JUICING FOR TABLE TENNIS PERFORMANCE

CREATE HEALTHY ORGANIC JUICES THAT CAN BOOST SPEED TO IMPROVE TABLE TENNIS PERFORMANCE.

Brian S. Pace

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About The Author

My name is Brian Pace and I have been a professional athlete for over 28 years in multiple sports.

The knowledge that I have gained during that time as a professional table tennis player, elite level mountain bike racer, elite level road biker racer, as well as working as a Sports Nutritionist has led me to one undeniable truth, and that is the best way to improve your sports performance outside of training is in your kitchen.

This became even more apparent as a coach and personal trainer when clients started requested that I transform their kitchen. Through the knowledge I have gain in this time I have helped thousands of athletes and non-athletes achieve the body they want not just in the gym, but from their kitchen as well.

If you are looking to not just get in shape, but to transform your body and your cycling performance, then you are in the right place. I hope you enjoy this book and my many others, and I would love to hear back from you at website. Go to my site at www.dynamictabletennis.com and let's keep improving your kitchen and performance.

Best Wishes for your personal and table tennis goals

Brian

Chapter 1. My Evolution Into Juicing

When I started playing Table Tennis in 1986 at the age of 13 in North Carolina, focusing on internal body health was something that was completely overlooked. The coaches that took us to tournaments stopped by the local gas station to get donuts, chips, and sodas. That is what we snacked on in the van on the way to the venue. We ate hotdogs, hamburgers, and sandwiches at the venue which was sold by someone outside the place. On the way back home, we made a stop at the closest Pizza place, McDonalds, or fast food joint to grab a last meal before traveling home. The food that was in my home was not entirely bad, but the problem was the moment I started playing Table Tennis I never ever made it to dinner on time again. Most of the time I got home, my mom left my dinner in the cake plate for me to warm up and enjoy. So I ended up finding my own way of eating because my Table Tennis Training dictated my lifestyle, which kept me from home at dinnertime.

For the following two years, I would follow the same routine throughout the South when we competed at various tournaments. I never once looked in the mirror and felt the need to change what I ate because I had six-pack abs. Our coaches where fresh out of college with degrees in sociology and accounting, so nutrition was not the advanced concept they taught us to get the edge. It was only training hard. We trained hard, and our coaches eventually brought in better coaches that were

top players in the country, and we trained even harder. At this point it didn't matter what we ate, because at the age of 15, training for four hours a day, and running for 5-miles in trying to keep up with a 25-year old Nigerian Coach in his physical prime would shed the fat off anyone.

Things changed for me when I was 16. Being one of the top juniors in the country, I was invited to live at the Olympic Training Center as a part of the Resident Program. Being in this program required me to relocate from North Carolina to Colorado Springs. When you are a part of the Resident Program, your sport is funded to reside at the Training Center year round. This means you have to wake up on your own, do your own laundry, show up for school on time, and manage your own lifestyle as a student, athlete, and growing adult. There were a select few sports that were given the opportunity to actually be a Resident Program. Track

Cycling, Road Biking, Tae Kwon Do, Field Hockey, Wrestling, Team Handball, Gymnastics, Archery, and Ice Skating were some of the sports that lived in the dorm number one. The other two dorms were reserved for training camps of other sports like Basketball, Speed Skating, Boxing, Race Walking, and Track & Field. It was a regular occurrence to see Shaquille O'neil, Grant Hill, Carl Lewis, Oscar De La Hoya, or any other National Team training for a big competition, or involved in a training camp.

The Colorado cuisine was a significant departure from the food I was used to seeing in the South. It was the first time that I ever saw a south-western Omelette, and it was so full of color that I forgot that eggs were even an ingredient. It was also the first time that I ate in a place where the diversity of food reflected the entire country. I learned that grits was the choice in the South, but up North it was oatmeal. I tried refried beans for the first time in the cafeteria, and it was cooked by a black dude name Brooks. I also tried corn beef hash in the cafeteria. We had a meal card that we would slide and we just walked in and ate whatever we wanted. The only difference is this place practically had no junk food. There were six difference juices at the juice bar at all times. They had every fruit sliced and prepared like it was a banquet at a fancy party. What was most unique about the café (what we called it), is the meals were made by former athletes that were trained to be chefs. That was the biggest difference so far with regards to my nutrition. The food that was being prepared was for

athletes, was by athletes. I could now see how such care was taken for our daily schedule of food. Sometimes the chefs would ask us what we wanted on the menu, and whatever we asked for was made with a much healthier twist than that prepared back home.

Up next I was introduced to the world of taking supplements that could increase performance, and aid recovery. Judy Nelson was the Sports Nutritionist at the OTC (Olympic Training Center), and she also had a degree in Dentistry, which made her even more valuable. She took out two of my cavities resulting from the bad food I had eaten over the years, along with excessive candy and inadequate brushing. Then she scheduled me to come back the next day, and she took my weight, height, body mass, and gave me a fitness test on a stationary bike. After that she walked me to a room that had a wall full of containers. The containers belong to the companies that created products that sponsored the US Olympic movement. In other countries like Romania, Canada, and Russia, the government funds their Olympic Program. Judy gave me about eight containers that supported training, hydration, supplements at high altitude, and recovery. This was a time in the supplement industry when the companies focused more on performance than taste. My entire supplement package tasted awful, accept for the Powerade powder that she gave me. After this I really made it a point to avoid Judy because she represented pain. The two fillings she gave me made it impossible to drink anything hot or cold because the fillings were

attached to a nerve. 7 of the 8 monthly containers she gave me tasted like dirt, and the monthly cycling fitness test made me vomit.

Living at the OTC at the age of 16 was great for one thing, and that was influence. It helped me shape my perspective of the world without hearing what my mother, or family, or teacher thought. I was just getting a view of the world to form my own opinion, chat with my peers, and talk with my sports therapist once a week. That really grounded me to learn how to stand by what morals I had, and it would be tested almost immediately.

For me going to the cafeteria to pick out my latest meal was like heaven compared to the junk food world I had just come from. But for some athletes dealing with food was like hell, and that was the first time I was introduced to the emotional and physical struggle that came along with eating. The boxers that lived in the second dorm, which was for visiting athletes involved in training camps only focused on what was on the scale. What they woke up and saw on the scale didn't affect how much they trained, but it did affect how much they ate. This was a strange concept for me at the time. They constantly left food on the plate from each meal, and as a result they walked around hungry and grouchy. I was 162lbs at 8% body fat, which as good as you could get. They all swore I had the body of a 147lb fighter. When I asked them how can I lose 15lbs, when I only have 13lbs of body fat to give? They all stated almost in one voice, "Drain the water out of your body". That is when

they confessed that their coaches where constantly on them about the process of maintaining weight, losing weight, and making weight for their fights. I saw this practice in gymnastics, rowers, cyclists, tae kwon do, and track and field athletes.

There was even a big meeting among the OTC staff from all sports when one girl fainted during training as a result of trying to maintain weight and had to be rushed to hospital. This was when I heard the gambit of emotions and opinions from all athletes regarding food and weight. Some athletes felt like their coaches were the problems, while other athletes blame themselves for their own stigma with this dynamic. When you are trying to make it to the Olympic Team or win a goal medal, it is very easy to be selfish or self-centred. In fact, the only thing you should be is selfish and self-centred, because it takes a hyper focus to achieve that goal. If there is so much at stake with food, then it is important to have balance. This was when I decided that my relationship with food had to be honest and fair, because both of these emotions balance each other. I could be honest about the quantity and quality of the food I wanted to eat. The only way to balance my emotional universe was to search my feelings and choose foods that were good for my health, performance, and well-being.

There was another big OTC Meeting with all the coaches, staff, and workers because some athletes brought alcohol on the complex and someone turned them in. Allegations went back in forth between

underage athletes getting of-aged athletes to buy them alcohol. Only for the of-aged athletes to say the alcohol was about to leave the complex when it was stolen. I quickly learned that I would not be involved in drinking alcohol at any age because it had a potential to affect too may parts of life. Yet again, there was another meeting and this was regarding athletes not getting back to the complex before their curfew because they were out partying. For this offence, some under-age athletes were kicked out of their resident programs and sent back home. This was when I also realized that partying was not something that would help my cause as an athlete or person. I would only celebrate something that was legitimate like a wedding, prom, homecoming, or graduation. Learning how to balance the emotions of honesty and fairness made it easy for me to not be selfish in my everyday life, as well as my sports career. I married these principles thereafter. And at the age of 41, theses principles are the very basis of who I am as a person, an athlete, a husband and a father. My wife always says, “You are the coolest square that I know”.

I soon became a “Coach’s Athlete”, because I made it my focus to show up early, and leave late. That was easy to do, because I could control the details of my motivation and inspiration. Where I struggled was people laughing in my face after telling them I played Table Tennis. Those emotional muscles were weak and my “Mental Posture” was not confident in nature, and this is where I needed work. What strengthened my concept was my weekly session with Shane Murphy, who was the Sports

Psychologist for our Table Tennis program. I told him about my insecurities from my peers and other athletes not respecting the sport I played. Some sports are automatically validated, and I was expecting the same for my sport, especially once I was among kindred spirit. What Shane did was he simply laid the groundwork for me to accept that I was an athlete that was participating in a sport that was now in the Olympic Summer games. What he got me to see is I don't have to worry about if people respect that I play Table Tennis, but it was imperative for me to be validated inside my soul. I explain to him that I went to sleep thinking about Table Tennis, and I woke up thinking about Table tennis, and Shane said, "You are a Table Tennis Athlete". What I realized is most people will validate your sport, but all people will validate the confidence that you have in what you do.

I know that it seems like I am going off topic, but I'm not. You don't get to a point that you are doing what is right for you as well as your body without having created some strong principles along the way. What chapter 1 of this book is doing is showing you how the principles that I set forth earlier in my life have made it easy for me to add anything to my lifestyle that improves my performance without being destructive to my health, or lifestyle. As you progress through these pages, you will realize that the theme of this book really won't be how drinking healthy juices will boost your performance. It will be how you have changed your lifestyle with regards to your juicer, your kitchen, and

how that has improved the way you vision sports performance. This is a lifestyle shift, and it will be a tectonic shift. If you can get yourself to adapt to having a different attitude, it will allow you to bring anything into your life that enhances it. This shift will put you on your way to performing better in your chosen sport and EVERYTHING ELSE. Your theme once you are finished with this book is to “Adapt & Enhance”.

When I have given this lecture all over the country at health food stores, sports medicine facilities, and rehab clinics, mostly people were less concerned if juice recipes will improve their 5k, 10k, 40k Time Trial, or being able to finish their Spin Class without cramping up. There were more questions about the principles that you really need to change that allow you to be more than what you were the day before. My answer has always been if you are going to add something into your life that requires space, then you are going to have to take away something that is in the way. If you need to adapt to add something to improve your life for it, then it should start with removing something already existing in your life because the new item will enhance it.

I stayed on this Olympic Program until I finished High School, where I moved to Georgia to attend a Table Tennis College. Augusta College had the best Table Tennis College in the Country and if I wanted to continue playing Table Tennis, then this was the only place that I could go. It was a departure from having all access to whatever food that I wanted at the OTC. This

program had a lot of top players, but it was run more like a Fraternity than a College Funded Program.
We didn't live in a dorm room like the other sports at Augusta College. The Table Tennis Program was not a NCAA program, so the person in charge of the program bought a house about 3 miles away from the College. When I walked into the house and saw my bed was made out of plywood from the local hardware store, I knew everything would be different. What made it even more of a challenge is the program didn't have enough funding to give us meal tickets, and what took it a step further is we had to work for a job.

This totally changed everything because I really wasn't ready to take on buying my own food, working a job, attending college, in addition to living in a house with 5 other athletes. It didn't take long before I was having a problem managing the training schedule, work schedule, study schedule, travel schedule, along with the dynamic of sharing one refrigerator with 5 people buying food. Eating for energy was totally out the door at this point. I was now eating cheap, and eating for survival.

About 2 month into my college career I got haemorrhoids, which was something I had never heard of. It was from eating bad food that backed up the colon. For about one week I couldn't sit, I couldn't think, I couldn't train, and I couldn't move around or turn over. Then came in a teammate of mine named, Roland Rittmaster. He was a huge health fanatic, and he lived in the house next to us. We hated going into that house

that always smelled like freshly cut grass. After missing training again, Roland came to the house and asked me to come next door to house number two in 15 minutes. I had no idea what he wanted from me, but it was apparent as soon as I walked in when I saw a bunch of produce on the counter.

He then sat me down and very eloquently explained to me what I had done to my body with the process of getting haemorrhoids. This was back in 1991 and there was no Internet to find out what haemorrhoids was, so I had to go to the library at Augusta College to find out what it actually was. Haemorrhoids occur when you are eating food that has a low amount of water in it. This lack of water in your food will make your body pull it from the colon to hydrate the body. This process leaves your colon without water to lubricate the intestinal walls to move the waste along. When the waste is dehydrated to this degree, it can't move and it starts to push the colon muscle inside out. That is where all the pain comes from, and I was cringing as he finished the story. Sorry to get so graphic, but it is important to tell the entire story of my evolution.

Roland then pointed me to the kitchen where he had beets, carrots, apples, and celery. We sat down in the kitchen and he explained the benefits of all 4 of these items he was going to have me juice. The main thing that I heard was that these items would rehydrate my body, which meant I could get rid of this pain. Roland had me juice all of the items that made about 32 oz. of juice, and he told me to drink it within 24 hours. The

next day he told me to go buy the same items, come next door and juice them again. Within 4 days of drinking this juice concoction, I was able to rid myself of the haemorrhoids, and I actually was feeling really energetic on a physical level.

This was my introduction to juicing and the first benefit that I learned was how it could heal basic ailments. For the next 2 years I would go next door to juice up something with Roland's juicer. I even convinced a girlfriend to try the juice after she told me that she hadn't used the bathroom in a couple of days. I gave her the "Roland Speech", and had her use his juicer. Roland was looking at me almost ready to explode into laughter, when not long ago I was getting the same speech from him. After trying the juice, she was then regular. Roland moved to Texas, and soon after I bought a blender and started blending up the same items. It wasn't the same, but I knew how to keep my colon regular.

In 1995, the time came for me to leave Augusta as I was offered a private coaching job in New Orleans. I lived in Uptown New Orleans on Napoleon Ave, which was a very nice neighbourhood, and this was the first time I had the money to buy whatever I wanted. There was a juice bar about 2 blocks from my house, and this was where I could drink a daily juice or smoothie. For the next year, I drank 20oz of a carrot/beet drink, or a fruit smoothie every single day. My brother came to visit me for 4 days, and when he saw me buying a juice everyday he said, "That is too expensive". I hadn't even

thought about how expensive it was to buy this juice daily, because I kept having a flashback to the haemorrhoids and the sleepless nights from the internal pain.

Soon after, my brother bought a juicer and I didn't think much of it. I thought he had the same juicer that Roland had, which was a $150.00 juicer that needed to be replaced every year or so because the engine would burn out. When I walked into his kitchen, I saw this metal box that looked more like a sewing machine. My brother said it was a "Norwalk Juicer".

He explained the history of Normal Walker, which is the Grandfather of juicing fruits and vegetables. He suffered from hardening of the liver and was basically told to go off and die because there was no cure for it. He went up into the mountains between NC & TN, and drank carrot juice everyday. Within months he was cured of his liver problem, and he started writing books

about how you can cure any health issues with daily fresh juices.

He then made a juicer because he wanted it to be practical, but that does not mean he wanted it to be cheap. The Norwalk Juicer is made up of 2 major parts. The first part is a grinder that breaks down the fruit or vegetable into a sauce. The second part is a compressor that you put the ground up pulp into a cheesecloth bag, and it drains out the juice without the pulp. I asked him how much it cost, and he first explained that it came from an Industrial assembly line company. I still asked him how much it cost, then he explained the engine in the juicer can run 24 hours a day for 3 years before it needs to be serviced. I said, "That's cool, but how much does it cost". He made one more statement saying that I would die before this juicer actually broke, and I said, "What is the price, man?" He said it cost $1800.00, and he bought it because he didn't want to buy 4 juicers a year like Roland did because it was a waste of money.

When we went to the produce section, I was amazed how he was picking up all types of fruits and vegetables to juice that I knew none of the health benefits. He made me an incredible Apple/Celery/Pineapple/Carrot drink he called, "The Goodness", as soon as we got back. And he made juice that had all green in it that was delicious, and that was it for me. I knew I had to get myself a Norwalk Juicer, and I had to explore everything that was in my produce section.

The next year in 1996, I moved to Rockville Maryland to train with the top Table Tennis players in the

country, and I found the local Fresh Fields to get my daily juice. Smoothie bars with juice bars started popping up everywhere and I had my choice where to go based on where I was in the city, or what I was in the mood for.

In 1997, everything changed again for me when I moved to South Florida to take another coaching job. This was when I was introduced to the Farmer's Markets where everything was cheaper than the grocery stores, as well as organically grown. I also started getting my organic produce from a place called Bread of Life, which is now Wholefoods. I knew it was time, so I saved up my money and I got me a Norwalk Juicer. It was a 60lb beast of a machine, and I started drinking juice from my house everyday. Making the juice myself was time-consuming, but way more inexpensive. I was drinking an $8.00 juice at least 25 days a month before, and that turned into $2400.00 a year that I was spending at juice bars. That meant that buying the Norwalk Juicer paid for itself in 9 months, in addition to the drinks I actually made having better taste.

Now, that I had this beast of a juicer I had to expand what I was juicing and why. That was when I was able to actually go to the Internet to find out the health benefits of everything that comes out of the ground. To improve your health by juicing it has to be broken down into categories that make it simply and practical for you to actually adapt it to your lifestyle, with the goal of enhancing it.

I have made it a point to give you my history in sports, training, and nutrition at every stage of my life. At the age of 42 years old, I have spent 29 years of my life cultivating this knowledge. Wherever I have gone in my life I made it a point to keep adapting my life to enhance it. It didn't happen overnight, because it was a process. A main agenda that will reveal itself in the book is to master the process. If you want to improve your athletic performance by juicing fruits and vegetables, then it is going to be a process that you are going to master. This process has to be more about a lifestyle shift than looking for a better sports performance. You

already enjoy your time training and competing, because you are an athlete. When you are reading this book there has to be one universal undertone, and it is to start enjoying your time in “The Table Tennis Kitchen”.

CHAPTER 2. THE DOPING CULTURE

Before I get off into this book, I want to address the culture of doping. At some point in your career, you will want more from your sports endeavors. These thoughts might creep into your head if you have been involved in a fierce rivalry with your peers over a long period of time. You might want to beat someone who has dramatically improved and you are failing to improve at the same rate. You may want more as you think that is the path to the top spot on the podium, which will win you the admiration of your peers as well. If you do this by doping, then you are cheating yourself, your training, your health, you life expectancy, and your peers that are doing it the right way.

There is a natural progression of thinking that a true athlete should follow, and this is the state of mind you would want to have, because it won't include doping. I have always been against doping my entire career as an athlete. I can say as a African-American Professional Table Tennis Player, this has come up more times than I can remember during my career. As an Elite Mountain Bike and Road Bike Racer, I was out rightly accused of doping. As far as I can remember, I

have excelled at sports my entire life. When kids said they wanted to be a doctor or a lawyer, I was looking at the Olympics in Los Angeles saying, “I’m going to be an athlete”.

When someone ever accused me of doping, I have to say that I have learned to thank my mother and father. My parents had sex in 1971 listening to Marvin Gaye I assume, and they passed on their genetics to me when I was born in 1972. This was the first thing I inherited from parents, which is the most special. After watching Carl Lewis run around the track at the Olympics in 1984, I decided to be an athlete. After pondering over my life mentally and emotionally, I decided that I would be involved in sports. I inherited those genetics from my parents and next I was on the search for a sport I identified with.

I played all kinds of sports from football, basketball, gymnastic, swimming, to baseball. In 1986, my search came to an end when I found table tennis. Over the years that I played other sports, I mastered the skill of work ethics. From 1986 to 1988, I went on to become a top junior in the country from being virtually unknown. Thereafter, a representative from the Olympic Training Center flew in from Colorado to North Carolina to convince my mother that I had the talent they were looking for. This was only possible because I worked hard. I showed up for training early, and always left late. It was my work ethic that enabled me to reach a high level in only two years as compared to my peers who took nine years to reach the same level. It was a testament to the pit bull work ethic that I developed.

Up next, my aim in life was to be a disciplined athlete. I made “constant progression” and that became my main theme in my career, and that was to continue to improve my performance. What I developed next was

my mental focus, and my tactical aptitude. This is where eating right, juicing daily, and maintaining a proper weight to improve performance really came into play. Simultaneously, I wanted to gain knowledge in other aspects of life through reading literature from all over the world. This was essential to improve my life, sharpen my perspective, improve my approach to training, commitment to victory, while enjoying the process. If there is something that I want to pass on to my kids, it is these qualities, because if I do, I won't have anything to worry about if doping is ever presented to them.

Everything that I have done in my sports career was to improve my performance because these were the cards that I was given. It was not me who decided that my father would die when I was ten years old. I was given those cards. My first table tennis coach came from a table tennis family, so I was given those cards also. I understood that these were the cards I was given, and it was important for me to make the best of it.

I didn't just decide to focus this hard on being the best I could be, but I also focused on improving every aspect of my performance. I have always looked at myself as a "True Athlete", and it never came into my mind to use anything that would enhance my performance in an illegal manner. There is a reason that

I have a $7000.00 mtn bike that I train and race with.

There is a reason that I have a $7000.00 altitude tent in my house that I sleep in when I am in race season.

There is a reason that I have a $9000.00 carbon fiber road bike that I train and race with.

There is a reason that I have a sophisticated Heartrate Monitor/GPS/Bike Computer to monitor my training. All of these are ways of training, and doping was not one of them. It would be a cop out and blatant disrespect to the genetics passed down from my parents and my dedication and drive to find a sport to excel in, the work ethic that is required to make it to the top, the knowledge required to accelerate the mental and emotional approach, as well as the post competition data that is gathered for continued improvement.

There are some juice recipes in this book that will improve your performance, and your peers will wonder if you are doping. As a black athlete that looks more like a football player than a table tennis player or cyclist, it was very hard for my peers to believe that my performance was not assisted. A part from not making the U.S. Olympic Team, I have won every title in table tennis. Cycling was my cross-training sport, but it was the template for success that came from table tennis,

that was responsible for me being equally successful. I have won titles on the Mountain Bike as well as the Road Bike.

I can't tell you how many people have accused me of doping. I have given them all the same reply. You don't get to this level where you won national championships in a racket sport like table tennis from the junior level, through the collegiate level, right up to the national level and international level, and then total switch over to road and mountain bike racing without being really talented. I'm willing to put my money where my mouth is and take a blood test, urine test, and a lie detector. I'm not interested in carrying the suspicions of other people's insecurities, so the only way to get them to look at me like I'm better in every way is to take any test they offer at any time, including a lie detector Test. The

ultimate goal is for your peers to look at you and admire your talent and respect your performance. Before they wonder if you are doping, you can tell them that you are juicing, but not the juicing that is illegal.

CHAPTER 3. JUICING FOR TABLE TENNIS PERFORMANCE

In the world of bike racing, most cyclists are racing on the razor edge of their natural ability. They are in competition for almost all times of their sporting career. Hence, the importance of being able to create juice recipes that allows you to meet the challenge of pushing your body to the edge and being able to stay there.

As a table tennis athlete, have you ever wondered why there are some days when you are playing way above your normal level? Also, have your ever wondered why there are some days when you are playing way below you're normal level? Have there been times when you feel like you are floating around the court? Have there been times when you have been out there and you felt like someone has dropped an anchor on you? This has been the number one question that has plagued table tennis athletes all over the world, which why can't I perform consistently? There is a reason that you have

posted your best result, and there is a reason that you quit the round robin. This book sheds light on what you can do to increase your chance of having a positive tournament day experience every time by using fresh juices to enhance your performance.

The key concept is to feel good, because if you feel good, your body will perform well. To make your body feel good, you have to consume what will promote your need of feeling good. If you are able to give your body what it needs to perform at its optimum level, then it will perform at its best. You still have to train, so don't think drinking a juice without training will give you the performance you are looking for.

If you can remember this formula, you will always focus on putting great energy in your body, and that is Vitality = Power – Obstruction. That sounds brilliant but I didn't create it. It was created by Arnold Arhet whom a German Scientist and a disease healer. His theory was the body will perform at its peak if you have reduced the obstruction, and increased power. He was one of the first scientists to create the Alkaline/Acid Food Chart. He described acidic foods as slug that pollutes the systems and slows your body down, which hampers performance. He describes alkalizing foods as increasing power, which in turn enhances performance. Throughout this book, my hidden agendas will reveal itself. One of agendas of this book is to increase your vitality. If your vitality is increased, you will perform

better in your sport, with the goal of creating a positive sports experience.

CHAPTER 4. THE IMPORTANCE OF WATER

Over the last twenty years, it has become common knowledge that we need to drink eight glasses of water per day. What has never really been explained in detail is exactly why it is imperative to drink eight ounces of water eight times a day. It is essential to drink that quantity of water per day as experts found that is the requisite amount to allow the human body to perform its day-to-day functions optimally. The body has many systems, and they all need water to perform at its best. The body is made up of the respiratory system, digestive system, circulatory system, immune system, reproductive system, muscular system, nervous system, and cardiovascular system just to name a few.

Body Temperature

How water plays a vital role in our health is by regulating our body temperature. When our body temperature goes up, it is the water we drink that is secreted out of the skin to cool the body off. There is a certain amount of water per day that goes towards cooling off the body from the skin. Your underarm and your feet are not the only places that sweat wants to pour out of. The skin is considered an organ and there is

fluid loss from sweating each day, and it has to be replenished.

The intestine is an internal organ that requires a large amount of liquid. When you eat food, there should be enough fluid in the colon to keep it hydrated enough so that it can move food along while the nutrients are being absorbed into the bloodstream from the intestinal villi. The other way that water benefits the colon is by preventing constipation. When there is insufficient water in the body, it will pull water from the intestine to perform other important body functions. This process hardens the waste that is in the colon preventing it from moving through. When your body takes in more food, the colon is under distress by trying to move along

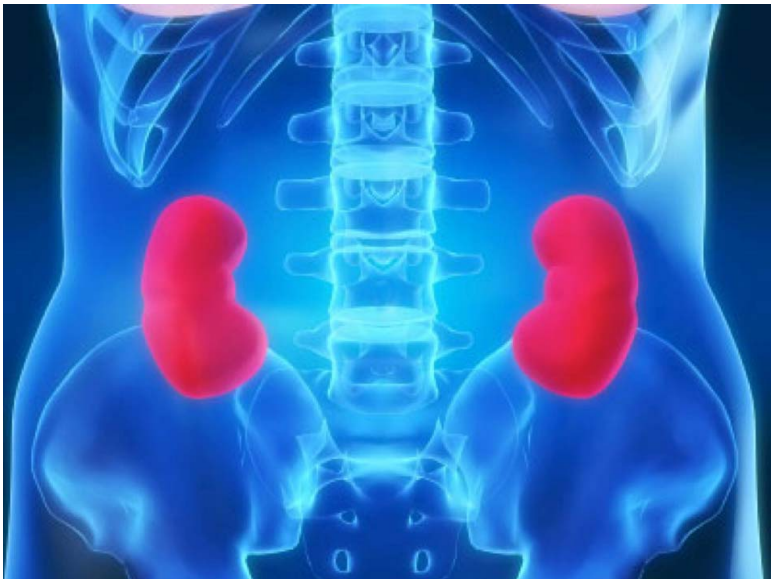
more waste when it already has some harden matter impacted without any lubrication. This, in turn, can cause abdominal pain, which leads to a distorted colon. The end result is haemorrhoids, which I have already explained in the introductory chapter. Having a dehydrated colon can also have a negative impact on the immune system. 80% of our immune system is in the colon, and when it is not properly hydrated, it hampers our health. There is a war going on in your colon between the good and bad bacteria. If your colon does not have enough water, then the bad bacteria, mold, fungi, and viruses will proliferate. When this happens, the alarm for the immune system doesn't kick into gear until you start to feel under the weather. This can turn into a loss of time by being sick, missing work, going to the doctor, getting medication, resting in the bed, and getting behind on household duties, etc. For your colon to function properly, it is important to consume sufficient water each day

The Lungs

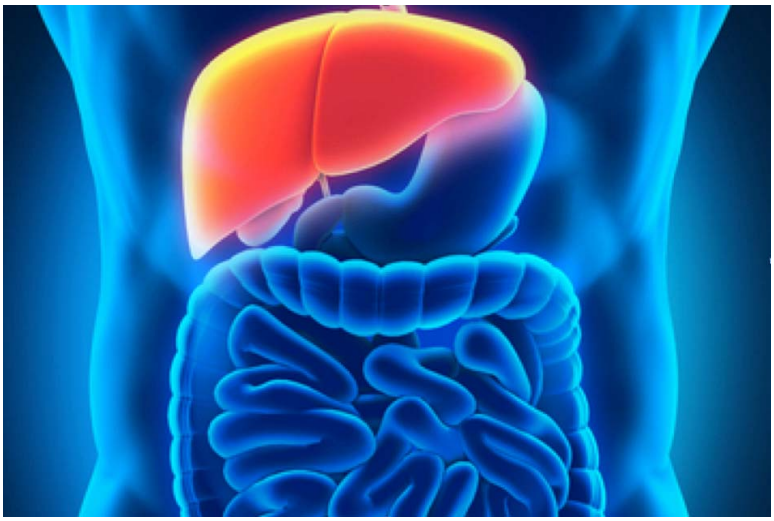
The next internal organ that requires water is the lungs. The easiest way to know that your lungs require water is by breathing up against a glass surface, because you will see the condensation. That condensation represents water in the form of a gas. But the lungs are much more sophisticated than you think when you look at the process. When you breathe in, air enters your nose or mouth down to your trachea. The trachea separates into two bronchi. The oxygen from the air that was just inhaled passes into the bloodstream, and

the by-product is carbon dioxide. Carbon dioxide is removed from the bloodstream, and expelled out of the body through the lungs to the trachea, then the mouth.

This process requires water to keep the walls of the lungs, bronchi, and trachea lubricated and moist. The lungs are also encased by something called the pleura cavity, which is a very thin membrane that keeps the lungs lubricated, allowing it to stretch and expand smoothly. The lungs are also attached to the lymphatic system, which are called lymph nodes. This system is connected to the lungs, and very intricately transports waste material, cancer cells, and bacteria away from the lungs. Without proper hydration, the lungs is a vital organ that can be affected.



The kidney is an important organ as it is responsible for regulating the waste fluid and excess water that the body creates. To throw out excess waste and fluids from the body, the kidney creates urine. The color of the urine can helps to determine the water content of the body. If you have been low on water, your urine will be dark yellow after exercise. The urine filters outs and cleanses the blood, as well as removes heavy metals, toxins, excess water-soluble vitamins, and metabolic waste. The kidneys are responsible for keeping the water balance in your body in the perfect balance. For your body to work best it is very important for the kidneys to have enough water to perform all of these functions.



The liver is actually the largest internal organ in the body, and hence the functions it provides are the largest and vast. By the time you have reached adulthood, your liver will be around the size of a soccer ball. Like the kidneys, the liver is responsible for removing toxins from the body. The body produces toxins as a result of daily activities. We inhale toxins from the environment, and we digest toxins from produce that has been sprayed with pesticides. Hence, we need an organ that can balance the onslaught of toxins that are invading our bodies each day. The liver is also responsible for the digestion of our food by secreting bile. Bile performs two primary functions, and the first one is it assist in the digestion of our food. Secondly, bile is also responsible for carrying waste like heavy metals and toxins from the liver to the bloodstream, which in turn can be eliminated from the colon through the bowel

movement. Keeping the body hydrated is important for the liver to function properly.

Furthermore, it is very important to drink the requisite amount of water per day as there is a tremendous amount of fluid loss during exercise. What you don't want to do is have such a dramatic fluid loss during exercise that it affects bodily function. If you are an endurance athlete, at some point in your career during your event you had to abandon because you experienced something that was worse than being dehydrated, overheated, or cramping up. This happened as your body had tapped into the fluid stores that were required for basic bodily functions. If you want to secure that you can perform at your best using these healthy juice recipes, you will firstly have to ensure that your body is properly hydrated.

Chapter 5. Juicing For Speed

I can say in all honesty that increasing speed through juicing was not something that I thought could be quantified due to a couple of reasons. The first reason is dealing with fruits and vegetables are not like dealing with medications. Medications that hit the market go through numerous clinical trials for a number of years where it is tested against every possible scenario on the planet. The data that is gained from these trials determine who can use the medication, the process of administration, possible side effects, age requirements, as well as recommended daily dosage. The FDA has to regulate this as medications are synthetically made, and the trials have to prove the safety and efficacy of the same before it is approved and launched.

What has happened in the last 12-15 years in Sports Supplement Industry is companies have created products that have claimed to increase speed, shed fat, improve recovery, as well as adding power. However, since these products are not supported by clinical trials, it is difficult to quantify the impact. Moreover, the FDA does not require this information as these supplements are plant-based and don't

require any regulatory approval to prove their safety and effectiveness. That is why the products in GNC can claim just about anything under the sun to improve sports performance. Making these claims is what allows the companies to jack up the price of their products, but what they have actually done is put together a handful of ingredients in a container, and charge the customer for everything else. Furthermore, the research on these types of products is back by the companies manufacturing the products, which makes it a conflict of interest because the data is biased. If you want to trust anything that you see on this matter, then you want the research to be peer-reviewed, because the company giving back the research has no vested interest. In the sports and nutrition industry you will rarely see peer-reviewed products.

Beets

Well, that research and development has been applied to beta vulgaris, better known as beetroot. The University of Exeter in England completed its research on the benefits of drinking beetroot juice on endurance performance and it has been nothing short of absolutely amazing. The researchers found that drinking 16oz of beetroot juice a day can improve endurance levels because of the natural high amount of nitrates in the beets.

This affects you in a positive manner as there is a reduction in the oxygen cost of exercise, which means you can get more done with less oxygen. That means the energy demand at any certain effort was significantly lower after drinking beetroot juice. When the studies were extended to the athletes to workout until exhaustion, they performed significantly longer at the same high intensity workload. For endurance athletes that is a very large performance

improvement. The reduction in the oxygen cost of exercise for submaximal work was 5-10%, which is momentous for any athlete wanting to workout at a high intensity, while the body uses a lower amount of oxygen for a longer period of time. This can be fantastic when an cycling are building fitness, increasing duration, as well as wanting to phase into higher intensity workouts. The reduction for time until exhaustion at race intensity was from 15-20% longer, and that is enough data that would interest any athlete that is participating in events that are short or long, that requires maximum output.

These studies have gain attention from every governing body in the world from Soccer, NBA, NFL, MLB, as well as the International Olympic Committee. Athletes, Coaches, and Pro Sports Organizations also became interested in the impact these findings will have on sports in this post-doping era.

The data in this research carried out by experts in Europe have shown that this can have not only sports benefits, but health benefits in improving blood pressure and the cardiovascular system. This breakthrough has led to conversations from the medical world with regards to improving the cardiovascular health of the older population.

I want to make an attempt to explain it in sports terms, to really appreciate this more. When you are out riding your bike, the reason you get better is the improved oxygen delivery to your muscles. Gradual improvements in your lung capacity allow you to take deeper breaths that bring more oxygen, and breathe out more carbon dioxide. Continued exercise will make your heart stronger, which will directly increase cardiac output and blood flow to the muscles that require it. A benefit to training is the body

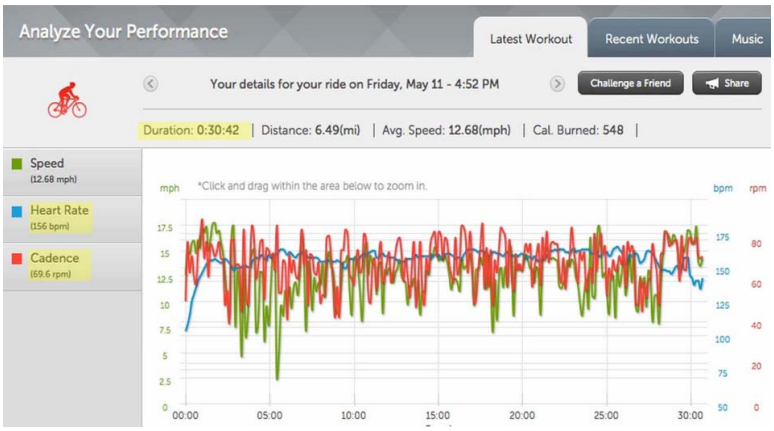
creating more red blood cells, which also boost oxygen carrying capacity to an even higher level.

If you have a SUV and a Sports Car, they both are propelled because of gasoline burning. The sports car will be faster because it has a stronger engine, but the amount of energy it takes to burn the gasoline is still the same. Now, imagine if there was a way to extract more mileage from each gallon of gas in your car. That means instead of getting 30mpg, your car could burn at 42 miles per gallon, at an energy expenditure of 22mpg. That is how the beetroot studies have proved how your body actually uses oxygen. There is no known drug, steroid, or substance on this planet that can increase energy extraction from oxygen. Every book that you have read on exercise science can now be thrown out the window, and it's all because of beetroot juice.

I got involved with cycling in the 1980's at the Olympic training center, but I was introduced to the world of bike racing in 1999, and what cyclists can appreciate more than talk, is data. When there are special chainrings created that will improve your legs moving through the dead spot faster, they want to see the data. When there is a better set of carbon wheels that will improve your 40K Time Trial by 20 seconds, they want to see the data. Data speaks louder than words, and endurance athletes are always ready to go to their local bike shop to get faster, regardless of the cost. To get faster in this respect, you just need to go to your local grocery store. No Sport Supplement companies benefits from you drinking beetroot juice. There is no reason to be suspicious about what beetroot does for endurance performance. What you want to do is go out and become your own test study.

In my life and career as an athlete I had to quantify everything I wanted to do, and this study was no exception. I needed to know that I could go out and have a quantifiably result on my cycling performance by drinking beetroot juice. What I want to state is I was already at a consistent endurance level, so the data from my own study is as accurate as can be.

I went out the first day before drinking any beetroot juice and did my fastest lap at my local Mtn Bike Trials, because I wanted to get some starting data. I went out and focused on keeping my heartrate at the bottom of my race zone, which ended up being 156bpm. The stat that I want you to remember is that my Avg. Cadence was 69.6rmps, and cadence represents how many revolutions per minute the pedals rotate. My time for this lap was 30:42. Here is the Heartrate chart for you to look over for yourself, and I want you to observe the areas highlighted in yellow.

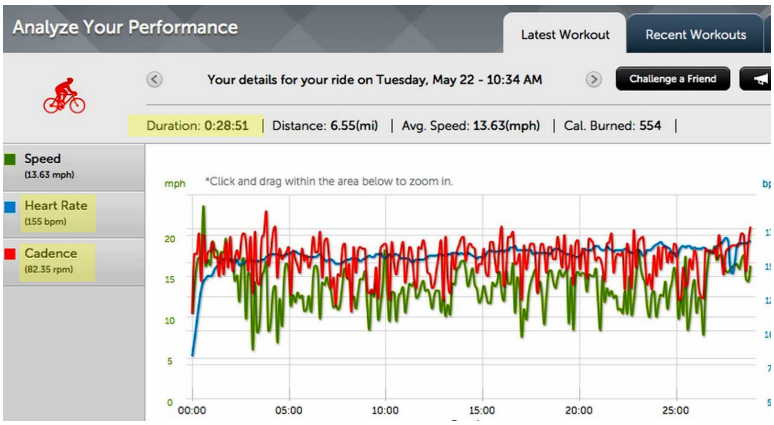


I took my juicer out every morning and made 16oz of beetroot juice without fail. If I was going to collect real data, then I had to make sure I was drinking it everyday. The only thing that I actually disliked was the time spent preparing the beetroot juice everyday. Also, clean up was always a

challenge because beetroot stains everything it touches. It was somewhat of a hassle, but it was important to be disciplined to get back accurate data.

The effects of drinking beet juice were immediately in my performance and I saw my times getting faster, and my heartrate was actually going down day by day. At day 10, I felt like I was bending the crank arm on my bike because it was that easy to pedal the bike through the course.

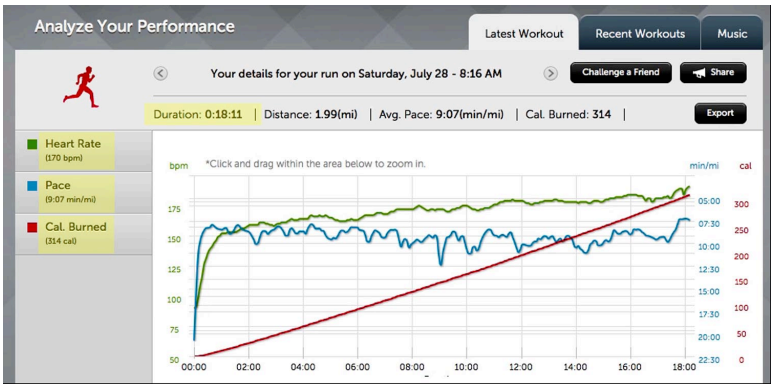
On day 11, I decided that this would be the day that I would gather data to compare. I wanted to try to maintain the same hearttrate of 156bpm to see how much faster I got. I went through the lap and I could tell immediately at every checkpoint I was smashing my time from day 1. I also knew that I was able to ride much faster, but I made it a focus on keep the heartrate in check. The breathing was easy and I never once felt like I needed to back off, and it took everything in me to not blast off. Here is the chart that shows you the stats from day 11.



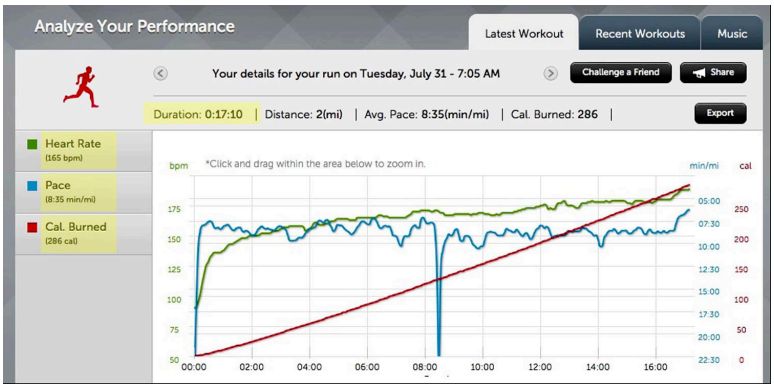
At the end of the lap my time was 28:51, which made me 1 min, and 51 seconds faster. What was amazing was my actual heartrate was 155bpm, which was 1 beat lower than day 1. The truly amazing stat was my rpms went up from 69.6rpms to 82.3rpms. My legs were moving 13 revolutions faster per minute than before, which is almost impossible to do without the heartrate going up 15 beats per minute. That was all I needed to see that made me a believer out of drinking beetroot juice. Those are the type of stats that would make any cyclist go online to by a juicer, instead of going into the local bike shop to just spend some money on the most expensive upgrade to promote more speed, because it's Friday and they just got paid.

I unfortunately had to take a Table Tennis Training Trip to Europe to train for the US Olympic Trials that I was participating in to make the Team for the London Games, so I was off the bike for 4 months, which was another great opportunity to get the same stats again. Once I got back from Romania I had no beetroot juice for 4 months, and I decided to expand my research not just to Mountain Biking, but Running and Road Biking. I was running several endurance studies at once, and the first one was running. This chart

represents the data from my chart for day 1.

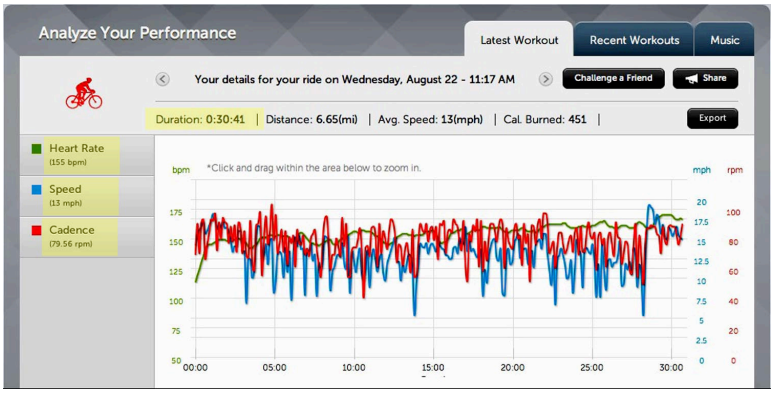


After 4 days of running I had knocked 1 minute off my 2-mile run, with my heartrate being 5 beats lower than day 1. I was just at 32 seconds faster per mile, which is significant when you look at drinking beetroot juice for a 4-day period. My calorie output was down which means my body was more efficient. This data was accurate because I was already running in Europe. Below is the chart for you to observe the data.

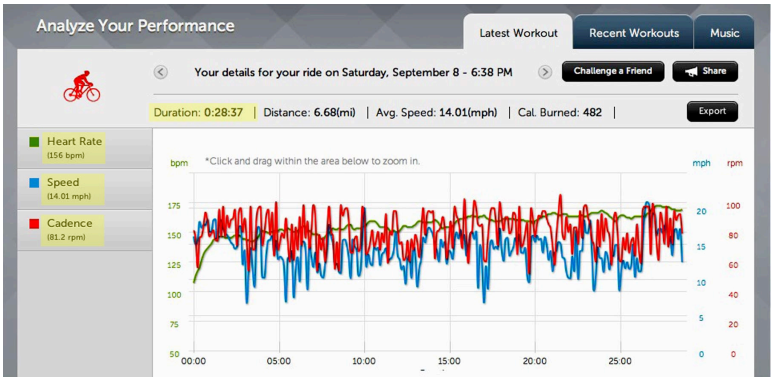


Once I got back on the Mountain Biking, I started training until I got myself down to the same lap time as the first mountain bike test. On day 1 like before, I went out and did a fast lap at the Mountain Bike Park, and it was 30:41, with the Avg. heartrate of 155bpm, with my cadence at 79rpms. Here

is the chart from the second test day 1 mountain biking study.



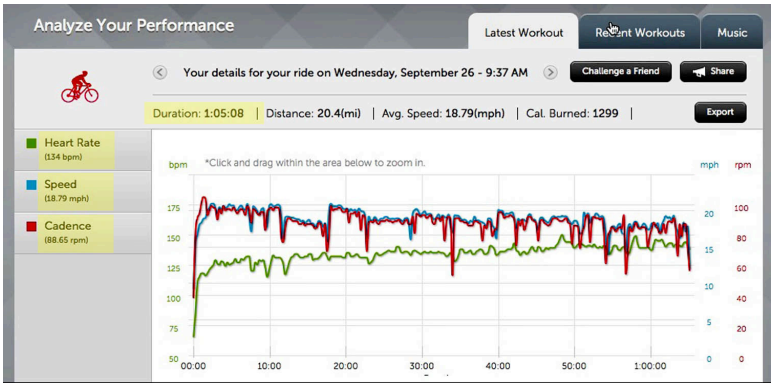
I went through the process of juicing the beetroot juice everyday, which became less tedious the second time around. On day 14, my laptime had gone down to 28:37, which was 2 mins and 4 seconds faster than on day 1. My Avg. heartrate of 156bpm, with my cadence at 81rpms, and again I felt like I was bending steel with each pedal stroke. This confirmed to me that drinking beetroot juice will improve speed without increasing heartrate.



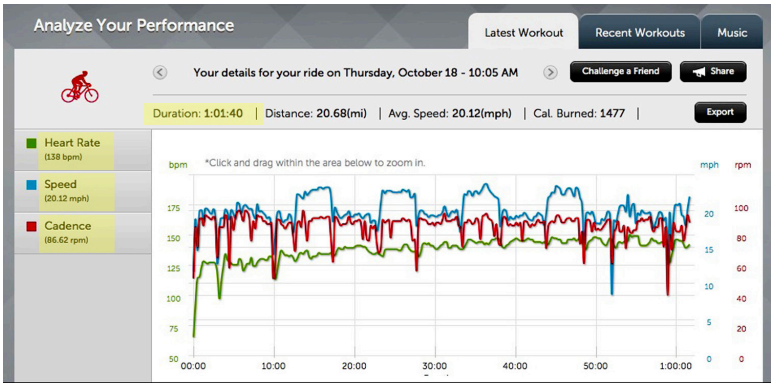
In terms of influence on overall performance from drinking beetroot juice, it was a total success. When equating this to 1 or 2 hour race it can have a huge impact on overall performance, and drinking beetroot can be the secret that

puts you on the top spot of the podium.

I wanted to get one more data set, and this would be the impact that beetroot juice had on a road recovery ride. I wanted to see how lowering the effort affected the oxygen cost of exercise. On day 1, I did a 20.4-mile ride and my time was 1:05:08. My avg. Speed was 18.79mph, my heartrate was 134bpms, with my cadence at 88rpms. This was a very normal time when I was keeping my heartrate in the recovery zone.



I didn't get back to this same recovery ride for 22 days, but the stats showed that drinking beetroot juice I was faster. At the same distance my time was 1:01:10, which made me about 4 minutes faster. My avg. heartrate was a bit higher at 138bpm, my avg. speed was 20.12mph, and my cadence was 86rpms. I was simply floating on the pedaling and my time was faster at every checkpoint to such a degree that I thought that my bike computer had stopped somehow. Below is the chart that shows how drinking beetroot juice allowed me to obliterate my ride from day 1 at the same effort.



At this point I started to really accept how the beetroot juice had squeezed more production out of less oxygen. During this period I never tried to perform outside of the parameters of the test because I wanted to bring back such convincing training charts that any real fanatic wanting to improve their cycling performance would have a tough time questioning it. My hidden agenda is for you to start moving on becoming your own test study by getting a juicer and adding beetroot juice to your diet daily.

I hope that by looking at my test studies that I have your attention. I don't stand to gain anything if you start juicing beetroot juice, because I'm not associated with any company. I don't stand to gain anything if you go to the produce section and get some beetroots. The only thing that stands to gain is your cycling performance. All it is going to cost you is some time. What every cycling lust for is the ability to perform at their best, and most people get that in the form of spending money on buying expensive equipment, lightweight shoes, wickable jersey's and bibs, when the answer to a better performance is in your produce department.

This is one of the sports nutrition breakthroughs of the decade, and I look forward to a time when all fruits and

vegetables have been put through the same type of research that beetroot juice has been put through.

There are several ways that you can drink beetroot juice to boost your cycling performance based on your lifestyle, your taste, and time constraints.

Nitric Oxide

Now, that you understand that beetroot juice can increase endurance I want to explain the major component that is involved in this chain reaction, and that is Nitric Oxide. Nitric Oxide is an amino acid that is a vasodilator, and that actually helps open up the blood vessels. Getting the body to turn beetroot juice to nitric oxide is complex, and it starts with dietary nitrates. The Nitrates are absorbed into the stomach from beetroot juice, and then actively condensed. It then is transferred back into the mouth through the salivary gland. The reason that this happens is the body is aware that there are special bacteria that live on our tongue. This special tongue bacteria takes these nitrates and convert them to nitrites. They are then swallowed again, where they travel to our cells, and then are converted into the Super Amino Acid, L-Arginine. L-Arginine is actually what is responsible for reducing the oxygen cost of exercise while improving cycling performance. The only way you can ensure you are faster is by not spitting out your speed, which will be discussed next.

The process of drinking beetroot juice to improve athletic performance goes through this incredible nitrate to nitrite double pass through the mouth, but what if you disregarded the Commensal bacterial on the tongue that is responsible for the conversion? There were 2 studies done to see how spitting out the special bacteria affects athletic performance. In the first study the subjects drink 16oz of beetroot juice,

and did not swallow their saliva for 3 hours. Spitting out the saliva with the bacteria in it eliminated the performance enhancement of beetroot juice. By drinking and spitting the subjects in the study eliminated that important second pass that allows the nitrites to travel to the cells to create Nitric Oxide. In the second study the subjects took an antiseptic mouthwash to see how it would affect performance. Nitrite levels dropped eliminating the bacteria on the tongue that is responsible for creating the first path that travels to the stomach. If you want to actual earn your money from taking the time to buy, juice, and drink beetroot juice, do yourself a favor and keep your mouth closed, your body will thank you for it after your race.

Now that you are committed to drinking beetroot juice, let's take the time to talk about nitrites because they are not all created equal. When the person hears the word nitrites there is always need for concern because that word is associated with Cancer. Before you get all concerned let me ground this paragraph with the facts. Nitrosamines are the carcinogens that cause Cancer, not the nitrites themselves. The only reason to be remotely concerned about Nitrites is in some situations they can turn into Nitrosamines and other Cancer causing compounds. The only reason to be concerned about Nitrates is they form Nitrites. The nitrites themselves are pretty spectacular when you look at what they can do in the cardiovascular system. As long as nitrites converts into Nitric Oxide there is no health concerns to be worried about. But it is only when they turn into Nitrosamines that we need to worry. The Nitrites turn into Nitrosamines in the absent of plants. It is the phytonutrients like ascorbic acid, which is Vit-C, cysteine, as well as glutathione that blocks nitrosamine formation. Add in nitrites with plants food and it's all good for your body. Nitrites in the absences of plant foods form

Carcinogenic Nitrosamines, so as long as you are getting your nitrites from plants that have phytonutrients. Moral to this story is, avoid fast food meats that have nitrites added to them to preserve shelf life, because that is how nitrosamines are formed.

What does this mean for you, I ask? What is truly amazing about plants is they come pre-packaged with exactly what the body needs to prevent nitrites from becoming Cancer Causing agents. For 3 or 4 hours after we Nitrate load during the beetroot juicer process, the Nitrites produced will whiz through our body feeding our muscles and blood vessels with Nitric Oxide. It only takes 20mg of vitamin C to block the formation of Nitrosamines in the stomach. That is 1 piece of bell pepper, a couple slices of orange, or 2 strawberries. If you are interested in a meal that would give you the allotment of Vitamin C, you can have an Arugula Salad, which has the same amount of Nitrites as 16oz of Beet Juice, but packaged with more than the RDA of Vit C. The recipes at the end of this chapter below contain the components needed to create a complete juice recipe, promote taste, provide vitamin C, as well as proving the necessary components to protect health.

<u>Asparagus</u>

There are some ways you can supercharge your beetroot juice with other plants, and the first way is by adding asparagus in with your daily beetroot juice. Asparagus has one of the strongest antioxidants in the world in it, called Glutathione. Glutathione is a Super Antioxidant, and one of the best benefits is has is it fights free radical damage. With regards to your cycling performance, asparagus best benefit is that it recycles Vit E & C at a rate of 500%. Vitamin E and vitamin C is responsible for the transport of iron to your

muscles. This can have an incredible affect on improving and prolonging cycling performance. It also is a very potent heavy metal detoxifier, and that is why your urine has a very strong smell after ingesting asparagus.

Watermelon

Watermelon is another great addition to add to your beetroot juice for a couple of reasons. The first reason is it has L-Citrulline in it. Beetroot Juice boost the production of Nitric Oxide. Nitric Oxide is made from L-Arginine, and it plays a very vital role. One of the main benefits of L-Citrulline is it can recycle L-Arginine to turbo charge your body's ability to produce Nitric Oxide over an extended period of time. The normal peak of beetroot juice is 2 and & half hours, and the body returns to baseline levels in 4-6 hours. Because of the L-Citrulline in watermelon, the Nitric Oxide affect last from 24-36 hours. That is an incredible affect of simply drinking watermelon, but the best benefit of L-Citrulline is it can by-pass the destructive nature of the enzyme L-Arginase, which everyone carries in their blood. This is a very destructive enzyme to the body because it destroys L-Arginine, which will limit Nitric Oxide production. L-Citrulline offers a healthy alternative pathway for your cells to create Nitric Oxide. This is especially important for African-American Athletes, which have a pre-genetic disposition to carry higher amounts of L-Arginase in their blood.

The main drawback of drinking watermelon is most of the L-Citrulline comes from the rind, which is the white portion of the Watermelon. This is the main reason that it is important to use the juice, because the acids in the stomach can't break down the white portion of the watermelon if you were to attempt to eat it. The amount you need to drink is 16oz,

which poses a challenge when you add in having to drink the beetroot juice. Because the watermelon has L-Citrulline in it, it has the potential to boost Nitric Oxide for a longer period of time, and that in turn will require you to drink less beetroot juice. Adding watermelon would require the amount of beetroot juice you to be much less, which will make the process easier to go through. If you have a chance to get your hands on a Yellow Watermelon, then you only need 1 Serving (4oz), that has 4 times the amount of L-Citrulline in it as the Red Watermelon. Another fantastic stat is the L-Citrulline has the ability to stay active in your body for up to 36 hours, which will reduce the time in the kitchen having to prepare the juice. There are some simple side effects to drinking beetroot juice, and the first one can be experiencing stomach upset in the form of loose stools. That concentrated amount of beetroot juice has an ability to stimulate your digestion to become highly active. The next side affects is your stomach not being able to handle the intensity, and the result is vomiting. In the 40 days of drinking beetroot juice, I only experienced vomiting one time. I did experience dizziness 6-8 times. The most common side affect is something that is called, beeturia. Beeturia is the stools and urine having the same pigment as the beetroot. This is normal and completely harmless.

As you can see drinking beetroot juice has it's real benefits for sports performance, and it has taken me over 15 months to gather this information, as well as going out in the field and doing test to get feedback that would make any competitive cyclist interested in going to their local produce section to get faster. Another fantastic benefit is adding in other components that supercharge the beetroot juice to extend performance for a longer period of time. I do want to talk about one more heavy hitter in the "Speed" game, and

that is a distance cousin to beetroot juice with regards to performance.

Rhubarb

Rhubarb is another amazing choice that you can exchange instead of adding beetroot to your juicing for speed recipes. If you are just not a fan of beetroot juice because of the strong taste and potential gagging you may experience, and rhubarb is another great addition. I have to be honest in saying that beetroot does take come getting used to, and it's easy to lose interest in wanting the benefits because drinking beetroot has a potential to produce some side affects. Rhubarb has been totally overlooked when it comes to the aspect of nitrates to nitrites for nitric oxide. Actually, Rhubarb dates back to the late 1700's when it made its way to America, and began being grown in Maine, then it quickly spread to Massachusetts where it has become the most famous place that it grows. Rhubarb looks a lot like celery, but is pink in color with exotic looking leaves. They are high in vitamin C, and it's low in sodium and saturated fat. It also contains Vitamin K, which is thought to help prevent diabetes.

The reason you can replace beetroot juice with rhubarb is, it's nitrite amount is actually higher than beetroot. Per 100g, rhubarb has 281mg of nitrates compared to beetroot having only 110mg, so you will be getting almost 3 times as much nitrites in your system to fuel your body for more speed. It also means that you don't have to drink nearly as much rhubarb as beetroot. Instead of drinking 16oz of beetroot to your get your nitrite boost for performance, you would only need about 6-8oz of rhubarb. Another fantastic note is rhubarb is actually very easy to drink without some internal rejection from your body. If you are looking to make your

nitrate load easier, then add some rhubarb instead of beetroot. What you may find in your produce department is that rhubarb is a scarce item, and the main reason is it is not as regular enough to be added to all produce sections all over the country and world. But if you see it in your produce section, scoop it up as fast as you can, because it is the absolute best replacement to boost nitric oxide compared to beetroot.

Arugula

Arugula is also a heavy hitter with regards to speed boosting capacity, and it's numbers put everyone else to shame. Per 100gm, Arugula has 480mg of nitrites, which is way higher than beetroot, rhubarb, or anything else. What you have to consider with arugula is how leafy it is. You can add it to some of your recipes to boost the nitrate count for any speed recipe that you create. It can be extremely costly to try to juice 16oz because it is so leafy. If you want a high amount of arugula without losing any of it, then just put it in a salad. A large amount of arugula has a strong taste because it contains sulfur, so if you find that it is too strong to put in a salad, then put it right back into your juicer alongside some of the heavy hitters.

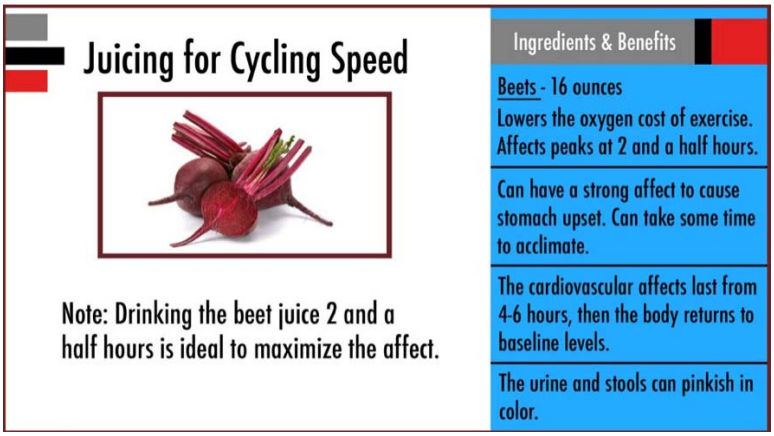
Leeks

Leeks is also another plant that can boost nitric oxide. Leeks contain a flavonoid called kaempferol, and it protects the lining of the blood vessels against unstable oxygen molecules and free radicals. Kaempferol is also a vasodilator, which stretches and relaxes the blood vessels in the cardiovascular system. Because it induces the production of nitric oxide, it also reduces the oxygen cost of exercise. There is a negative to adding leeks to your dish, and that is the very pungent taste. It has a smell that is in between onion and garlic, and

taking a whiff of it can have you gagging. The other disadvantage of adding leeks is it **will** wreck the taste of your drink. I suggest making sure you add in an ingredient like watermelon, pineapple, or mango to sweeten up the drink if you add leeks. I also would not use any more than 2-3 ounces, because it is so strong. Over time you will develop a tolerance, then you can increase the amount you add to your recipes.

Juicing for Speed Recipes

Here are some featured "Juicing for Speed" recipes that you can try that will get you started. These are the recipes that are most ideal. These 3 recipes have been shown to create the endurance affect on the most consistent level. You can choose several recipes that you like based on taste, when it is season, training and racing objective, and your budget.

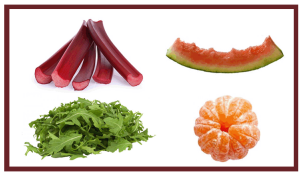


Juicing for Cycling Speed

Note: You can reduce the amount of beet to 10 ounces when adding watermelon.

Ingredients & Benefits
Beets - 10 ounces Lowers the oxygen cost of exercise. Affects peaks at 2 and a half hours.
Beets recycle L-Arginine by dilating the blood vessels which is what reduces the oxygen cost of exercise.
Watermelon - 8-10 ounce Contains the amino acid L-Citrulline that recyles L- Arginine for 24-36hrs.
L-Citrulline also prevents L-Arginine from destroying L-Arginine.

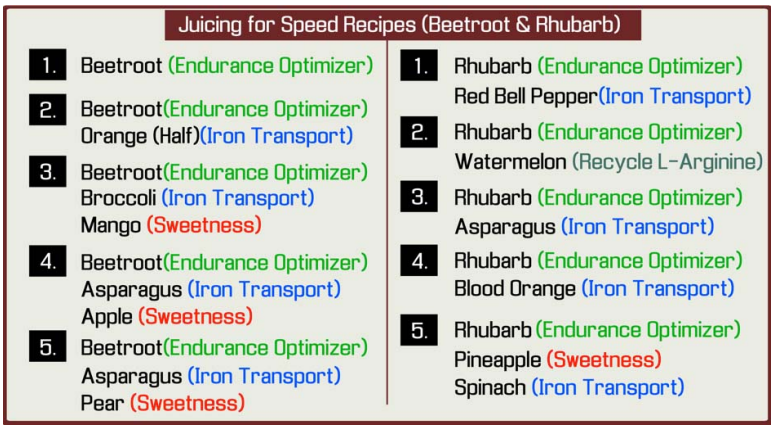
Juicing for Cycling Speed



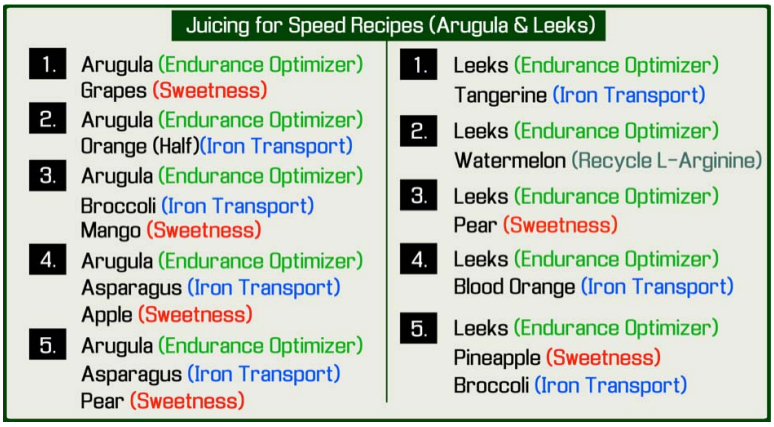
Note: The peak effect for this recipe will be between 24-36 hours, and should be injested 2 and & half hours prior to training.

Ingredients & Benefits
Rhubarb - 10 ounces A great substitute to taking beet juice. It contains more nitrates without the strong taste or stomach upset.
Watermelon Rind - 6 ounces Contains the amino acid L-Citrulline that recycles L-Arginine for up to 36 hours
Arugula - 1 cup Contains a high amount of nitrates, and also has a high amount of vitamin C that can neutralize free radicals.
Tangerine - 1 whole Tangerine is a great source of high absorbable vit-C, and increases iron transport to the muscles.

The above featured recipes will created the most consistent endurance effect, while tasting good, as well as minimizing any side effects. Below are 10 additional recipes that use beetroot and rhubarb as the primary ingredient to improve endurance performance. These recipes are more unique but will just as effective as the featured recipes.



The recipes below use leeks and arugula to produce the same affect on lowering the oxygen cost of exercise. Both leeks and arugula have extremely aggressive. The combinations below represent balancing the taste which make it easier to drink.



The other items will increase iron transport to the muscles, buffering lactic acid, as well as extending endurance. These 23 recipes will undoubtedly increase your endurance performance. I want to now address some of the parameters that can ensure a good juicing experience. If you have a centrifugal juicer, the high speed juicer will run oxygen through it, and as a result it will only last 20-30 minutes until

it start to oxidize. If you have a masticating juicer that operates at 80 rpms, it will not run oxygen through the juice as it being extracted from the fiber. Because of this process the juice will last up to 72 hours. It is in your best interest to obtain purchase all the items at one time and juice them.

The above image is all of the individual items in containers by themselves. This entire process can take 15 minutes if you have a fast moving juicer, but it all will be spoil in less than 24 hours and you gain no benefit. If you have a slow moving juicer the process will take about 1 hours, and the juice will last up to 72 hours, and you can start to mix the items in your daily recipes.

This process can be of great benefit because of the process of prepping and clean up. If you juice everyday you have to multiple the prep time and clean up. When juicing all the items, you can reduce the prep and clean up time. This is how you can minimize your time in the kitchen, and maximize your time drinking the juice for the effect.

I have been able to equate this by cycling and running, but it is harder to equate to table tennis, because the sport is so ballistic. What you will notice after drinking these recipes that you can train harder for a longer period of time.

CHAPTER 6. JUICING FOR POWER

FENUGREEK

This segment is going to be a much shorter chapter in this book because there are very few scientific studies on any amazing food that can improve power, but one is Fenugreek. Fenugreek belongs to the Fabaceae family, and it is used both in herb form (leaves), and the spice form (seeds). It has a yellow to amber color as a seed, and is frequently used in the preparation of pickles, curry powders, and pastes. It is widely used in the Indian cuisine as well as the other countries in that region of the world. The young leaves and sprouts of fenugreek are eaten as greens, and the fresh or dried leaves are used to flavor dishes. It does have a slightly sweet to bitter taste, and a characteristic smell that you won't easily forget.

There was a study done to find out the effect of a commercially available fenugreek supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. In this study, it was observed that fenugreek had a significant impact on upper and lower body strength as compared to the placebo group in the double-blind control trials. The best part of these results was that fenugreek had no clinical side effects. The men in the trials were able to leg press an extra 100lbs after eight weeks of consuming fenugreek as compared to those in the placebo group. In addition to the strength benefits, the body fat was reduced in the same men.

Fenugreek also has anti-cancer agents in it. The study showed prostate cancer cells present in a petri dish were absolutely decimated once fenugreek was introduced. When they put the fenugreek in with healthy cells, there was no

damage to the healthy cells. Fenugreek seeds possess potent anticancer properties. But there is one small drawback in consuming fenugreek, and that is the odor it gives off.

One of the side effects of taking fenugreek is it releases a strong smell from your urine and armpits. So, there was another study done to get feedback from this strong odor that fenugreek was creating. It was the analysis of human male armpit sweat after fenugreek ingestion study, which is a mouth full to say. In the first study it was just men, but this second study included women as well. The subjects put gauze pads under their armpits to absorb the sweat and odor that came from their armpits after ingesting 1 tablespoon of fenugreek seeds. Sweat was collected over a 24-hour period, and given to a panel of 8 order assessors. The range of smell that the assessors logged ranged from cocoa, spicy, malty, musty, green sweet pines, to minty. They also logged a smell that was like honey, rose, lilac, peachy, fruity, and most of all fenugreek. The strong potent smell that comes from fenugreek comes from the aroma compound sotolone.

So when you are taking this product, don't be surprised if you smell funny odors coming from your urine when you are in the bathroom. This product can't be a juice, so you have to take it in the form of a tea, seeds, powder, or in the tincture form.

I have found that the tincture form is the most economic way to get fenugreek that will last a very long time. Below is the process of how to create a tincture with fenugreek.

It start with the main 3 items, which is organic fenugreek seeds, 100% distilled flavorless vodka, and one container.

Fill up the container to the halfway point with the seeds.

Up next fill the glass container to the top with the vodka.

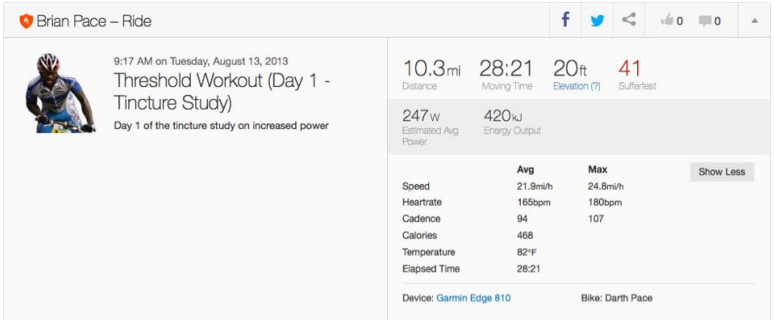
At this point you want to label the seeds for 6 weeks. To ensure that vodka extracts all the constituents from the fenugreek you want to shake up the mixture every day. After

6 weeks the seeds can be drained from the liquid. Put the liquid in an amber bottle, and fill up on tincture bottle with a dropper.

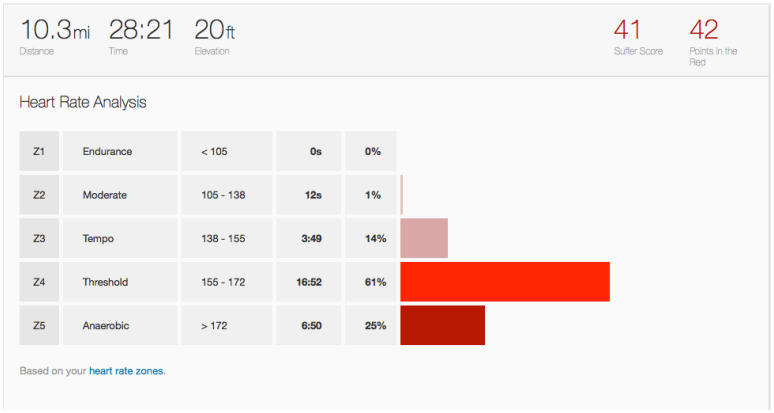
A half-pound bag of fenugreek seeds cost $10.99, it will make approximately 32 ounces of concentrated fenugreek tincture, which is what you see above. Taking it twice a day in any juice recipes or by itself will last about 2 years. That is an incredible bargain, all the while becoming more powerful on the bike. This is something that you can take that can have a dramatic affect on increasing your power in the ever so important power to weight ratio that all cyclist are slaves to.

Most spice and herbs need a grace period to start being used effectively by the body. That is because the body has to absorb it properly. The reason that the tinctures are more effective is because vodka by-passes the liver and is directly absorbed into the bloodstream. This is the same reason that all alcoholic beverages are more effective, and it's because it doesn't need to be broken down at all. Because of this the fenugreek can be more effective sooner, which will improve overall cycling power. Of course I had to do a test, and this test was at my cycling threshold to see how my cycling power increased over a 5-week period. Here is he overview

of day one threshold workout before taking fenugreek tincture.

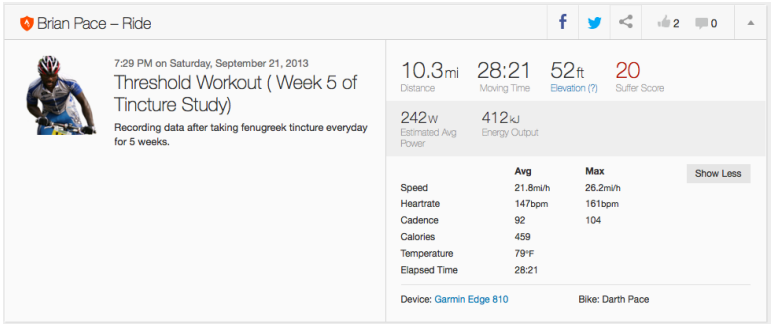


You can see that my avg. heartrate was 165bpm, which is way above my threshold at 155bpm. My max heartrate was over 180bpm, which was 99% of my workout max. So it is safe to say that this was has hard as I could go. Below is a breakdown of how much time was spent in each zone.

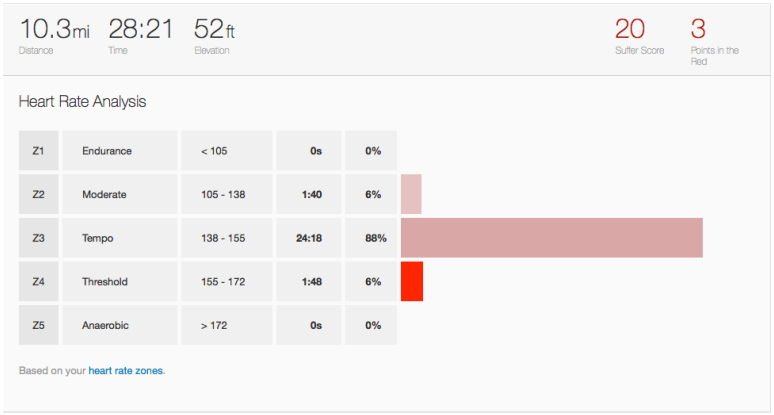


This threshold zone workout turned into part anaerobic workout as well. I spent 7 minutes in my anaerobic zone, which is not what I wanted at all. In fact, I reached my threshold in 3 minutes and 30 seconds, which is too early to hit that mark for a 28-minute workout. That telling sign is an indicator that I could lose power at the end, or blow up altogether. I took the fenugreek tincture in a juicing for speed recipe, in water, and other liquids that I drank throughout

the day. This happened for 5 weeks everyday, and it was easy to take because all I had to do was put a couple of droppers into any recipes or drink I had. I had enough data and up next was to do go and ride the same course to see how my numbers had changed.



The first thing you will notice is a dramatic drop in avg. heartrate, which was 18bpm down. My max heartrate was 161 compared to 180bpm for the first workout. What was even more impressive was max heartrate of 161bpm was 5 beats under my average for the first workout. The other impressive factoid was the time was the same to the second.



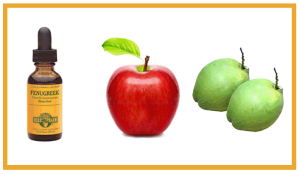
Where the fenugreek tincture showed it's quality was with regards to my heartrate zones. On day one this effort at this speed was a legitimate threshold workout, with 61% of the

time spent in the threshold zone, and 25% being spent in the anaerobic zone. On week 5, all signs pointed towards this workout at the same speed being under my threshold zone. 88% of the time of this workout was spent in the tempo zone. There was only 6% of the time spent in the threshold compared to the 61% on day one. What was also impressive compared to the day 1 workout was I reached my threshold at 13 minutes & 54 seconds. That was over 10 minutes longer than the workout from day 1. This can have huge race performance benefit when things are shaking up in a road race. Because you haven't tapped into your threshold or anaerobic reserves, you will have the ability to have enough in the tank to launch an attack, or respond to one.

This information was compelling enough for me to confidently believe in the benefits that fenugreek has on increasing power. When your workout can drop an average of 18bpm in the average heartrate while maintain the same speed is a direct indicator that more power is being displayed per pedal stroke. When there is a dramatic shift downward in the zones, it leaves room to be able to extend your effort even further when in a race situations. Your goal when doing your own study with fenugreek is to try to find out how much better your performance can be when you get to the 5-week workout and actual focus on riding in the threshold zone.

Below are 2 recipes that you can use fenugreek that will work well with the type of workout you are trying to do. It can be added to speed or endurance recipes. These recipes represent improving performance and having good taste.

Juicing for Cycling Power



Note: If you are using the fenugreek tincuture it has been extracted using 100% vodka which makes it has a 100% assimilation rate into the bloodstream.

Ingredients & Benefits

Fenugreek Tincture - 3 droppers
Scientifically proven to improve muscle strength and overall power output.

Apple - 1 whole
Apple provides sweetness to balance out the taste of the fenugreek tincture

Coconut Water - 8 ounces
Provides hydration for the fenugreek to absorb into the cells for better assimilation.

Additonal Info - Types of Fenugreek
If you don't use the tincture you can use the seeds, powder, or tablets.

Juicing for Cycling Power

Note: If you are using the fenugreek tincuture it has been extracted using 100% vodka which makes it has a 100% assimilation rate into the bloodstream.

Ingredients & Benefits

Fenugreek Tincture - 3 droppers
Scientifically proven to improve muscle strength and overall power output.

Cucumber - 1 whole
Has sodium/potassium that transports nutrients into and out of the cells.

Coconut Water - Additional Info
Has calcium that assist in contraction of the muscles, and magnesium that assist in the retraction of the muscles.

Pear - 1 whole
Pear is added to provide sweetness & volume.

Taking fenugreek is going to improve your ability to execute power in table tennis for a longer period of time. This can help you when you are looping against underspin, that requires more effort from the biggest muscle group you have, which is the legs. It is much hard to equate it in test like cycling, but you and improve your power over a very short period of time.

Chapter 7. Supercharging Your Juice

There are fruits, vegetables, and spices that you can drink to improve your speed, endurance, hydration, power, recovery, colon health, detoxification, but adding supplements can supercharge your juice and elevate the benefits of it to an entirely new level. There are a whole host of supplements that can add more benefit to the juices that you are drinking daily. These supplements cover a wide range of benefits, and they are meant to add much more benefit to your cycling performance and recovery.

Fulvic Acid

Fulvic Acid is a really unique product, and it is one of the most nutrient dense mineral profiles on the planet. In recent years, it has gained popularity, and is also held high in ayurvedic medicine. It is actually made up of humic acid that benefit plants, and fulvic acid that benefit humans. Fulvic acid is formed when microscopic organism assist in the decomposition of plants and animals that have died, and are compressed into the soil of the earth. This process takes millions of years to happen, and fulvic acid stays in the earth's layers where it assist in breaking down minerals that plants need to help them grow. Taking fulvic acid does the same in the body that it does in nature, and it has a vast

amount of health benefits to the human body.

One of the most significant benefits of fulvic acid is the roles the microbes play. Microbes are actually 45% oxygen, which makes it highly bioavailable. Because it is more bioavailable, the cells become more permeable. Water, vitamins, and minerals are able to enter the cells at a much higher rate. Because of its low molecular weight it can be of much use for any athlete who is facing a problem in maintaining hydration. The other benefit to the cells being more permeable, it is able to transport unwanted toxins and metabolic waste out of the cells. Any juice that you drink which contains sodium and potassium can be highly boosted with fulvic acid. Sodium is responsible for transporting nutrients into the cell, and potassium is responsible for transporting waste products out of the cells. Fulvic acid can improve the sodium/potassium pump that is necessary for the cells to work optimally. Adding this to any juice recipes will improve the body's ability to assimilate the nutrients in the juice.

Himalayan Pink Salt

It is true that our body consists of 70-80% water. It is the salt within the water that assists in being life-giving. Drinking water and juices are crucial for overall health and fitness, but only in conjunction with the right type of salt that will enable your body to reap the full benefits. Cellular life is largely an electrical phenomenon. All the nerve impulses are mediated by electrical energy. Without getting too techy, it is the salt that is responsible for the correct type of electrical charge that allows fluids to be transported in and out of the cells effortlessly.

There are 84 elements found in the human body, and 72 of them are known to be fundamental ingredients of a healthy

diet. These same 72 elements are contained in Himalayan pink salt like, Magnesium, Potassium, Calcium, Boron, Zinc, Copper, Iron, Selenium, and Chromium. The minerals discussed above and many dozens more, are the minerals that our body needs daily to function. These all are present in Himalayan pink salt. The quantity might differ from expert to expert but these 72 elements generally match the amounts in proportion found in the human blood and cellular liquid.

What this means in practical terms for you, is that by taking Himalayan pink salt your body will have the exact elemental profile to keep the cells hydrated, the blood pH in normal range, which will ensure that your experience with hydration will be optimal, as well as your experience with cramping will be minimal. When you are getting these same elements that are man-made, they aren't in the natural form that the body requires them to be in. For example, Gatorade triggers the body to perform a delicate balancing act to make it function like the Himalayan pink salts. That balancing act is not always successful, and what will suffer is your performance. That energy spent in trying to transform the unnatural salts in Gatorade to pink Himalayan salt should be spent on fueling the physical performance. Any person that has made the blanket statement that all salts are created equal has never looked at them under a microscope, because the difference would be apparent.

Common Table Salt Crystals

Looking at common table salt it clearly paints an obvious picture. The unnatural crystals are totally isolated from each other and dead. In order for the body to try to metabolize these crystals, it must sacrifice tremendous amounts of energy with very little results, which ends in damaging loss and negligible gain. The salt deposits in our bodies look

similar to the photo above, which are lifeless and inactive.

Sea Salt Crystals

Sea Salt doesn't paint a picture that is much different. As you can see, the irregular and isolated crystalline structure is disconnected from the natural elements surrounding them. Because of this disconnection, the body can't absorb the vital minerals unless it expends an incredible amount of energy to vitalize them. The actual net gain is small with an even greater loss of energy. This is why any endurance athlete taking salt tablets will start to have gastrointestinal discomfort. That discomfort comes from the body being unable to convert the sea salt to useful form.

Original Himalayan Crystal Salt

If you look at Himalayan salt, you can see that it provides a completely different picture. The balanced crystalline structure reveals fine branching, no shadow or rough edges. The crystals are not isolated from the inherent mineral elements, but are connected to them in a harmonious state like a tree branch. This reveals that the energy content in the form of a mineral is balanced and can be easily metabolized by the body. This crystal is full of life. When taken as food, it will have an energetic effect on the body. The result is net gain for the body with negligible energy loss.

Prebiotics

The benefits of prebiotics and probiotics would not have the credibility they do now without the extensive medical research that has been conducted over the past fifteen years. We are back to the colon again where that war is still being waged between the good and bad bacteria. Prebiotics increase the absorption of calcium and magnesium in the body. Prebiotics reduces abnormal bacterial leakage through the gut wall, which is also known as "leaky gut" syndrome.

Chapter 8. Eliminating Animal Meat

This is going to be the only chapter that is not in tandem with the title of this book, because it shifts gears and focuses on food. Even though this is a good book about juicing, it goes hand and hand with eating better, so it would be unfair for me not to address on how to change the number one reason that cyclists are overweight or in bad health, and that is the food that they consume. The classic food pyramid that was created in the 1950's outlined the four groups as meat, dairy, vegetable/fruit, and grains and as we went along with that pyramid, our health declined as a nation. In recent years, that pyramid has shifted drastically and it reflects a more health balanced diet that is more life giving, than life depriving. The new pyramid supports a diet high in grains, fruits, vegetables, with reduced amounts of milk, yogurt, ice cream, cheese, pork, chicken, beef, nuts, fats, and processed sweets.

If you are eating for energy, then that concept must support a theme. Your theme of eating food that is more alkaline than acidic. If that is your theme, then it is going to be impossible for you to eat the standard American meal that consist of meat, cheese, white bread, that are all acidic in the body. If

your theme is to have more food on your plate that is life-giving than life-depriving, then you will find the proper balance that promote a healthy lifestyle that does not having any potential life threatening health conditions.

The approach that has gained widespread credibility is having 80% Alkaline Plant-based Food/20% Acid food on your plate at any given meal. This will ensure that what goes in your body will have a more positive outcome on your overall health than negative. Just like an imperfect person, there might be times when you have a meal that is more acidic, and to balance your inner terrain, make your next meal just as alkaline. You have to remember that you are not only eating for optimal health, but you are also eating to support optimal performance from your body. If you can start to look at your body as a machine from the standpoint of fuel, it will be simpler for you to change the food that goes into your body.

The biggest quantum leap that has happened over the last 30 years with regards to improving overall health is the elimination of animal meat and animal products from the human diet. I have been a recent convert in the last two years, and it has had a huge impact on my performance and an incredible impact on my overall health. It was a decision that I made when I was living in Romania, training to make it to the Olympic Team. Whenever it was time to eat, I was prepared to find the standard American diet at the cafeteria, or at a local restaurant. I found it impossible to find what I was accustomed to in the US, and before my three months was over, I was simply looking for some type of Greek Salad, soup, or vegetable dish. I went through the last twenty days of my trip without eating meat, and once I came back to the US, I decided that I would continue that same standard.

Since I made my decision against what I had learned in American society, what I had learned in getting my education in Sports Nutrition, I had to do more extensive research so that I was comfortable with this lifestyle change. Harvard University released two major studies on Red Meat Consumption and Mortality, which gave a scientific proof that red meat will reduce the lifespan of anyone consuming it.

The studies consisted of 37,698 men, and 84,633 women, that started in 1968, and ended in 2008. At the beginning of these studies the 120,000 people were free of any known heart disease or cancer. The diets of all these subjects were assessed and validated with frequency questionnaires and updated every 4 years. In the next 20 years there were 23,926 deaths, with 5910 coming from cardiovascular disease, and 9464 coming from cancer-related deaths. The researchers were checking in and keeping track of their diets as well as current state of health.

Red meat consumption is associated with an increased risk of cardiovascular disease, and cancer mortality. They also found that the subjects that were substituting healthy protein sources of red meat were associated with a lower mortality rate of death. Even the intake of whole healthy plants and grains didn't help reduce disease from the meat eaters. It is not like the people were dying early because they ate fewer vegetables. They were dying because they were eating more meat. Surprisingly, the best protector was nuts, which was associated with dropping these health risks by 19%, and that is because nuts are a complete food.

The Chairman of Harvard's Nutrition Department in his "Essentials of Healthy Eating" suggested that we choose the

best protein packages by emphasizing plant sources of protein rather than animal sources. To the metabolic system in your body engaged in protein production and repair, it is immaterial whether or not amino acids come from animal or plant protein. However, protein is not consumed in isolation. Instead, it is packaged with a host of other nutrients. The quality and amount of fats, carbohydrates, sodium, and other nutrients in the "protein package" may influence long-term health. For example, results from the Nurses' Health Study suggest that eating more protein from bean, nuts, and seeds while cutting back on easily digested carbohydrates reduces the risk of heart disease. So the bottom line is – Go with plants, because eating a plant-based diet is healthiest in the short and long run.

I don't want this book to turn left away from Juicing, but I do want you to continue moving forward with improving your overall health that will also promote your performance. Outside of juicing, adopting a diet that is high in plant-based foods is the next step in your evolution. Most cyclists believe that their best performance is created on the bike, the road, the trail, or the track. I believe your best performance is created in the kitchen as well.

Chapter 9. Competition Meal Plan

The holy grail of being a cyclist is experiencing your greatest race day. That happens when everything is lined up perfectly, having lady luck on your side, and the best attitude. The flip side of this coin is having the worst performance you can think of to date, when everything has gone wrong and you could not get yourself in the right mental state. We all remember the bad race, especially when the perfect training block was executed, which leads to high expectations. This chapter will take you through the process of getting your body prepared for your best performance based on what you need to do in the kitchen.

Leading up to your event you have done all the right training, and the only way you can squeeze more potential from your performance is by created a 3-day juice program and meal plan. This will ensure that you have given your body exactly what it needs to perform at its best when you go to your event. Your expectations for the best results should be on the same level of your total preparation.

The recipes in this program leading up to your event will boost recovery, hydrate the cells, and prepare your body to performance at its optimum capacity. The meal plan for these three days leading up to your big event will focus on eating a high volume of nutrients, with a low volume of fat. The goal is for the body to be in pristine condition based on what you have put in the body, as well as how you have trained the body. These recipes need to promote speed, as well as power so that once you get to your race your body is in peak condition. Below is the perfect blend of juice recipes and lean meals approaching your priority-A event.

Day 1 Meatless Dinner

Meatless Sausage & Egg Whites

Note: To increase the caloric intake this meal, you can add the nutrient dense Men's Bread that is approximately 80 calories per slice.

Ingredients & Benefits

Gardein Chicken Strips
Sausage that has soy protein, paprika, pressed canola oil, onion powder, and garlic powder.

Egg Whites
Cholesterol-free, Yolk-free, and Fat-free Egg Whites. A great protein source that has no fat because of the elimination of egg yolk that contain high fat.

Orange & Red Bell Pepper
Has a high amount of Vit-C to boost immune system to block free radicals and reduce oxidative stress.

Avocado
A great source of healthy fats, and can assist with the absorption with anything it is ingested with.

Additional Ingredient - Turmeric
A popular spice that adds flavor that is anti-septic, anti-viral, anti-inflammatory, and anti-fungal.

Day 1 Pre-training Juice Recipe

Juicing for Endurance

Note: This recipe can also extend endurance by preventing stomach upset that happens with man-made endurance drinks Because it has no fiber it is assimilated in the body within 15 mins.

Ingredients & Benefits

Coconut Water - 10 ounces
Pure isotonic water that contains Sodium, Calcium Potassium, and Magnesium. It also contains more potassium than 2 bananas.

Celery - 10 ounce
Helps to maintain the body's pH balance, and hydrate the cells. It assist in flushing excess fluid from the body because of the sodium.

Cucumber - 10 ounce
Cucumber has a cooling affect on the body, which can prevent hydration. Has silica that strengthens the ligaments, joints, and connective tissue.

All 3 of these items has Calcium and Magnesium to improve the contraction and of the muscle, as well as the retraction of the muscles. This can be of benefit by extending performance.

Day 1 Meatless Dinner

Meatless Curry Chicken & Broccoli

Note: Turmeric is added to this dish because it can reduce inflammation in the muscles, and speed up recovery. It is also anti-septic, anti-viral, and anti-fungal.

Ingredients & Benefits

Gardein Chicken Strips
Veggie chicken containing soy protein millet, wheat gluten, and potato starch.

Broccoli
Has phytonutrients, calcium, folic acid, vitamin A, vitamin B, and magnesium.

Brown Rice
Rich source of magnesium, potassium, thiamine, fiber, and essential oils.

Black Beans
A complete protein, high in fiber, and is responsible for assisting with moving food through the colon.

Additional Ingredient - Garlic
Adding garlic to this meal will increase the rate of absorption by over 30%.

Day 2 Pre-training Juice Recipe

Juicing for Speed

Note: Drinking the beet juice 2 and a half hours is ideal to maximize the affect.

Ingredients & Benefits

Beets - 16 ounces

Lowers the oxygen cost of exercise. Affects peaks at 2 and a half hours.

Can have a strong affect to cause stomach upset. Can take some time to acclimate.

The cardiovascular affects last from 4-6 hours, then the body returns to baseline levels.

The urine and stools can pinkish in color, but this is harmless.

Day 2 Meatless Lunch

Meatless Chicken & Pasta

Note: To give this dish some healthy fat you can add coconut to the vegetables, or Avocado to the entire meal.

Ingredients & Benefits

Gardein Chicken Scallopini

Has soy protein isolate, wheat gluten, canola oil, paprika, millet, sea salt, quinoa, and turmeric.

Egg Whites Pasta

"No Yolk" cholesterol noodle and corn flour. It also contains wheat flour, egg white. Completely fat-free.

Broccoli

Is a great source of calcium, Vit-A, Vit-C, folic acid, magnesium, and Vit-B. Has a high amount of fiber that can assist with colon health.

Red Bell Pepper

Contains Vit-C and beta-carotenes that can further protect the body from stress and disease.

Additional Ingredient - Carrots

Has a high amounts beta-carotenes that has been know to improve vision. Also the B-complex.

Day 2 Meatless Dinner

Meatless Burger & Fries

Note: Adding vegan ketsup or mustard to this meal can improve the taste of the entire meal. Adding tomatoes or spinach can also increase the nutrient profile.

Ingredients & Benefits

Gardein Beefless Burger

Plant source meat-free burger that contains water, soy protein, wheat gluten, garlic, and sea salt.

Seasoned Fries

Yukon Gold potatoes that are fat-free, cholesterol-free, what is low in sodium, and contains Vit-C.

Whole Wheat Bun

Is a great source of dietary fiber, protein, calcium, iron, as well as sodium.

Additional Info - Avocado

To boost the quality of this meal, adding avocado will increase absorption and provide healty fats that can fulfill the appetite for a longer duration.

Additional Ingredient - Veggie Chesse

Adding a veggie-based cheese to this meal will only increase the calorie amount by 40.

Day 3 Meatless Breakfast

Vegan Waffles, Bananas, & Blueberries

Note: Adding Hazelnut Chocolate spread is an excellent source of Vit-E, B-complex, copper, iron and essential oils. One serving contains 100% of the RDA of iron.

Ingredients & Benefits

Vegan Waffles

Nature's Path waffle that has pumpkin puree, soy oil, brown rice flour, potato starch, corn flour.

Bananas

Prevents cramping from intense training, and it has potassium, iron, and vitamin B6. Bananas contains prebiotics that fuel the health bacteria in the colon.

Maple Syrup (Grade B)

Provides essential nutrient with less refinement. 1 .25 cup of maple syrup has 53 grams of sugar.

Blueberries

Blueberries are rich in anthocyanins, which give it the blue pigment. It contains compounds that boost overall protection like chlorogenic acid, tannins, myricetin, kaempferol. One serving provides 100% of the RDA.

Day 3 Post-training Tincture

Juicing for Recovery

Note: Ingesting this drink immediately after intense training is the ideal window since the muscles are in need of being of being replenished

Ingredients & Benefits

Coconut Water - 16 ounces

High in potassium that is reponsible for cell function & hydration.

Concentrated Tart Cherry - 2 ounces

Reducing inflammation to speed up recovery by a factor of 5.

Turmeric Tincture - 3 droppers

Blocks the inflammatory enzyme that is causes muscle soreness.

Additional Info - Ginger

Ginger can be added to the tincture that functions the same as turmeric.

Day 3 Meatless Dinner

Mixed Vegetable Stir Fry

Note: To add a healthy fat to this dish you can add coconut oil while cooking the stir-fry. Also, adding avocado is a healthy fat that can keep the body fulfilled for a longer period of time.

Ingredients & Benefits

Broccoli

Is a great source of calcium, Vit-A, Vit-C, folic acid, magnesium, and Vit-B. Has fiber for colon health.

Bananas

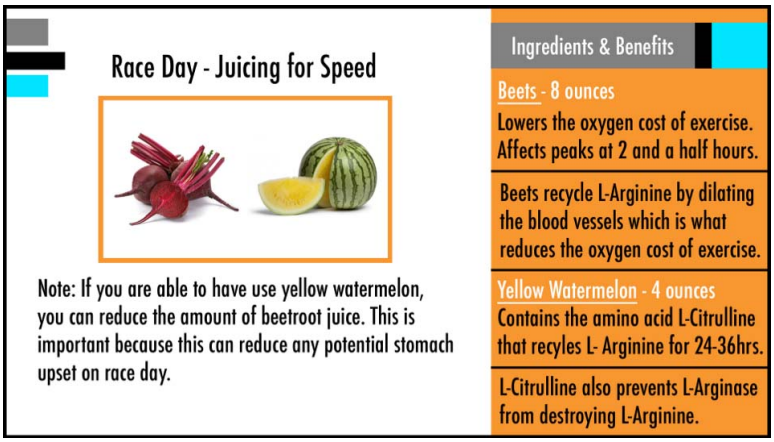
Is high in one of the most power antioxidants called glutathione. It is responsible for recycling Vit-E and Vit-C by a factor of 500%.

Green & Red Bell Peppers

Has a mild sweetness that is high in Vit-C that can protect against oxidative stress.

Chopped Garlic

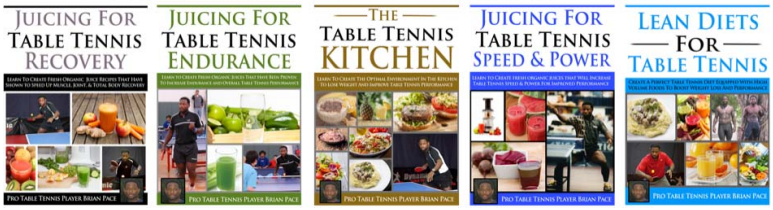
Packed with a whole host of antioxidants that boost the immune system that protects the body against being attacked. It can improve the cardiovascular system by eliminating excess cholesterol in the bloodstream.



These 10 recipes represent what the body need to be in pristine condition to give you the best possible performance for your race day. When you go back and look at Arnold Arhet's formula all these ingredients represent providing power to increase speed, extend endurance, and speed up recovery. These ingredients aren't random, and each time that you go through this process of preparing for your race, you can fine-tune what items you can add to each dish. You have spent your time committed to your training block, and it is even more important that you are just as committed in your kitchen to ensure you have done everything you can to have the best performance possible.

Chapter 10. The Table Tennis Kitchen

The Table Tennis Kitchen Series



The “Juicing for Table Tennis Speed & Power” book is a part of “The Table Tennis Kitchen” book Series that focuses on how to improve every aspect of your cycling performance from the kitchen.

This Table Tennis Kitchen Series focuses on creating such a wide array of books that cover every different aspect of improving your health that it should be a challenge for one of these books not to speak to a lifestyle change you would like to try. You know you need to be health, and “The Table Tennis Kitchen” is the way.

Chapter 11. Redoxing for Endurance.

Throughout your time reading this chapter, you will discover why experts, scientists, coaches, and athletes are calling Asea the most significant in Health, Fitness, and Science. If you are watching how science has advanced over time, then you will understand how it is making quantum leaps. There was a time when it was heavily disputed that the world was flat, and that meant you would fall off the earth once you go to Miami. Today, we quantifiably know that the earth is in fact round, and it revolves around the sun. There has been advancements in health, science, and wellness that debunk the old status quo with regards to the limit of where science can go. Asea represent the there is no limit to this type of advancement, and make an attempt to blow the ceiling off the concept of Health and Science.

Asea is a scientific breakthrough that does not have a rival with regards to what it does in the body. Because it stands in class by itself, it is known as a "Category Creator". What Asea contains is so significant because this type of technology has never been created. It is extremely important to the body and your health. As human, we are obsessed with the holy grail of health. Over the last 50 years, health and the foundation of youth has been one of the number one dynamic that has shaped the world. It is because of excessive desire by humans to stay youth. This has spurred a complete new genre in the industry of health and wellness that makes up over $117 billion per year. Let me start off by saying that Asea is not some special vitamin or mineral. It is not made from an exotic fruit or berry from the amazon regions of the world. It is not made from strong tasting herbs. It is not made from sea vegetables, or some type of overhyped antioxidant blend. Asea goes way beyond all of these ways of improving your

health.

Once you are finished reading this book, you will agree that Asea easily represents the most important advancement in helping your body to achieve its fullest potential. To fully appreciate Asea, you have to think way outside of the concept of nutrition. When I say thinking outside of nutrition, I don't want you to think that healthy juicing or eating nutrient dense green vegetables doesn't have a benefit, because it truly does. I'm not trying to discredit nutrition as not playing a role in improving your health, because it is absolutely imperative to your health. What you must understand and accept taking process vitamins, minerals, and nutrients is only one side of the health coin. Asea represents the other side of that coin. In addition to being the other side of the coin, it does something that was thought never possible.

As an athlete I hope that what you have read so far has you intrigued as well as motivated to keep reading, because the rabbit hole goes much deeper. Now, the most important and obvious question is, what is Asea? The best way for me to describe Asea is by using one word, and that is communication. Your body has an excessive need to fight to maintain a healthy state. All the mechanisms that are in place are there to keep the body equipped to maintain that healthy state. For this to happen, communication has to be present because cells must pass on messages to the body to proactively fix problems, suppress problem, and eliminate perceived threats. When the body is not fixing problems, it is the communication to the cells that is fractured. For all of this to be possible the messages for health and health must be communicated effortlessly throughout the entire body.

Every single second of every single day of our lives information is being passed throughout the entire body, and this is the most complex communication network on the planet. Your cells ability to communicate their message clearly and concisely goes pass the concept of just nutrition. That type of communication goes into something called "Redox Signaling". That is a phrase that you are going to read a lot for the duration of this book, and your job is to get comfortable with everything that surrounds it. Redoxing is the most important process in your body, and soon you'll understand why.

The science of Redox Signaling has been studied for more than a half century. In recent years, it has become one of the fastest growing areas in science and medical research. In the recently released book, The Science of Healing Revealed, New Insights into Redoxing Signaling", Dr. Gary Samuelson states, "*All health problems can be linked to damaged cells. Without the cellular healing process, life could not exist. Signaling molecules are fundamentals to the health process"*. You have to be a really bold person, or a very educated person to make such a claim like this. As in this case, the claims are so bold, that these signaling molecules deserve to be looked at much closer.

Inside every cell of your body, you have a mini power plant called the Mitochondria. If you take a closer look at a refrigerator, it is the engine that keeps the food cold as well as keeping everything in the freezer frozen. Inside the human cell, something is created called ATP, also know as Adenosine Triphosphate which is known as the energy currency of the body. During the process of creating energy to fuel the functions of your body, it spins out 2 types of molecules. These molecules are called signaling molecules, and they

have very specific jobs to complete.

The first set of signaling molecules are known as Immune System Communicators, which assist the immune system in performing at the peak of efficiency. This set of signaling molecules are the weapons of choice that are called for action to attack bacteria, fungi, viruses, and well as suppressing the growth and proliferation of any other problems that may arise to affect your health. The second set of signaling molecules activate your antioxidants, so they are more effective at blocking free radical damage, as well as oxidative stress. Free radical damage happens when an unstable cell is missing an electron, and it goes through the body damaging other cells in the process of trying to stabilize it. Oxidative stress is what happens to the healthy cell during the process of doing its job of fighting off infection, or stabilizing an unhealthy cell. Look at it as a hot potato that needs to be cooled off. These signaling molecules perform functions so essential, yet fundamentally imperative to the very health of your cells that when in balance, they communicate the message perfectly of what needs to be done in the body to keep it running perfectly. The only question you are asking at this point is, “What does this have to do with Asea”?

Just as your body makes these molecules out of the same salt water solution that surround them, scientists were able to create the same signaling molecules on a massive scale in a laboratory. It starts with pristine salt water, then it is passed through a multifaceted and heavily patented process, they achieved what all scientists had universally agreed couldn’t be accomplished. They created and stabilized signaling molecules. Asea is the only product on the planet that contains signaling molecules that are identical to the signaling molecules that are present in every one of your

cells. The signaling molecules that are in each bottle are in the trillions, and they are in stable form until you consume them, and that is when the magic starts to happen in your body.

Since Asea is made out of nothing more than salt and water, and the molecules created are identical to the molecules produced in the body it goes beyond the phrase “All Natural” to something more substantial. Natural is what happens when your body enjoys the vitamin C from drinking orange juice. Asea is something more significant, because it is native to the body. Because Asea is native to the body, it has absolutely zero levels of toxicity, even when consumed in amounts way beyond what is recommended. Because there is no danger when taking Asea in large dosages, it is perhaps the safest product that has ever been created for the human body. Now that you know what Asea is, as well as how safe and effective it is, I want to turn my attention back to the function of the 2 sets of signaling molecules, because this is foundational process for all the positive effects that will happen in the body.

I want to go into more detail over the signaling molecules and its benefits to the body. Imagine if you had a radio that needed to be finely tuned to have the station come in clear. If you can’t turn the knob to the exact location, then the frequency won’t come in properly, and whatever you are listening to will come in and out. Chances are you won’t be able to enjoy that program, whether it is radio, news, or music. With all that background noise and static you would end up just turning off the radio. Well, with your body, it can’t just turn off like a radio, because it stills needs to run regardless of what state of communication the body is in. It needs to relay the message of importance. That knob needs

to be tuned in perfectly so you can enjoy the program you are listening to without any interruption. That is what immune system communicators do inside the human body. It sends a perfectly clear and direct message of instructions without any distortion or static. Immune System Communicators assist the body in delivering their message to the cells of your immune system without any lost of the entire message.

Imagine if you had to run 5 miles to deliver a message, but forgot what you needed to say once you got to the delivery destination. That is what happens when your cells can't deliver the entire message. Also, imagine not being able to actual deliver the message at all. That is how small fires in the body start. Without the alarm sounding off, and the firemen going to that location, problems in the body go unchecked. That is how bad health starts, and you hear about what has gone wrong when the bottom has fallen out and you are sitting in the doctor's office with an appointment because you completely are under the weather. Your immune system being down is the reason that any person will fall ill. During this time you will have to miss work, go to the doctor, get medicine, pay for medicine at the pharmacy, lie in the bed, drink soup, and hope for a quick recovery. This all accounts for a tremendous amount of time lost enjoying life. The Immune System Communicators in Asea will deliver the message perfectly, and the fires are put out at a time when they look like flare ups. The importance of what immune system communicators do can't be overlooked if you are interested in achieving and maintain good health.

The second sets of molecules are called "Antioxidant Activators", and if you are big into health, antioxidants are a word that has been thrown around the most. It's because of what antioxidants do in the body is nothing short of wonder. .

The impact of antioxidants is being researched for close to 20 years, which put vitamin A, vitamin C, and vitamin E at the top of the list. Later on phytochemicals became popular from fruits and vegetables. These plants have been under attack while growing, and to protect themselves they release compounds. These very same compounds streamline to our bodies, and have the same effect on improving our health. These fighting antioxidants are rated high because of the ability to fight free radicals damage and oxidative stress. Over the last 8-10 years, the health industry has had an influx of new exotic fruits like noni, mangosteen, acai, and goji. The juices from these fruits claim to have high antioxidant values that can improve health of the immune system. What scientists have proven is the most important antioxidants already exist inside the human body. Glutathione, Superoxide Dismutase, and Catalyse are the super athletes of the antioxidant family, and this is the part of the story that the health and wellness industry hasn't been able to complete.

Without the ever so important vital antioxidant activators all the antioxidants you are taking from these expensive exotic fruits juices are inert, they are useless. What an antioxidant in your body represents is a light bulb. If you have ever been in a blackout, then you understand and appreciate the role of a light bulb plays in your house. Now, imagine, if you were walking around with that light bulb in your hand. Because it's not connected to any type of electrical current, you would get no illumination. It is just a really nice looking light bulb. How that relates to your body is drinking your exotic juice loaded with all types of antioxidant and having no switch to turn them back on. So they are just floating around in the body with no real job to do. That means a free radical could go floating right pass the most powerful antioxidants, but since it's not turned on, it would simply stand there like a soldier

in attention. This is the super soldier that plays the role of protecting your body, but it does not even know what to do in your body. It has not been turned on, because there is no switch. By taking Asea that contain antioxidant activators, the switch for all the antioxidants in your body gets turned on. At this point, the free radical gets checked right as it comes up on the antioxidant. If you want your vitamin A, vitamin C, and vitamin E to work effortlessly, then you need to have antioxidants activators. If you are taking Asea, then it becomes the gift that keeps on giving, because you are now maximizing the benefit from all the fighting antioxidants and compounds that come from your daily diet.

Asea was found to have performed incredibly well in laboratory test. Asea has been shown to increase the natural antioxidant efficacy, which stimulates the production of antioxidants like Glutathione, Superoxide Dismutase, and Catalyze. This stimulation of these antioxidants has been shown to improve antioxidant effectiveness by up to 500%. Take the flu season and Asea to prove this point. That means taking your normal dosage of vitamin C in the chewable form, orange juice, or exotic juice will increase the antioxidant effectiveness by 500%. Because the goodness from that produce will be activated, it is safe to say you can eliminate the process of dealing with being under the weather this winter season, or any other time of year. There is absolutely no other product on the planet that can claim to come close to boosting your body's ability to be more effective at antioxidant support at this level. As you can see, Asea clearly standing in a category all by itself, but it doesn't stop there.

The reason I wanted to add this bonus chapter from the "Redoxing for Health & Endurance" book is for this reason.

Asea really sparked my attention with the groundbreaking cycling study out of North Carolina. This cycling test was a double-blind placebo study group to test the effectiveness of Asea on cycling performance. As a cyclist, there was no product in my kitchen that had a double-blind study to prove its effectiveness. I knew that any company willing to go out on a limb like that was a company that was on to something special. This study got back a tremendous amount of data. The study proved that there was an increase in VO2 max, which means how much oxygen the body can use. The study also found the cyclist experienced a much lower reduction in average heartrate. There was a 12% increase in ventilatory threshold. I'm an Elite Cyclist that is one category from racing alongside Lance Armstrong, or any other Tour de France rider. In the world of cycling, an increase in 1-2% of ventilator threshold is the difference between the first place, and 50th place at the Tour de France. 100% of the cyclist reported less muscle soreness, as well as faster recovery.

One of the most significant finding from taking Asea was its affect on fuel usage. The study showed that free fatty acid mobilization had increased by over 30% after ingesting Asea. This prolonged endurance was achieved because fatty acids from the abdominal region were released into the bloodstream as fuel. This process spared the ever so sensitive and delicate muscle glycogen. That also had a considerable effect on fat loss during the workout. If you are any type of endurance athlete, then taking Asea would put your body at the level of burning fat like a marathon runner, without having to have built up that type of fitness over the years. These findings were not just from the cycling study once the rider's heart rates were ramped up. This was something that was chronic, which means it happened across the board for non-active people that weren't in the cycling

study.

It is imperative to accept that we live and die at the cellular level. If your cells are in good standings, then your cells are in good standings. In this modern society, it is very difficult to not move at the fast pace environment around us, and as a result we accumulate damage from the high intensity exercise, toxins in the environment, toxins our bodies create, metabolic waste, the food we eat, as well as the sunlight. That means your cells are constantly under attack every single day, and it never stops because of the lifestyle that we live requires us to stay active. Taking Asea contains the necessary blend of vital signaling molecules that equip your cells with what it needs to reach the fullest potential of efficiency. You are made up of muscles, bones, organs, skins, and ligaments. But all of those body parts are made up of cells, and when your cells are working properly, all of these body parts will work properly. If you are interested in trying the product Asea, you can go to http://aseaforcyclists.myasealive.com/.

CHAPTER 12: THANK YOU & GOOD LUCK

It is obvious that you have reached the end of this book, and I want to thank you for your commitment to reading this last page. I hope you find this book a benefit to your life, as well as improving your sports performance through juicing.

Being a self-published author is much like competing in the individual sports like Table Tennis and Cycling. It is completely up to the athlete to create the infrastructure for success, and this book parallels that same type of template that I created for success in my sports careers. It has taken attention to detail, focus, troubleshooting, and a tremendous amount of dedication. That is what this book represents.

I built this infrastructure, and I would like for you to help me create another infrastructure in getting the word out about this book. You are going to undoubtedly improve your sports performance by transforming your kitchen, and I want the world of athletes to gain the same athletic advantage that you now have.

You can help me in my goal by leaving a positive review about how this book has helped you in your cycling endeavors. The huge publishing houses have a machine that they put their book through to ensure that it reaches every corner of the globe. As a committed athlete you are the machine that I need to get the word out that there has been a book created that can benefit people with a lifelong commitment to the constant improvement in sports and activity.

Nothing speaks louder than leaving a review of the book, because other cyclist want to know how this book can help them, and reading a positive review is the absolute best way

to convince your peers that this is a book that will have a significant impact on their performance as well.

This review will take less than 5 minutes of your life, but can have a substantial influence on this book becoming successful. Help me reach the world of cyclist with something that will benefit them like it will benefit you.

Best Wishes for your personal and cycling goals

Brian Pace

About The Author

BRIAN PACE is the Professional Table Tennis Player, Certified Coach, Elite Cyclist, and has worked as a Sport Nutritionist for Metr-x. He has created "*The Table Tennis Kitchen"* book series that covers every possible way that a person would every want to lose weight from creating a weight loss kitchen, meatless dishes, fasting for athletes, improving endurance, and eliminating your doctor. Brian has spent over 28 years involved with training, dieting, nutrition, and sports performance. You can find out more about Brian at www.dynamictabletennis.com