. Common Questions Answered...

1. Weight Loss

- What Happens if you joined Performance Boost 30 to lose weight, but your weight does not seem to have budged (or, worse yet, you have actually gained weight)?
- Then the midway point in the program was designed for you: Day 15 – Trim Down

D. DAY 15: TRIM DOWN

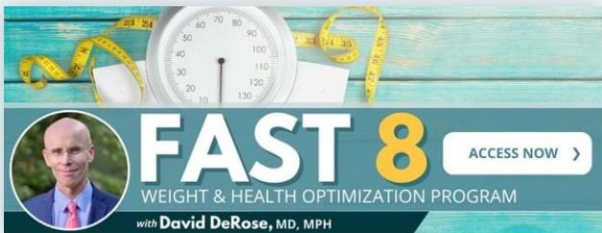
Today's Challenge: If you are overweight, add another specific element to your daily program to help you trim down.

If you are overweight, today's challenge is to add, for the remainder of your thirty-day program, one more specific, daily element calculated to help you lose weight. You can choose anything, but here are some options:

- **Make clean breaks with problem foods and habits.** I've already illustrated this with Jane's case. The message is simple: if you have an addictive relationship with something, lasting success usually requires clean breaks, not merely cutting back.
- **Increase your exercise.** I've already asked you to ramp up your exercise twice in the past two weeks. However, if you can't come up with another viable strategy, a decision to do even more exercise definitely answers today's challenge.
- **Forget about your goal weight.**

Excerpt from: *The Methuselah Factor: Learn How to Live Sharper, Leaner, Longer and Better—in Thirty Days or Less* by David J. DeRose. P 163-165

In our online program called "Fast 8" we introduced other "fasting" strategies for long-term weight loss. (This material will also help you prepare for Day 22: "Eat, Fast.") If nothing else, sign up for the program to get the free handout. The program and handout (over 60 pages long) are both free. Access them at www.timelesshealinginsights.org/fast8

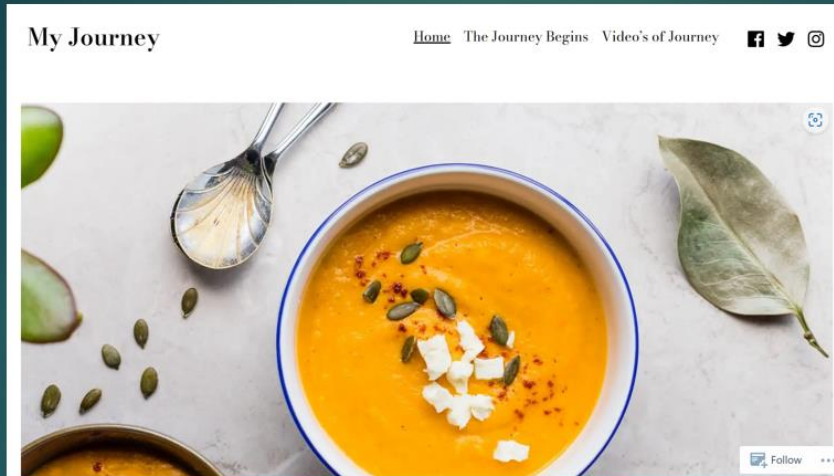
The banner features a teal background with a white scale and a yellow measuring tape. On the left is a circular portrait of David DeRose, MD, MPH. The text "FAST 8" is prominently displayed in white and yellow, with "WEIGHT & HEALTH OPTIMIZATION PROGRAM" below it. A small "ACCESS NOW" button with a right arrow is on the right side of the banner.

FAST 8
An 8-Week, Life-Changing Weight & Health Optimization Program
Thanks for registering, DJ!
[VIEW HANDOUT & SESSIONS](#)

OTHER WEIGHT LOSS/FASTING STRATEGIES FEATURED IN THE FAST 8 PROGRAM

- Leaf, stem, and flower fast (Herbal Jello option)
- Fast from overeating
- Fast from snacking
- Fast from fried foods
- Fast from overwork and overactivity (commitments to both exercise and sleep)
- Fast from judgmentalism, negativity, and isolation
- Fast from caloric beverages
- Fast from addictive substances including problem foods (consider fasting from high sugar and high sodium foods)
- Fast after 3 pm
- Follow a 10-day Daniel Fast
- Fast from moderation (make clean breaks with deleterious lifestyle practices)

Another Way to Get Group Support



My Journey – Personal Weight Loss Journey thetrip.blog

In October and November of 2021, Sheila Adams shared her journey with The Methuselah Factor/ Performance Boost 30 Program

- Page 3 of Sheila's blog featured material relating to the 3rd week of the program; this included Day 15: Trim Down
- You can access that page directly at: <https://thetrip.blog/the-journey-begins/page/3/>
- Consider Sheila's insights...

"Wow! I can't believe this is day fifteen and it's time to 'trim down.' In order for me to make changes and lose the amount of weight the first time, I had to have a plan. The first plan I used with Dr. DeRose's book 'The Methuselah Factor' was a combination of The Keto Diet, Vegetarian Diet, and exercise. I did eat meat, but restricted the proteins to chicken, fish, and beef and lost a total of 35lbs in 90 days."

"Now with this program '30 Days to Natural Blood Pressure Control' I have decided on a lifestyle change: In the first week I limited meat proteins and now in the third week, I do not have any proteins that are not plant based. Yes, that means no meat. I take in 1500 calories a day and lose about 1 to 1- 1/2lbs a week. I'll let you know on day thirty the amount of weight I lost and how my blood pressure is doing."

- Why not consider joining Sheila on this journey. Interact on her blog at **TheTrip.Blog**

F. DAY 16: BREATHE DEEPLY

Today's Challenge: Follow a daily program of deep breathing exercises.

Normal healthy adults typically breathe between 12 and 18 times per minute. When engaged in a slow breathing exercise, you will typically shoot for a rate around 6 times per minute. Plan on at least three sessions daily that each include at least two minutes of deep breathing.

Slow, deep breathing has been linked to a number of physiologic benefits. Many directly or indirectly impact the Methuselah Factor. Consider a partial listing of the benefits of slow diaphragmatic breathing.

- Increased blood oxygenation
- Lowering of blood pressure
- Improved return of blood from the legs to the heart (a result of optimized blood flow through the inferior vena cava, one of the main conduits returning blood to the right side of the heart)
- Enhancement of something called “vagal power,” which helps counteract stress-related stimulation of the heart and blood vessels

G. DAY 17: AVOID HIDDEN SUGAR

Today's Challenge: Make a concerted effort to avoid added sugars. (Recommendation: only eat refined foods with added sugar if they have at least five times as much “total carbohydrate” as “sugars.”)

Here's a partial listing of some of the items you may want to limit or avoid for the rest of the program:

- Sugar
- Beet sugar
- Cane sugar or evaporated cane juice
- Corn syrup or High fructose corn syrup

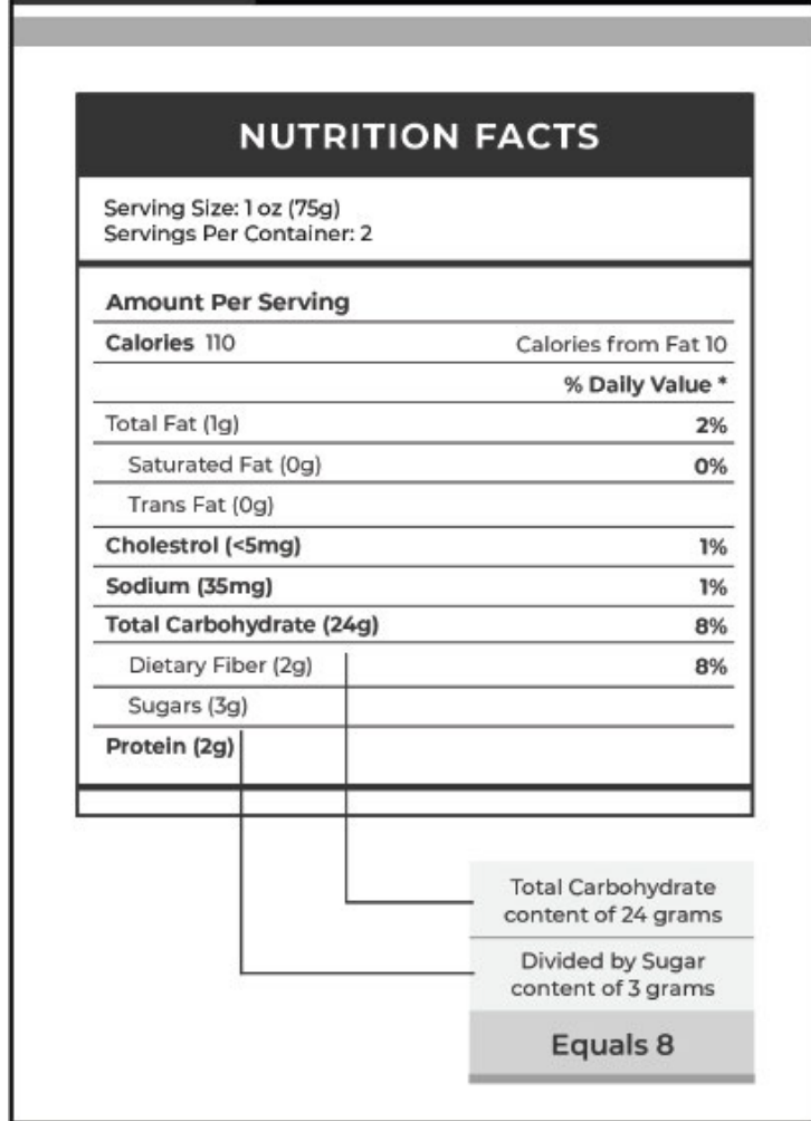
Why is Sugar Such a Problem?

Consuming more sugar (or its cousin, high fructose corn syrup) is one dependable way to raise your triglycerides and, as we observed earlier when we talked about another triglyceride-booster (beverage alcohol), higher triglyceride levels impair hemorheology. High fructose corn syrup wreaks further havoc by raising levels of uric acid, the chemical responsible for gout. But there's more to the equation: uric acid further undermines blood fluidity.

Excerpt from: *The Methuselah Factor: Learn How to Live Sharper, Leaner, Longer and Better—in Thirty Days or Less* by David J. DeRose. © 2019 CompassHealth Consulting Press.

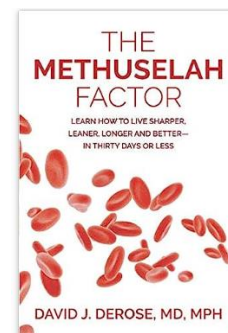
FIGURE 17

Assessing Sugar Content Using a Nutrition Facts Label



Note: The graphic above is provided courtesy of “The Methuselah Factor.” The book is most easily obtained in a variety of formats on Amazon (eBook/Kindle, softcover, and audiobook).

Use the following link to purchase the book on Amazon:
<https://www.amazon.com/Methuselah-Factor-Sharper-Leaner-Better/dp/194273008X>



H. Day 20: Depend on Your Dentist; Maximize Magnesium

The Power of Magnesium...

Figure 12.5 Selected Aspects of Magnesium's Health Resume

- 1 Necessary for more than 300 enzyme systems in the human body.
- 2 Can help prevent migraine headaches.
- 3 Higher intake associated with lower risk of heart disease and sudden death.
- 4 Increased consumption appears to decrease risk of developing diabetes.
- 5 May decrease risk of osteoporosis.
- 6 Plays a key role in nerve conduction, muscle contraction and heart rhythm control.

Magnesium Recommendations for High Blood Pressure

We recommend at least 300 – 400 mg of elemental Mg daily for blood pressure lowering

Magnesium Content of Supplements

Magnesium Oxide 500 mg = 300 mg of elemental magnesium

1 Tablespoon *Philip's Milk of Magnesia* = 500 mg of elemental magnesium

Note: The material above is provided courtesy of “Thirty Days to Natural Blood Pressure Control.” The book is most easily obtained in a variety of formats on Amazon (eBook/Kindle, hardcover, softcover, and audiobook).

- Use the following link for a free video overview of “Thirty Days to Natural Blood Pressure Control”:
<https://youtu.be/rnnGYSuC6T4>
- Use the following link to purchase the book on Amazon:
<https://www.amazon.com/gp/product/1942730020>

