

RICO'S ROOM By Rico Connor



STOP YOUR AEROBICS – It's literally killing you!

- It won't make you lean.
- It won't protect you from heart disease.
- It won't even boost your energy.

Even worse, aerobic training—the kind most doctors and even the federal government tout as the path to good health—can actually wreck your body. Do enough aerobics and it will make you sick, tired, and old before your time. When you exercise aerobically, you have to keep the intensity low enough that you can fuel the activity with oxygen. At this low rate, you have to exercise for a long duration for it to do anything. Herein lays both its inadequacy and the reason it will likely cause you problems.

Researchers that followed over 7,000 people found that the key to exercise is NOT length or endurance. It's **intensity**. The more intense the exertion, the lower the risk of heart disease. High intensity exercise can also help you live longer. Another Harvard study compared vigorous and light exercise. Those who performed more vigorous forms of exercise had a lower risk of death than those who performed less vigorous exercise.

DOWNSIZING YOUR HEART AND LUNGS IS AN INVITATION FOR SICKNESS AND DISEASE

If you only exercise within your current aerobic limits, you do so without improving your aerobic capacity. In other words, you never push hard enough to stop to catch your breath. This kind of aerobic exercise trains your body for endurance and efficiency. That sounds great, right? But this kind of "logic" causes "shrinkage" = smaller muscles, smaller heart and smaller lungs. What's worse, it wipes out your heart's **reserve capacity**. Your reserve capacity is what your heart and lungs use to deal with stress. Injuries or physical trauma,

a shocking emotional blow, a particularly intense session in the bedroom with your partner—these all demand reserve energy. Reserve capacity means your heart has the ability to pump more blood faster, in times of stress. Reserve capacity for your lungs allows them to deal with high exertion like lifting, carrying, running or going upstairs.

But a different kind of exercise **builds** reserve capacity for your lungs, your heart and your blood vessels... and gives you many other health benefits as well. This kind of exercise, I call **SUPRA-AEROBICS**. It is the key to a healthy heart, good muscle tone, high energy, a desirable figure, higher lung capacity... plus, it takes a fraction of the time to achieve much better results. Research proves it. A supra-aerobic workout will help you achieve your fitness goals faster and better than a traditional aerobic workout – and without the debilitating side effects.

Ex: *Do five sets a day of sprints on a treadmill (10 minutes a day). A set consists of sprinting for one minute, then a slow walk*

*for a minute. You can do these sets on a stair climber, elliptical, or any piece of cardio in the gym. Work on all of these machines—except for the sitting down machines! What's the deal with those people sitting down and peddling or cranking handles in circles on their butts! Puleeeeeeeze! Do you actually think you are burning any calories or working your body? If you're going to go to the gym, put in the effort and intensity to benefit from it! Don't just go through the robotic motions, people—or you might as well just stay home. **SLV***

Mother's Milk



Leave it to a Swiss gourmet chef to stop at nothing when it comes to an epicurean delight! How about breast milk as that unique flavor? Owner of the *Storchen* restaurant in the exclusive *Winterthur Resort*, Hans Locher, says that he will improve his menu with local specialties such as meat stew and various soups and sauces containing—you guessed it—mother's milk! With recipes that include at least 75 percent of this unique cream, he states, "We have all been raised on it. Why should we not include it in our diet?"

Locher attracted the attention of the media after posting ads—looking for women donors. The going pay rate? Try just over three pounds for 14-ounces of their milk. "One can cook really delicious things with it. However, it always needs to be mixed with a bit of whipped cream, in order to keep the consistency."

Local authorities tend to disagree with Locher's twist on Europe's traditional cuisine. Rolf Etter of the Zurich food control laboratory says: "Humans as producers of milk are simply not envisaged in the legislation. They are not on the list of approved species such as cows and sheep, but they are also not on the list of the banned species such as apes and primates." **SLV**

Drunk-driving Down

Deaths caused by drunk-drivers fell in 32 states in 2007. Alcohol-related deaths increased among motorcycle riders in half of the 32 states. Almost 13,000 people were killed in crashes in which the driver had a blood-alcohol concentration of 0.08 or more. Overall, alcohol deaths were down nearly 4 percent, compared with 2006, when nearly 13,500 people died on American highways. **SLV**