

Nature's Field

An Electronic Journal for NSP Distributors

Cordyceps

By Steven Horne and
Paula Perretty

In 1993, the Chinese women's track team beat nine world records. Their secret was cordyceps, a very unusual remedy from traditional Chinese medicine.

Cordyceps is a fungus that grows on the larvae of a caterpillar. While the caterpillar is hibernating underground, the fungus invades the organism and consumes the bug. The result is a caterpillar shaped mushroom. In the spring, it puts up a stem-like shoot, which gives the herb its Chinese name—dong chong xia cao. Literally translated this means, "winter bug, summer grass."

Wild cordyceps grows only in high altitude environments in southwestern China, Nepal and Tibet and in isolated localities in Norway, Finland and Sweden. The wildcrafted herb is rare and expensive, but a modern process has been developed to grow the fungus in a commercial manner, making the supplement more available and affordable.

Cordyceps is an energy tonic in Chinese medicine that balances both the yin and the yang energy. This means it can be taken by just about anyone. It particularly supports the Chinese kidney (water energy) and lung (metal energy).

The Chinese kidney system includes aspects of adrenal function, because it relates to basic energy and stamina. There is also an aspect of reproductive function in the Chinese kidney system. Cordyceps helps in all these areas. It increases energy, improves stamina and can overcome sexual dysfunction.

Cordyceps reduces levels of toxic waste products produced in the body during exercise, which helps the body perform more efficiently. In one study, mice who were given cordyceps tea were able to increase their swimming time from 75 to 90 minutes.

Cordyceps has been shown to stimulate testosterone production in laboratory animals. In another study, it increased a type of estrogen essential to fertility. This correlates with its Chinese reputation as a tonic for sexual weakness and reduced libido.

The lung or metal energy in the Chinese system relates to the immune function in Western medicine. Cordyceps enhances the ability of the body to prevent and fight infection. It is a helpful



Photo by Steven Horne

tonic for people who have weak lungs and are constantly getting sick.

One benefit of cordyceps to the respiratory system is its ability to reduce inflammation in the lungs. This makes it beneficial for people with asthma, a use that has been confirmed with animal studies. It has also been beneficial for people with chronic obstructive pulmonary disease. Improvements in symptoms such as shortness of breath, cough, loss of appetite and low energy have been reported.

Another area where cordyceps offers potential health benefits is the cardiovascular system. It has antioxidant properties and has been shown to lower cholesterol and blood pressure in laboratory animals. In one study, a dose of three to four grams (about six to eight capsules) proved beneficial for 64 patients with chronic heart disease.

Studies also suggest cordyceps may be helpful for systemic lupus, liver fibrosis and hepatitis B patients. It appears to have a liver-protecting effect. It may also lower blood sugar and increase insulin sensitivity. In addition, the fungus may enhance chemotherapy and reduce blood vessel growth to the tumors.

Cordyceps is a good remedy for the elderly. Doses of just three grams per day (about 6 capsules) have resulted in improvements in energy, libido, memory, tolerance to cold, and reductions in dizziness, tinnitus and nighttime urination.

A typical dose for enhancing respiratory or immune function would be 2-3 capsules three times daily. It is a major ingredient in Immune Stimulator. Cordyceps appears to be very safe; there are no known side effects or drug interactions.

For additional information on cordyceps, consult the *Secrets of Chinese Herbs* course by K.P. Khalsa and Steven Horne.

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What's Your Excuse?

Resolving the Emotional Hang-ups That Prevent You From Exercising and Eating Healthy

by Steven H. Horne, RH (AHG)



I'm sure you've heard the saying, "Practice what you preach." Well, I've modified this saying a little. I like to "Teach what I practice." I've adopted this saying for two reasons. First, I prefer teaching to preaching because I don't like the "holier than thou" attitude preaching assumes. Second, and more importantly, I think that we can't help anyone achieve something we haven't worked on ourselves.

Because of this, I haven't stressed the importance of physical activity enough in my writings about health. Like all of you, I know exercise is important for my health, but I haven't been all that consistent about getting the exercise I need. In fact, when it comes to exercise, I've been like the junk food junkie who knows he or she should be eating healthier, but doesn't.

In the fall of 2006, Gold's Gym opened a brand new facility practically across the street from my office. I thought, "No more excuses!" and signed up for a membership. I went about three or four times, then stopped and didn't go again for almost 14 months, even though every month the gym was charging my debit card for the \$22.91 membership fee. Each time I'd reconcile my checking account, I'd see that charge and think, "I really need to make use of that money I'm spending and use those gym facilities," but it was always, "Next week."

Every day, on the way to work and every day going home I'd drive past the gym, so it wasn't like it was out of my way. "I've got to do this," I'd think. But I didn't. I was too busy, or too tired or just didn't feel like it. Those were my excuses; what are yours?

I'm sharing this because I know that understanding what it takes to be healthy isn't really all that hard. We need to eat nutritious food, avoid toxic chemicals, get adequate sleep,

manage stress by finding time for rest and relaxation and, of course, get regular physical activity. The problem is, that none of this works if you don't actually do it.

I'm sure that just about everyone who eats "junk food" knows inside that it isn't good for them, but it's easier to drive into a fast food joint and pick up a soda, fries and hamburger than to prepare a healthy sack lunch. Years ago, I met a nutritionist while living in Spokane, Washington, who invited my wife and me over for a wonderful dinner of healthy food. She was telling us about her colleagues in the nutrition department who were doing research showing the negative effects of poor nutrition on the body, who would take a break from their research for coffee and donuts.

It's easy to look at something like that with a judgmental attitude, but I will venture to say that all of us have at least one area of our lives where intellectually we know what we're doing isn't good for us, but we do it anyway. We all have our "excuses" for not taking better care of ourselves. As I said, I've done the same thing with exercise for years.

What is the Secret to Getting Past our Excuses?

The answer lies in the seldom-discussed realm of emotions or feelings. Thought doesn't move into action unless it is motivated by feelings.

To explain this a different way, we need to understand that the brain *rationalizes* everything. This means that through the process of thought, we seek to find a sense of meaning in our lives. We create a *rationale* to explain to ourselves why things are the way they are. We also create a *mental*

justification for the way we behave. We can call this mental explanation for our life our “story.”

Because it helps us explain why our life is the way it is, we not only identify with our story, we become very attached to it. In fact, we become attached to it to the point that we actually believe it is true.

When we hear someone else’s “story,” we can often see the “holes” in their reasoning. We can see how they are rationalizing what they do and it is easy to spout trite platitudes about their problems. It’s easy to say, “you should eat better” or “you need to exercise more,” but while it’s easy enough to say, it doesn’t really help anyone to actually change their behavior. Most often people just become defensive and tell their story in the form of their excuses.

To change, you have to discover the emotional “pay off” for why you behave the way you do. We are all motivated, not by thoughts, but by the desire to feel good. The operative word here is *feel*. It doesn’t matter how much our logical brain *knows* that something is supposed to be good for us, if it doesn’t actually *feel* good to us we won’t do it.

So, the actual cause of our dysfunctional behavior is a misperception—some trauma or experience that has caused us to perceive something that is good for us as “bad” or something that is bad for us as “good.” A passage from the Old Testament prophet and poet Isaiah sums this situation up nicely.

“Woe unto them that call evil good and good evil; that put darkness for light, and light for darkness; that put bitter for sweet and sweet for bitter.” (*Isaiah 5:20*)

The “woe” Isaiah is talking about is actually the sorrow and trouble we experience when we perceive things that are good for us as bad, and things that are bad for us, as good. I call these misperceptions, dragons. Dragons are the illusions that have been created in our mind through the story we are telling ourselves. These illusions keep us doing things that cause us to feel bad because we think they are supposed to make us feel good. These same illusions prevent us from doing things that would make us feel good because we believe they would make us feel bad. In short, dragons are “lies” we carry around in our mind.

As I’ve already suggested it is easy to see someone else’s “dragons,” but if you try reasoning with someone about what you are seeing, you will probably wind up getting into an argument. People defend their dragons because they are attached to the story they have created that explains their life and behavior. The bottom line is, dragons can’t be fixed

by offering advice, reasoning with someone or being logical. In fact, it was “reason” that created the dragon in the first place.

I’m sure you’ve all had the experience of having someone “resist” your very well-intentioned “good” advice. It makes you wonder why they can’t see what you’re so clearly seeing. Well, I guarantee that there are other people wondering the same thing about you (and me).

Most of us will behave in the way our dragons dictate until we’re in enough pain that we will realize that what we’ve been doing isn’t working. Difficult moments in our lives such as relationship issues, financial woes or serious health problems are really “wake-up” calls that give us the opportunity to see through the illusions created by our dragons. When it hurts enough, we finally see that what we’ve been calling sweet is actually very bitter. Then, and only then, will most people open up to the possibility of changing their story.

Which brings me back to the subject of exercise. Last fall, I had an experience that triggered a “wake-up” call in me and I decided I needed to take a serious look at the exercise issue and the excess weight associated with it. I knew

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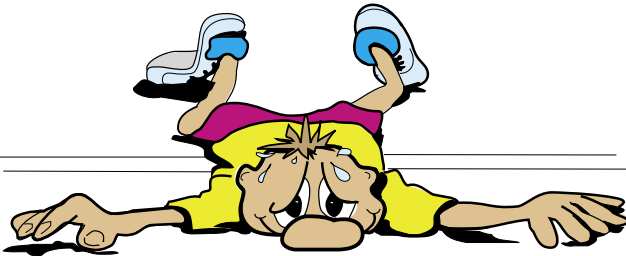
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that somewhere I had some dragons inside of me that were making it less painful for me to avoid exercising than it was to get out and start doing it.

So, I did what I've done before (and what I teach others to do in my emotional healing work). I got out of my head and into my heart. I started to notice how I felt about exercise. You see, the only way to stop making excuses and start making changes is to get in touch with what is inside of you, emotionally. You will not be able to intellectually "overpower" a dragon. You have to see through it by recognizing it for what it is, an illusion you've created that you genuinely believe is protecting you from pain or bringing you happiness. You have to "wake up" and see that what you thought was good and sweet is actually evil and bitter and what you thought was bad and bitter would actually be beneficial for you and sweet.



Discovering My "Story"

Here's what came up when I tuned into my feelings about working out at the gym. When I was young, I had two problems that made me really struggle with sports. For one thing, I suffered from chronic sinus problems that caused me to be a mouth breather. This made me become easily winded when I was young. When I ran in gym, class I was always last because I would start coughing up mucus and feel like I was choking and couldn't breathe.

The second problem was that I was also awkward and uncoordinated. I had problems with eye-hand co-ordination, so I wasn't very good at catching or throwing a ball. It wasn't for a lack of effort on my part, either. I actually loved playing basketball and would go to the basketball court at the nearby playground and practice for hours. In contrast, my brother, who is two-and-a-half years younger than me, hardly ever practiced and we were about equally skilled.

My cousin, David Barker, really worked hard trying to help me learn to throw and catch a football, hit a softball with a bat, and master other skills associated with sports. But, in spite of his very patient efforts (bless his soul), I struggled with these tasks.

Many years later when I encountered Brain Gym, I discovered I was dyslexic I was able to correct this problem through a repatterning exercise. As a result, I've been able to help some young boys get past the problem I suffered from and actually start to master the same sports skills with which I used to struggle. In the DVD, *Holistic Solutions to Learning Problems*, I share how to do this. If you'd like to learn how to fix dyslexia and other learning problems, you can order this DVD at www.treelite.com or www.RaisingChildrenNaturally.com.

Unfortunately, however, there was no one who knew how to fix this problem for me when I was young, so I worked hard to become mediocre at sports. As a result, when teams were being selected, I was almost always picked last.

I might mention that, even though I was not good at sports, I was not physically inactive in my youth. I liked hiking and swimming and worked as a house painter with my Dad in the summers. Nevertheless, even though I was physically active, I hated gym classes, especially in Junior High School. Day after day, I dreaded having to face the humiliating experience of failing miserably at something of such value to most young men my age.

When I tuned into my feelings as an adult, I realized that going to the gym was associated with humiliation, failure, defeat and frustration. No wonder I avoided it!

Waking Up from the Dream Created by Our Story

In his book, *Awakening: Conversations with the Masters*, Anthony De Mello, a Catholic priest, tells a series of stories about the teachings of a fictitious spiritual teacher he simply refers to as "The Master." One of my favorites is this:

"How long will it take me to solve my problem?"

"Not one minute more than it takes you to understand it," said the Master.

You see, I couldn't motivate myself to go the gym because my subconscious mind was protecting me from the pain and humiliation I'd experienced in my teens. (Or, so it thought.) Until I actually saw the problem for what it was, I couldn't solve it.

That's how dragons are dispelled. Once you see them for the lies they are, they automatically dissolve. Once I tuned into these feelings, I immediately realized several things. One, I wasn't dyslexic anymore. Two, I didn't suffer from the chronic sinus problems anymore. Three, if I got a personal

trainer to help me set up my exercise program, he was going to encourage me, not humiliate me. I also knew that if I signed up for some coaching, that it would force me to go to the gym because I'm the kind of person who will work hard to keep appointments, even if it's difficult.

So, last year at the beginning of December, I signed up for two coaching sessions per week. I've been going regularly to the gym ever since and I can tell you that exercise makes a BIG difference in how you feel. First of all, I noticed an immediate increase in my energy level. Second, I noticed my mental clarity improved (exercise helps more blood flow to your brain) along with my sleep and mood. Third, I noticed that as my muscles got stronger, so did my self-confidence. So, instead of feeling humiliated, I actually felt empowered.

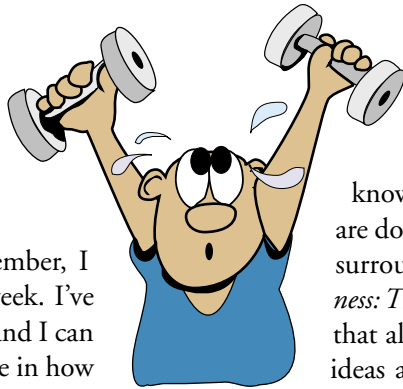
The fact is, that all my excuses were completely bogus. They weren't the real reason I wasn't exercising.

You'll find the same thing is happening when you have issues surrounding food. Earlier, I had noticed that I often ate too much. Even though the quality of the food I was eating was good, I'd often eat until I was uncomfortably full.

Using the same technique discussed above, I tuned into the emotions I had about eating. I discovered that I felt guilty if I didn't clean my plate. I tuned into the guilt trip my mother instilled in me about "wasting" food. It was so strong that I psychologically couldn't stand the thought of not eating everything on my plate. To avoid this guilt, I would ignore the fact that I was full, and eat bigger meals than I needed to.

My awareness of this immediately helped me start changing it. I would actually deliberately leave food on my plate and throw it away just to prove I didn't have to eat it. As a result, I now tend to take smaller portions because I realized that I feel better when I eat less food, but eat more regularly. My habit before was to eat big meals, but eat on an irregular schedule.

As Anthony De Mello's story of the fictitious spiritual master suggests, becoming aware of what the problem really is, is also the first step to solving it. The reason why all the trite platitudes, suggestions, criticisms, preachings and so forth don't work is because they are focused on providing a solution, rather than becoming aware of the problem. The truth is that you find the solution to the problem readily once you actually understand the problem. You discover the problem through tuning into your feelings about something



so you can "see" clearly what is going on inside of you.

If you find yourself resisting doing something that you know is "good" for you or compulsively doing something you know is "bad" for you, think about what you are doing and notice the feelings that arise in you surrounding this activity. In another book, *Awareness: The Path to Love*, Anthony De Mello explains that all the beliefs, rationalizations, attachments, ideas and habits we have formed are like prison walls. You can't escape the prison until you realize you are in it. Most of us become adapted to prison life and a few of us struggle for better conditions inside the prison. Few actually have the courage to confront their "story" and their "rationalizations" and actually see the prison walls they create. In *Awareness: The Path to Love*, De Mello suggests:

"Contemplate the walls, spend hours just observing your ideas, your habits, your attachments and your fears without any judgment and condemnation. Look at them and they will crumble."

Whatever is holding you back from eating healthy, exercising or doing anything else that is good for you is an illusion. When you look closely at it, the illusion will always crumble and you'll see the truth behind it. You'll see for yourself what is bitter and what is sweet, and we're instinctively hard-wired to want that which is sweet.

How Awareness Helped Dissolve My Excuses

Here's what I discovered about my excuses when I found my dragon.

The "I'm too busy excuse" was an illusion because once I started exercising, my energy level and mental alertness increased and my productivity increased along with it. The truth is, if you don't take time to eat right, get enough rest and stay physically active, you're less effective in your work, which means you wind up working longer to get the same amount of work done. When you take good care of yourself, you become more efficient and your output will actually improve.

The "I'm too tired" excuse was an illusion because I was actually fatigued because I wasn't getting enough physical activity. Physical activity actually increased my energy and helped me get a more sound night's sleep.

The “I don’t feel like it” excuse was real, but once I realized why I didn’t feel like it, that excuse dissolved, too. I didn’t feel like it because it was associated with negative stuff from my past and none of that “stuff” applied to my present circumstances.

If you’re struggling with issues surrounding food, weight, exercise or any other aspect of health, stop struggling. Don’t beat yourself up for a lack of willpower. It isn’t a problem of willpower. It isn’t a problem of lack of self-discipline. It isn’t something “wrong” with you at all. It’s just an illusion and the reason you’re struggling with this issue is because something in your subconscious mind, i.e., your feelings, is convinced that what you’re doing is actually good for you. Once you actually “see” the problem, it will become much easier to change.



Tips for Getting Past Your Own Excuses

Here are a few suggestions on how to get past your excuses and start making real changes in your life.

First, when you have a bad health habit that you want to change, don’t “fight” it or “beat yourself up about it.” Start by just becoming aware of it. Notice the feelings you have about it and just acknowledge and listen to these feelings. By turning your awareness (not your judgment and self-condemnation) onto the problem, you’ll start to see it for what it is. Then, solving it will become much easier.

Second, forget about willpower. Willpower is a weak and ineffective way to create change in yourself. For most people, accountability is a much more powerful motivator than will. Find a way to recruit some help. The reason why weight loss groups work is because they make a person accountable to other people. And, we are more likely to stay aware and follow-through when we are accountable. This is why I hired a personal trainer. It would have also worked

to have found an exercise partner to go to the gym with me. Anything that gets you accountable to other people will be a much more effective motivator than willpower.

Third, be gentle with yourself. Emotionally “beating yourself up” about something means you’ve created a negative emotional energy surrounding what you desire, which will automatically make you avoid making the changes you want. If you dwell on your mistakes, or what you don’t want, you’ll continue to struggle with change. Instead, think about what you do want and celebrate and reward yourself for every success you have in moving towards your new goal. Even if these steps seem small, celebrate them and reward yourself.

For example, when I first started lifting weights, I was embarrassed by the lack of muscle strength in my arms. I would look around and see other people who were working out with far heavier weights than me and think, “Look how out of shape I am.” This hampered my success. Now, each time I am able to increase the weight on a particular exercise, I verbally and mentally “pat myself on the back” and congratulate myself on how much stronger I’m becoming.

You can do a similar thing with improving your diet. Instead of beating yourself up when you have a binge, congratulate yourself every time you push the plate away and think, “that’s enough.” Reward yourself every time you eat a healthy meal with a mental “pat on the back” by thinking, “That was great!” You’ll find it much easier to change this way.

If you know you need to exercise, eat better, take your supplements, get more rest or improve the way you care for yourself in any way, it’s time to stop falling victim to your “excuses.” If you start becoming aware of your feelings about these issues (so you can actually identify what’s holding you back), make yourself accountable for change and reward yourself for every small success. You’ll soon be experiencing more energy, happier moods and better overall health.

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Kimberly Balas' Clinician's Corner

Nutritional Tips for Sports and Athletics

Q. *You have been an athlete in competitive sports, so you have some experience with serious athletic competition. Do you have any suggestions on nutrition for people participating in athletics and competitive sports?*

A. Health and nutrition for extreme athletes and competitive sports is a completely different realm of nutrition. It is like working with an advanced machine. Competition is tough and so much more is expected today than in the past to achieve scholarships and offers to join the pros.

Even if you aren't at this level, though, a person who is exercising still has the same basic needs, such as staying hydrated (adequate water intake) and getting enough sleep. When these needs aren't being met, then you aren't going to function at peak performance.

Despite all of the advertising for energy and sports drinks, water is still the best beverage for athletes. Cellular function becomes compromised without adequate water. There are sugars and bromide in "sports" drinks that can hinder peak cell performance and make cells work harder over the long haul.

Researchers studied the effects of fluid replacement and carbohydrate consumption during 50 minutes of hard exercise, followed by a 10-minute sprint. When the athletes drank a large volume of water (48 ounces, the amount needed to offset dehydration), they sprinted 6% faster compared to when they drank only seven ounces of water. By adding minerals to the water and replacing electrolytes, performance can improve even more. A great alternative to "sports drinks" is NSP's Recovery Drink.

Long hours of training and competition stress will tax the adrenals so it is essential to pay close attention to cortisol levels. Studies with athletes have confirmed that high carbohydrate diets (70-80% of energy from carbs), with carbohydrate ingestion before, during, and after exercise, help maintain blood sugar levels. This consequently offsets the rise in circulating cortisol and the associated decrease in immune function frequently associated with strenuous exercise.

A motion analysis of elite ice hockey teams showed the players with a high-carbohydrate (60%) diet skated not only 30% further, but also faster than the players who ate a low-carbohydrate (40%) diet. Good carb choices include fresh fruit and whole unrefined grains.

It is important to pay attention to what you eat before a competition. You should minimize fat and protein intake because it takes longer to digest. High protein (steak and eggs for example) before competition can hinder performance. Eating a lot of protein for a pre-competition meal causes dehydration because the by-product of amino acid breakdown requires water for urinary excretion.

On the other hand, carbohydrates digest much faster than fats and proteins. This makes them perfect for a pre-competition meal, even though they still take at least three hours to fully digest and absorb.

Q. *What Nature's Sunshine Products would you consider valuable for athletics and sports?*

A. Nutritional supplementation is a "must" today in sports. In the past, we were consuming purer foods. We didn't have to worry so much about xenoestrogens, pesticides or harmful chemicals in foods. And, meat wasn't laden with growth hormones or antibiotics.

Adrenal Support and a good B-Complex supplement are important. Because there is oxidative stress when you are vigorously working out, antioxidants are also a must. Thai-Go is not only a great antioxidant supplement, but also acts as a refrigerant. This means it cools down the body and keeps it from overheating, especially when working out or playing in warm weather. The wolfberry (lycium) in Thai-Go is a great source of vitamin C, which helps with tissue repair.

Energ-V is a good supplement for athletes. It helps the adrenals and aids mental clarity without creating the "buzz" of an energy drink that will let you down hard in a few hours.

Target Endurance replaces electrolytes. It has copper to direct energy to the cells, which keeps the nerves firing like they are supposed to. It also improves stamina in muscle work.

One study shows that prolonged high intensity exercise can compromise immune function. This compromised immunity might explain why the risk of respiratory infections is high in athletes. Cordyceps works well with building the immune system, supporting lung function and aiding adrenal function. It was used in China by Olympic athletes to improve stamina. Taking Trigger Immune periodically can also help here. THIM-J is also a good choice for rebuilding the immune system in

athletes. Probiotics can help keep good intestinal balance and boost the immune system.

When you are breaking down and rebuilding muscle, you will get an inflammatory response. This makes IF Relief a must in any rigorous exercise program. It helps with pain, reduces oxidation and aids cellular repair.

Everflex with Hyaluronic Acid helps to keep tissue supple and flexible in the joint area. It also helps the liver with transporting and delivering nutrients.

By taking a protein drink, you help your body build up the muscle tissue that you are tearing down when you exercise. Unfortunately, most protein drinks contain aspartame, which will eat the lining off the myelin sheath of the nerves. A pure protein source like NutriBurn can help. Adding Ultimate GreenZone will provide protein, too, and will also help reduce acid build-up in the muscles, which can take you to a whole new level. I also like to use Chlorophyll capsules for reducing acid waste in the muscles and improving oxygenation to the tissues. Mixing the protein powder, GreenZone and Thai-Go together with some fresh fruit and ice in a blender creates a nice smoothie.

For the additional amino acids (the building blocks of protein), I like to use Super Algae. It not only provides amino acids, but also converts to fuel easily and will help alkalize the body. It will support your energy, as well. RG-Max is another great source of amino acids.

Combination Potassium is a good support supplement, too. It helps muscles and will move toxins out of the cells. Cramp Relief is a good formula for those prone to muscle spasms.

Minerals are important energy conductors for exercise. I use Mineral Chi tonic or Target Endurance.

Glutamine is an amino acid used by the cells of the immune system as an energy source. After prolonged exercise, circulating levels of glutamine are low. On the strength of these two facts, glutamine is often touted as an immune system booster. N-Acetyl-Cysteine is a precursor to l-glutamine conversion.

Q. *Your daughter has also competed in gymnastics and other sports. Do you have any tips for parents whose children are in sports?*

A. Children should be in sports because they want to be and because they derive pleasure or satisfaction from it. That isn't to say we shouldn't support or "nudge" them, once in a while. There are days they need some outside motivation, but if they are pressured so much to achieve that their stress level becomes too great, their health is going to suffer. So, make sure they have a good mental attitude about what they do.

If they are in puberty and having some hormonal issues with things, then NutriCalm and Master Gland work great together

here for those "attitude" adjustments. It is in our own interest to help them so everyone's stress levels are semi-normal.

Q. *What supplements would you recommend parents of young athletes give their children?*

A. To start with they need a bioavailable protein either in natural sources or in a protein drink. Having a fast food hamburger every day isn't going to give them the protein they need for peak performance. If they are prone to digestive upset with a protein drink, then just try Free Amino Acids or Super Algae instead. It will take stress off the digestive system.

Minerals are a must. The body can't run without them.

They also need fuel for the adrenals. Adaptamax is a good formula for young athletes.

I would also recommend Target Endurance for two reasons. One, it improve energy production in the cells providing overall improved energy. And two, it helps cells efficiently flush toxins out.

Getting green foods into young people is challenging, but they need them. Super Algae helps here.

If they are doing a lot of exercise and working out, then whole grains will help with some of the fuel sources. These are much better than sugary foods. Simple sugars will just create a bad environment for cells.

A lot of athletes (especially girls) will skip meals in hopes of remaining thin. Many of these athletes struggle to attain thinness and may develop eating disorders due to it. Among women, this restrictive eating commonly results in loss of regular menstrual periods (amenorrhea) with the high price of stress fractures and osteoporosis. Athletes need to eat regularly to perform well and stay healthy.

Eating too many fatty foods like butter, oil, cream, mayonnaise, fried foods—fat in any form—displaces carbohydrates and is detrimental to glycogen replacement. Consequently, it can hurt performance. This doesn't mean you should eat a fat-free diet. Balance a moderate amount of fat (25% of calories, or about 60-90 grams for many active people) into a foundation of carbohydrate-rich foods. Omega-3 can be taken to help with inflammation, as well.

Kimberly Balas is a board certified naturopath and clinical nutritionist. She is currently head of the research department and a certified instructor for all Tree of Light courses. She is available for consultations by phone or at her Wyoming office. For more information on scheduling a consult, please phone 307-277-2466.

