

## ***The Regeneration Programme***

**Hello friends. This is an introduction to the ideas behind The Regeneration Programme. Contact me at [john@fulfil.ltd.uk](mailto:john@fulfil.ltd.uk) to learn more.**

### **OVERVIEW**

(Firstly, get some advice from your doctor before starting a new exercise regime and eating pattern.)

Over the many years I've been experimenting with and studying diet and exercise, I've found that a complete exercise regime coupled with Macrobiotic style eating and a nutritious, dairy and meat free diet worked best in totally revitalising me. I felt young, fit and energetic and I ended up with the same waist size as when I was 20! **IT REALLY DOES WORK!**

I believe that by following this programme you will have an abundance of energy, you will rarely get ill and you will live a long, active life. We can do this by,

- balancing the chemicals in our bodies and getting maximum nutrition from what we eat through sensible eating and drinking.
- using minimum amounts of internal energy digesting by chewing well and reducing our eating – particularly in the evenings.
- following a range of exercises that keeps us physically supple yet strong - as well as stimulating our energy pathways for internal organ health and strengthening our immune system. (I will be discussing meditation and the use of Taoist longevity exercise and breathing principles to maintain inner organ, tendon and ligament health in a future piece.)
- maintaining a stimulated mind.
- freeing yourself from harmful stress.
- eliminating all toxins from your intake.

You will also be doing a lot to help the planet. It takes a sixth of an acre to feed a man using vegetables and more than two to feed him on meat. I won't go into how bad for you meat and dairy is right now but I guarantee you, if you do without them and follow this programme you will feel light, happy and fit – **you will look and feel younger!**

It takes a bit of work and effort at first but after a while it is just what you do and how you are – and you just get on with it. You get a pattern. Habits are generated through repetition – and you'll soon know where to do your shopping, how long it takes to prepare foods and how much time you have to party once you've finished your exercises. Don't forget, we were designed to go and chase our food! It's a helpful maxim – earn every meal.

Our cells have the ability to reproduce to about 165 years in the right conditions. It's all about balance, not taking in toxins and giving our organism the best fuel and conditions to flourish. Limiting beliefs, stress, poor eating patterns and lack of exercise are the main obstacles to longevity.

Before we start, if you have any eating discomfort through gas or a pain anywhere, it's important to ascertain if there is anything that your body finds poisonous. Don't worry; this can happen at any time as allergies. A visit to a homeopath will identify any foods that the body is regarding as a toxin right now. Here is the link to the society to find one in your area. Make sure they do toxin/allergy id. <http://www.homeopathy-soh.org/>

Basically, after you find out about the toxins your body doesn't like, you'll need a detox. Start with 7 days whenever you're ready. There are quite a few books about but some of the basics are.

- No dairy products, meat, caffeine, processed sugar or wheat (brown rice, bulgar wheat, barley etc. ok.).
- No starch and proteins together.
- Loads of water (2 litres a day – although I don't entirely agree with this. 1 litre is a fair bit if you are having mainly water based foods and juices).
- Lots of fruit/veggie juices and smoothies

Imagine you are living before the industrial revolution (ok – you have lots of electrical appliances and supermarkets – hence the exercise). It is the most natural diet for us. Our

## **The Regeneration Programme**

closest relatives in the animal kingdom (the primates) eat mainly fruit, veg and seeds/nuts and are strong and healthy. **FOOD HAS BEEN MARKETED TO US OVER THE YEARS LIKE EVERYTHING ELSE!**

We all know that some of the most delicious tastes are simple ones mixed together – we've just got to get butter and sugar to register higher in the 'bad for you' scale than the 'yum' scale. The eating of comfort food to satisfy some perceived (non-dietary) need is an unhelpful 'pattern' that seems very hard to interrupt. Hypnotherapy and NLP can help break these patterns. Also, and in terms of encouragement, the stronger the opponent, the greater the achievement. No-one became better at any sport (or anything else for that matter) by constantly going up against opposition they were sure they could beat. What I'm saying is this may seem like a big challenge but it is one worth tasking on – and you will feel great when you get down to your ideal weight.

Don't be too concerned about fats and carbs. There are lots of fats in sunflower seeds, olives, nuts, avocados and this sort of fat is good for you and will eventually become your fuel. **DON'T AVOID NATURAL FATS.** Your body will freak out if you totally give up fat and it will think you're starving so will slow down your metabolism – you want it speeded up! Again it's about balance. Your body and your teeth prefer a mixture of some protein, carbs and fat. Cooked fats are the problem!

## **FOOD**

**A new (or very old) thinking: We are 70%+ water. Eat in the same proportions to stay balanced and healthy.**

This is the sort of eating (apart from the macrobiotic side) recommended by Anthony Robbins in his Unleash the Power Within seminars and Unlimited Power book. It's great! But I know that it is better with some additions, which I've made.

Try to make your meals 70% water (salads and veg mixed with organic brown short-grain rice or pasta, pulses, soya products, cous-cous etc). Make your own salad dressings. Mine is 1 part organic lemon juice, 6 parts 1<sup>st</sup> cold-pressing virgin Olive Oil (in a tin or dark brown glass – sunlight oxidises olive oil), some fine herbs (sweeter than mixed herbs) and a quarter of a teaspoon of organic mustard. A bit of honey if you have a serious sweet tooth and ..... there you have it. I have this dressing (or variants) every day and recommend it. Add lime for a change and change mustards. Avoid vinegar (and most fermented foods – they're dead)

- Only eat fruit (not too many bananas, try to use a lot of papaya) and veg. before midday (although there is some recent research from the US that has found a combination of some nuts and seeds (good sources of fats, minerals and oils) with fruit protects the teeth from assault by fruit sugars – particularly if you're eating white grapes (one of my morning faves). I agree with this. When I have nuts (mainly almonds with some brazils) and seeds with my snacks or meals I feel more energised.
- Fruit is best *after* exercise – replacing lost sugars. Less chance of converting to fat.
- Don't eat after 7pm.
- Replace all vinegar with lemon juice.
- Drink very little alcohol – none at all is best. (good wine and Becks beer have the least additives).
- Use Olive oil spray when frying – cooked oils are the worst for you.
- Use only organic produce where possible.

**DAIRY PRODUCTS STOP NUTRITION FROM GETTING INTO YOUR BLOOD STREAM, THEY TAKE A LOT OF ENERGY TO PROCESS AND LOVE YOUR HIPS! AVOID THEM.** If you must have a small amount, try for goat or ewes products for your 10 o'clock snack (and I mean snack). This is good when building muscle.

**Macrobiotic thinking: They believe if you eat in the same acid:alkali balance as your body (5:1) you'll always be in balance and therefore healthy. (e.g. Brown rice is 5:1).**

I've done this diet for two periods when I was 17 and 33. It takes time to prepare and becomes a bit of a lifestyle but the increase in energy was pretty remarkable. I don't have that sort of time now, preferring to do some physical activity. I use the information gained from the macrobiotic lifestyle to give my eating another dimension. I feel this is more do-able in a modern lifestyle.

## **The Regeneration Programme**

- Chew your food until you can drink it! A slice of bread (1 a day max when not detoxing) should take at least 15 minutes to eat. An average meal, 40 minutes. You'll eat less and use little or no internal energy digesting. Get up before you're full. Put your fork down between each bite.
- Organic short grain brown rice should be included in every meal.
- Organic rice cakes are perfect bases for snacks as are corncakes and oatcakes. Oats are great for reducing cholesterol.
- Tomatoes, potatoes and aubergines have too much acid and should be avoided (which isn't as easy as it sounds – so I just keep it in mind when buying).

Don't worry too much about the yin and yang thing - cold, sugars are Ying (acid); heat, onions, apples, carrots are Yang (alkali) – gives you a ballpark idea. Please contact me for more details ([john@fulfil.ltd.uk](mailto:john@fulfil.ltd.uk)). It helps to keep it in mind for say, a pasta sauce. Tomatoes are very acid, balance it by using onions and diced carrots + heat. Better on rice than pasta.

### **Cooking rice.**

Wash thoroughly. Place in a saucepan (stainless steel or iron) and add double the quantity of filtered or spring water (i.e. 2 cups of water to 1 cup rice). Bring quickly to boil. Stir and reduce heat to a very low simmer. Put on lid and leave for 45 minutes (max). Add a very light sprinkle of sea salt 10 minutes before end. A great variation is to chuck in some dried chestnuts or pre-soaked chick peas.

### **Gomasio**

The macrobiotics believe that this good for the joints and is used instead of salt. I use a heavy iron frying pan. Toast enough sesame seeds for a weeks gomasio (about 5 tablespoons) and a little coarse sea salt then grind the lot up and put in an airtight container. Great on salad and rice. Important to have because sesame is a great source of fat and protein.

Make rice and gomasio weekly. You can heat rice easily by pouring hot water through.

### **Macrobiotics dos and donts**

- Keep all the ends of root vegetables for stock and don't peel, but wash veges with a brush.
- Don't boil veges (except for stock) – steam or sauté instead.
- Use wooden spoons
- Avoid aluminium utensils. Cast iron or stainless steel is best.
- Avoid too much salt
- Avoid cooking with too high a heat. Bring to boil then simmer

**I feel that a balance of both ways of thinking (the salad and no starch with proteins, as well as macrobiotic) in an eating pattern tailored to each individual will work for anyone wishing to feel and look great. And IT'S GOT TO BE EASY ENOUGH TO ALLOW YOU TIME TO ENJOY YOUR NEW VITALITY!** I have salad and fruit everyday with some brown rice. You won't be bored. There are so many things you can have with salad and so many different salads to buy. I usually mix 3 bags together and add olives, beetroot, seeds - whatever. Here are a couple of sites for vegetarian recipes. <http://vegweb.com/> and <http://www.veganmania.com/>

### **Fresh organic fruit, veg, seeds and nuts are always best!**

Here is an article that gives you excellent information about grains, seeds, nuts and legumes as well as explaining anti-nutrients.

[http://www.naturalhub.com/natural\\_food\\_guide\\_grains\\_beans\\_seeds.htm](http://www.naturalhub.com/natural_food_guide_grains_beans_seeds.htm)

The last things to emphasize while we are still on eating are;

- AVOID EATING TOO MUCH – ITS ONE OF THE BIGGEST ENERGY STEALERS
- EAT IN A RELAXED STATE AND DON'T GET UP TOO SOON
- MAKE YOUR EVENING MEAL EARLY AND YOUR SMALLEST – EVEN MISS THE ODD ONE

# **EXERCISE**

## **WE ARE DESIGNED TO BE ACTIVE!**

Physiologically and psychologically less goes wrong with us when we are active and occasionally challenge ourselves. A combination of aerobic, anaerobic, stretching and twisting (Tai Chi and Yoga), with rest and meditation will keep us in great shape for years. Although our skeletal design isn't wonderful, being an adaptation of an all-four design, it's still pretty good and is, according to recent discoveries, about 160,000 years old (from DNA). So if you want to be in balance with your mechanical design you can start by being generally more active;

- EARN EVERY MEAL (Do anything).
- STOP USING ELEVATORS & ESCALATORS (2 steps at a time is v. good)
- DANCE WEEKLY (You'll love it!)
- WALK OR CYCLE TO THE SHOPS
- OFFER TO HELP YOUR FRIENDS WITH ANY PHYSICAL TASK
- JOIN A GYM – AND DIARY IN 3 SESSIONS A WEEK!

### **The exercise side**

Try this for a couple of weeks and see how you feel. Have a long (35-45min), robust walk or run (depending on your levels of fitness – do 25min on gym days) before breakfast to get your metabolism going. For the first 10 minutes you warm up your muscles, drain your lymph system and load up with oxygen by;

- Breathing into your diaphragm (practice this on all fours if you find it difficult) through your nose for the count of 5. Hold for 4 counts of 5. Breathe out through your mouth for 2 counts of 5. Do this as a warm up for 10 minutes.
- After this, for the rest of the walk (or run), keep changing the load – walk faster, slower, hill, flat, roll your feet (heel to toe), think of your breathing (roll tongue so that tip touches roof to keep mouth moist), connect with your goals. Visualise your desired shape.
- When you get home, have a strong deep all-over stretch. Shower
- Breakfast of 3-4 fruits. (Banana, grape and papaya and orange is a favourite – with a bit of kiwi – stop it, I want some)

At first you're just spending a couple of weeks changing your metabolism. It'll take a bit longer to lock in but if its feeling good keep going with it and you'll be ready to begin jogging and sit-ups in 4 weeks (if you're not already), depending on your energy levels. If you feel low on energy, and you might as your body changes the fuel it burns, eat a snack of almonds and dry fruit (figs, dates, currants, papaya). Desperately down in energy – try level teaspoon of honey as well.

### **Resistance (anaerobic) training**

Resistance training is essential to any exercise program. Lean muscle uses more calories and bones are strengthened against forms of arthritis. Your metabolism is raised as well.

Any gym should give you an all-round workout. Tips are.

- Warm up (cross-trainer best) for 7-10mins and lightly stretch before lifting.
- Work largest muscle groups first.
- Go slow and controlled – count to 7 each way (There are some variations that you'll need after 6-8 weeks because muscles get smart & lazy).
- Don't bounce. Don't rest weight between reps.
- Increase weight by 5-10% when able to do 12 repetitions without losing form.
- Listen to your body and decrease the range of any exercise when you feel a pain in the joint.
- Don't do more than 45mins lifting (IMPORTANT).
- Warm down (20 mins on bike or treadmill, gradually decreasing last 5 mins)
- Long deep stretch (don't bounce – relax)

## ***The Regeneration Programme***

Saunas and steams are good when detoxing as they will aid the elimination of wastes but they do take a bit of energy and on your first detox you might get tired during the changeover of fuels. Monitor. I don't steam when detoxing. See what works for you.

A program I have followed that has worked for me is;

Up at 6-7am and do the metabolism wake up plus run for 6 days and sit ups on 3 of those days. Finish stretching about 7am. Shower then a plate of fruit. Ready for a great day. Gym straight from work (4.30ish) 3 nights a week OR at 8.30 (supposedly the best time to work muscles according to research). Get your workout down to an hour and a bit. Try and go dancing or play a game one night a week. Swim on Sunday mornings. Diary in a cycle ride, bat and ball game or kickabout on the weekends. Nothing too crazy, just get the heartrate up, have some quality time and fun with family/partner or friends, and in a short while you'll feel fantastic. When you're feeling tired, have a short rest, no more than 20 minutes and drift around with possibly a visualisation of your desired body shape and facial tone, or a mantra of positivity that comes as a thought, or perhaps you can imagine your thoughts as clouds going across the sky. Whatever releases the stress or tiredness – it's all about balance.

**The most important thing is to enjoy this! Decide, then commit and finally ACT to achieve the life you want. You'll be amazed how your body and mind responds. Notice how calm and clean and light you begin to feel.**

**HELP YOURSELF AND THE PLANET BY AVOIDING FOOD THAT ISN'T NATURAL!**

**LOSE WEIGHT, LIVE LONG AND GROW YOUNG!**

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