

# THE EXCEED NUTRITION CERTIFICATION

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Weekly Webinar  
Module 4 / Week 4  
23/06/14



# Tonight's Topics

- **Module 4 – Advanced Nutrition Protocols**
- **Week 4 – Metabolic Repair**
  
- **Summary**
  
- You will learn when, how and why to apply the most advanced nutrition protocols. This module looks at ketogenic diets for fat loss and health, elimination diets, detox protocols, metabolic repair and reverse dieting.
  
- **Objectives**
  - Over the next 4 weeks you will be able to:
  - Understand the underlying principles and guidelines to creating an effective advanced nutrition protocol
  - Understand the key components to consider and track when using any kind of nutrition programme or protocol with your clients
  - Understand a number of effective and advanced nutrition protocols to apply
  - Understand exactly how these protocols work, for who, when and why
  - Write a nutrition programme for each of these protocols

# Introduction

- The term 'metabolism' is being used a lot recently by the health and fitness conscious.
- There also appear to be two 'campuses' when it comes to considering the metabolism in respect to body composition and health.
- Traditional dieting protocols:  
reduce calories > lose weight > balance the metabolism.
- In this webinar, we will look at reversing this process:  
balance the metabolism > reduce calories > lose weight.

# What is Metabolism

- Our metabolisms are a sum of the physical and chemical processes that occur in our cells to produce energy.
- Essentially, everything in our bodies make up the metabolism.
- Our exercise and food intake is having a hormonal impact on the inside. This is what dictates the state of our metabolism and thus our health.

# What is Metabolic Repair

- Metabolic repair is the ‘cool’ name given to the mechanical term ‘neuroendocrine-immune dysfunction’.
- You will hear it being referred to as metabolic damage, starvation mode, weight loss resistance and even adrenal fatigue.
- If diagnosed in the medical world, it can be given the name of ‘hypothyroid’, ‘hashimoto’s thyroiditis’ or ‘adrenal insufficiency’.
- Despite all the various terms and names, they can all be considered to be about the same thing – a dysfunction of the metabolism.

# What is Metabolic Repair

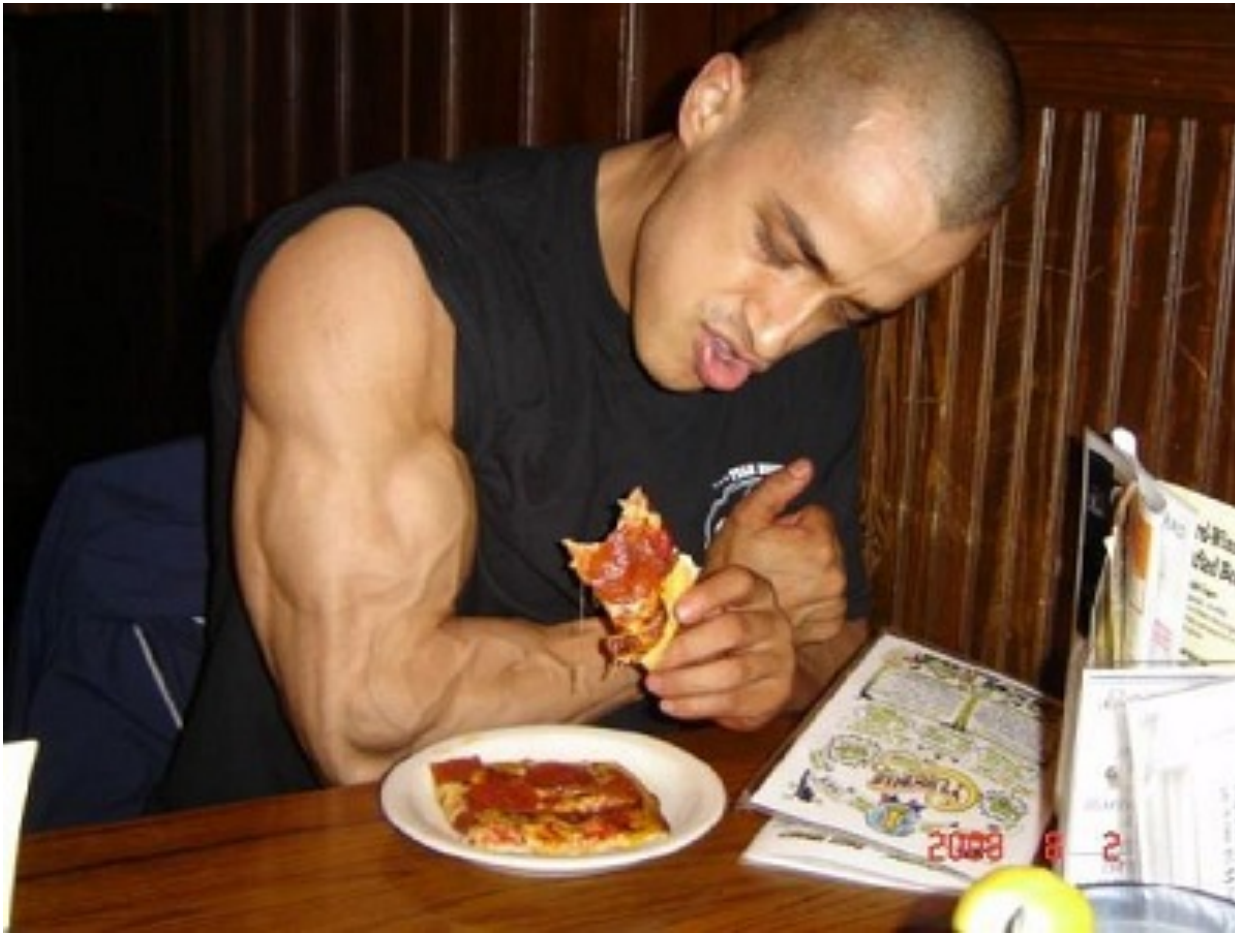
- If you eat less and exercise more, you'll easily create a caloric deficit, which can also create an unbalanced metabolism - it essentially slows down.
- This is known as 'adaptive thermogenesis'.
- This is a result of the body down regulating its 'Basal Metabolic Rate (BMR)' in response to a decrease in available energy on a calorie restricted eating plan.

# Metabolic Repair – Example

- Meet Mary



# Metabolic Repair – Example





# Diagnosis of Metabolic Repair

- Depending on how far you push it, and the level of adaptive thermogenesis taken place, will depend on how much 'damage' has occurred.
- At this stage it is wise to seek medical treatment from a doctor.
- **HOWEVER** - Unless the blood test show a severe dysfunction, which is pretty rare, the use of medication is not required.
- What we are seeing is the majority of people showing some form of slowed function, usually a non-optimally functioning thyroid.

# Setting up a metabolic repair diet

- There are a number of stages people can go through to help get their metabolism back on track, and this usually depends on the level of damage created.
- *Stage 1: Metabolic Compensation*
- *Stage 2: Metabolic Resistance*
- *Stage 3: Metabolic Damage*

# Stage 3 – Metabolic Damage

- When dysfunction reaches this stage, a very structured approach should be taken, as the person is in a sensitive state.
- The structured approach will fall into 5 Phases, and is based upon the protocol presented by Leigh Peele in the Metabolic Repair Manual.
  - *Phase 1: Track & Rest*
  - *Phase 2: Increase Food*
  - *Phase 3: Prepare & Increase*
  - *Phase 4: Activity*
  - *Phase 5: Final Increases*

# Phase 1

- This is an 8 week repair protocol that is designed to transition someone to a 'eat more, exercise less' template. Without excess weight gain or water retention. It allows the metabolism to play catch up and fully function once again.
- *Phase 1: Track & Rest*
  - Duration: 2 weeks
  - Caloric intake: keep as existing
  - Protein intake: 40% min
  - Fat intake: 20-25% min
  - Carb intake: 25-30%
  - Water intake: 2-3 l
  - Salt intake: < 3g
  - Training: none

# Phase 2

- *Phase 2: Increase Food Intake*
- Duration: 1 week
- Caloric intake: increase by 10%
- Protein intake: 40%
- Fat intake: 30%
- Carb intake: 30%
- Water intake: 2-3 l
- Salt intake: < 3g
- Training: none

# Phase 3

- *Phase 3: Prepare For Activity and Increase Calories*
- Duration: 1 week
- Caloric intake: increase by 5%
- Protein intake: 40%
- Fat intake: 30%
- Carb intake: 30%
- Water intake: 2-3 l
- Salt intake: < 3g
- Training: Stretch, foam rolling and mobility work for < 15 mins daily.

# Phase 4

- *Phase 4: Increase Activity and Calories*
- Duration: 1 week
- Caloric intake: increase by 15%
- Protein intake: 30%
- Fat intake: 30%
- Carb intake: 40%
- Water intake: 2-3 l
- Salt intake: 3-5g
- Training: 3 x full body workouts per week. Mobility and foam rolling on off days.

# Phase 5

- *Phase 5: Increase Food Intake*
- Duration: 2 weeks
- Caloric intake: 10% then 20% increase
- Protein intake: 25%
- Fat intake: 20%
- Carb intake: 55%
- Water intake: 2-3 l
- Salt intake: 3-5g
- Training: 3-4 training sessions per week. Mobility and foam rolling on off days.



# Summary

- You now understand that the metabolism can work for and against us when we are seeking body composition and health changes.
- You also have a detailed protocol that you can apply in order to help boost the metabolism and reduce the effects of heavy dieting and over training.

# Live Q&A

- Hit me up with your questions now!
- Thanks for joining me!
- Recording & new article(s) will be uploaded to the **NEW** course website as of tomorrow