



Protein Powder: the #1 essential supplement in building muscle. Protein enables you to be in an anabolic state with a positive nitrogen balance. I do a shake for breakfast with all of my vitamins, herbs, green food (chlorella, spirulina, wheat grass, etc.), digestive enzymes and probiotics (essential for gut flora health and proper digestion). Remember, no matter what you eat, if you don't digest it properly, it doesn't get assimilated and absorbed by your body.

L-Glutamine: Glutamine is the most common amino acid found in your muscles – over 61% of skeletal muscle is glutamine. Glutamine is the primary transporter of nitrogen into your muscle cells. During intense training, glutamine levels are greatly depleted in your body, which decreases strength, stamina and recovery. Glutamine plays key roles in protein metabolism, cell volumizing, and anti-catabolism (muscle breakdown). Glutamine also increases your ability to secrete human growth hormone (HGH), which helps metabolize body fat and support new muscle growth.

Nitric Oxide: Nitric Oxide is a hemodilator and is essential in creating healthy circulation. It has numerous benefits: too many to mention here. It's been called the fountain of youth. It relaxes and widens (dilates) blood vessels, offers protection to the heart from damage, and increases the supply of oxygen to the body. With increased blood flow and dilation of the blood vessels, it is possible for the blood to deliver more nutrients to the muscles. This is how you experience that perpetual "pump" that many bodybuilders love. It helps in the reduction of inflammation also. Nitric oxide also prevents blood clots and regulates blood pressure. It also helps inhibit the accumulation of dangerous arterial plaque. Every nitric oxide supplement usually has Creatine in it.

Karbolyln: Karbolyln is a high molecular weight carbohydrate. It passes through the stomach into the small intestine very quickly, allowing depleted glycogen stores from workouts to be replenished very quickly. Faster glycogen restoration decreases catabolism and increases the rate of protein synthesis. It passes through the stomach 80% faster than dextrose, allowing restoration of glycogen 70% faster than any other carbohydrate. Another great advantage of using it is that other supplements used can be sucked up right along with the HMW carbohydrate, faster than ever before.

I take about 60 grams of Karbolyln with my nitric oxide mixed in 45 minutes before my workout. This gives me energy for my workout and dilates my blood vessels, allowing more blood to go to the muscle being worked out. I drink about a quart of ionized, alkaline water during the workout. Post workout, I do another 60 grams of Karbolyln, with 5 grams of L-glutamine mixed in. 20 minutes later, I drink a protein shake. The reason I take the two apart is because when protein is mixed in with Karbolyln, the amino acids in it slow down the speed of the Karbolyln being assimilated in your body. **SLV**

BROMHIDROSIS OR "BODY ODOR"

Body odor can be caused by the food we eat and even genetics, but bacteria, mixed with sweat, is really the main offender. Showering once a day washes away the sweat and bacteria, and can reduce body odor. Using antibacterial bath soap will also help. Towel yourself off thoroughly after showering, because bacteria breed faster on moist skin than dry. Use a strong deodorant or antiperspirant and apply in both the morning and evening. By simply wearing fresh, clean clothes every day and changing your socks and clothes more often when it's hot and you're sweating, can help to alleviate strong body odors. Deodorant powders can be used in your shoes but going barefoot and wearing sandals when possible lets air surround your feet and keeps them dry. Stop smoking, flossing everyday, along with brushing your teeth twice a day, makes your mouth smell sweeter. Your diet does affect body odor. Try to avoid processed foods because of the chemicals used in them. Red meat and eating spicy foods can make you sweat more. Strong odors like garlic can also add to body odor. Anger and anxiety sweating, so try to maintain your calm. **SLV**

COLON CLEANSING

A "high colonic" or colonic irrigation involves pumping 20 gallons of fluids into the colon through a tube that's inserted into the rectum. Probiotics, herbs and enzymes can also be added to the solution. Advertised to detoxify your colon and make your body function better, European spas have used it for many years and believe it reduces the risk of colon cancer. If you have constipation, diarrhea, or gas, you might be a candidate for colonic. There are risks involved. Some concerns are unsterile equipment, hemorrhoids or creating a puncture in the rectum. The colonic process only flushes out the colon, not the small intestine. A diet that cleans out the small bowel is eating a healthy diet.



HANGOVER

There are different types of hangovers on the market, but only one sure cure: water. Blood sugar drops and you may feel dizzy. Alcohol makes you urinate, you're dehydrated.

Sip water and try adding a lemon or orange slice. Crackers and chicken soup broth can help repair your stomach. Pain relievers may help your headache, but so does sleep if excessive alcohol has been consumed. Get some rest. Take 2-6 tsp. honey, follow with a banana milkshake and more honey. Banana soothes the stomach, and helps with the depleted blood sugar.

●**Tips to prevent a hangover:** Eat before you drink. French fries that help absorb the alcohol. Milk and slows the absorption of alcohol. Drink light beer and vodka and gin. Limit yourself to one drink at a time. Drink one type of alcohol and a glass of water in-between drinks. Drink *Gatorade* before going to bed, to replace electrolytes. If your stomach can handle it, take a multi-vitamin before bed.

●**Alcohol poisoning can be life-threatening.** Symptoms are: confusion (in stupor or daze), persistent vomiting, touch blue-tinged skin, and breathing too slow. If someone has drunk too much can lead to dehydration and electrolyte imbalance. Drinking water immediately. If someone has passed out, call 911 or take them to the emergency room. If someone is choking on their own vomit or going into a coma, just sleep it off, but passing out is a medical emergency.