



The DST Newsletter

Renew Your Health and Gain More Strength in 20 Minutes Per Week

Diet vs. A Diet

Too often, going on A Diet doesn't work in the long-term. In this article I explain why A Diet will probably fail, but your diet won't.

Four Ways To Help Mitigate A Migraine Headache

If you suffer from migraine, this short article will give you some simple actions you can take to help lessen the pain and even the regularity of these debilitating headaches.

My BulletProof Blood Panel Results

The results are in, and my BP diet has made some significant changes to my blood panel.

DST Blog

Visit the blog to leave your comments and discussion:

<http://www.desistostrengthtraining.com/blog/>

Muscle - Not Just for Bodybuilders



How To Stay Strong As You Age

“My back is really stiff today.”

Almost daily, clients express to me that they feel some type of ache or pain - arthritis, bursitis, or plain stiffness. This ever happen to you?

Sometimes these conditions “act-up” with increased activity. Often your doctor has told you to keep “active” by walking or playing tennis, dancing, etc., but this might create those



ZeroForce Workouts While Traveling

How many times have you had to travel for business or take an extended vacation and had to decide what you would do for your exercise while away from our facility?

It's a common question, so I created a couple videos on my site for you to view when traveling to help you stay strong and not get injured until we can meet again.

In the videos you'll learn

- The three easy to master techniques to keep your strength up while you're away.
- The correct number of repetitions or Time Under Load
- The proper number of times to perform each workout

When you go to the link below, the second video is the bodyweight travel video you will be looking for.

[Here is the link to watch it](#)

days of discomfort.

So what can you do?

Unfortunately, many people still believe that after a certain age your body doesn't respond well to strength training. Some even think that it's not necessary to strengthen your muscular system. After all, you're not trying to win a bodybuilding competition, are you?



Although aesthetically you will look better, maintaining muscle mass actually becomes *more* important as you age. Here's why:

Sarcopenia is age-related muscle deterioration. It's the steady decrease in your muscle mass after your 30's. This puts you at higher and higher risk of falls and fractures as the condition escalates. But, you can slow, stop and even reverse this condition with proper strength training.

Muscle Up!

Muscle will do much more than help you move around all day, it's actually very important to boost your immune system and prevent disease. This is due to all those great amino acids stored in muscle like arginine and cysteine.

Muscle also consumes energy - typically glucose - and that helps regulate blood sugar and prevent diabetes.



You Can Build Muscle At Any Age

A leader in health and a practicing physician, Dr. Leigh Conneally states:

“Research shows that ...strength training in your later years can preserve bone density and lower the risk of osteoporosis, prevent osteoarthritis, improve sleep quality, and reduce depression”

Our *ZeroForce*, slow-motion, high-intensity exercise program at DST provides one of the safest, most efficient and effective ways to keep and add to your muscle mass.

You can - and you should - do all you can to keep your muscular system as healthy as possible. Great nutrition, sleep, water and rest are key factors that will help keep you strong as you age.

So, if adding to your general well-being, while preventing a host of ailments, as well as increasing your energy and mood all sound good to you, keep your workout intensity as high as possible with your trainer here at DST.

Those feelings of stiffness in the muscles or connective tissue can be lessened with proper strength training. Many times I will remind a client of a

complaint they have had with their body feeling stiff months ago and I am happy when I hear them say, “Oh, I’ve forgotten all about that issue.”

Remember, the benefits you want really come from the workout recovery, not the workout itself. So eating whole, natural foods, high-quality fats and at least 1/2 a gallon of water per day will give you the most benefit from that high-intensity work. Read the next article for tips on that.

DeSisto
Strength Training

Diet vs. A Diet



What Makes A Good Diet?

In the internet age, one can find “proof” for almost any diet program. It seems just having a strong belief in a plan is enough to create successful change. With varying amounts of data, studies and anecdotal evidence from other believers, cults of diet fanatics spring up like so many mushrooms after a warm

rain.

So what then should you look for in a diet?

First, be aware that the terms “*diet*” and “*A Diet?*” have different meanings.

Diet vs. A Diet

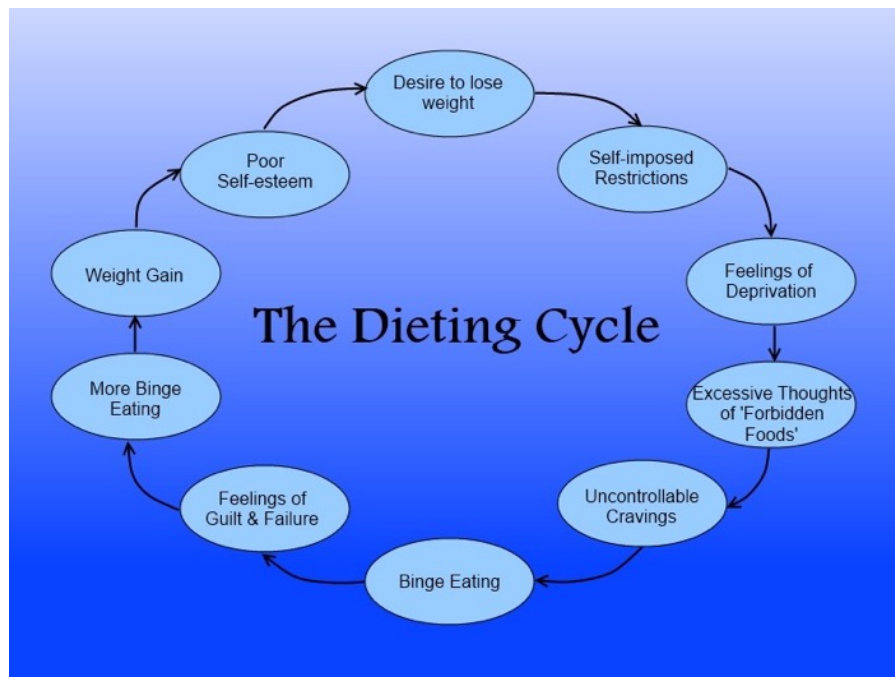
For our needs here, *Diet* means the kinds of food an person, animal or community habitually eats.

A Diet is different. Many people confuse the two. *A Diet* is usually a short-term exploration you take into a restriction of food or calories. *A Diet* is a plan for forcing and/or restricting food to create an immediate result (hopefully). The difference is in semantics. Diets are simply the foods eaten, *A Diet* is a plan to achieve a goal.

Animals don't create *A Diet*; they eat food and it creates their diet. Cows like grass, not corn. They eat grass and it makes them healthier than if they are forced to eat corn.

Only humans do this wrong. We often over-think the process and occasionally it's to our detriment. What's natural for your body is what helps keep it healthy and strong, prevent disease and provide energy.

So, with diet change you can make real progress in health and fitness goals, whereas *A Diet* can often lead to unacceptable or undesirable results in the typical effort to "lose weight." That's another term to understand, because "losing weight" might mean losing muscle or bone weight - probably not the goal you set for yourself. Better to plan to lose fat and keep the muscle and bone health in tact. Diet, done properly, can provide that.



What's The Ideal Diet?

Although we are omnivores, in that we *can* eat almost anything, it seems we thrive on whole foods, un-processed and organic without toxic chemicals.

That criteria most likely creates our diet. Be careful and don't make *A Diet* counter to those principles if you want to keep a healthy body and mind.

Over the last 15 years, I have tried several different diets - vegetarian, vegan, raw-foodist and now a high-fat, low carbohydrate diet. Each of those options restricts some foods and increases the amounts of others. Each provided me some benefit, and [I have documented my latest choice here](#).

But when I chose these diets it was not the same as going on *A Diet* because they weren't a *plan* for calorie restriction or for a short-term goal of "losing weight." Instead I researched options and decided to eat what tasted good, kept me satisfied and had long-term health benefits. Losing bodyfat and feeling great were natural results of a proper diet.

You can find information for *A Diet* anywhere today. You can also find information on diet. Take the time to decide if you want to make a plan that might get quick results - with the possibility to create unintentional problems - or if you want to learn to eat what is best for you while still providing short-term benefits like fat loss and enhanced cognition.

I hope this gives you some direction for your diet. As always, I'm available through email or at the [DST Blog](#) for questions.

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Four Ways To Help Mitigate A Migraine Headache



What Is A Migraine Headache?

Different from a common headache, migraine headaches affect over 37 million Americans. Many people suffer for years with this debilitating affliction.

This is not your every-day headache. It can be caused by stress, heat, allergies, environmental factors and high-blood pressure. It seems to result from inflammation and swelling of the blood vessels in the brain.

Although current protocols for medical treatment contain medications like Topomax, most of these have serious side-effects. I've combined a list of several ways known to help alleviate migraine if you or a loved on is affected. I've also provided some ideas to prevent them in the first place.

How To Stop Migraine

- I. **Recreation.** Up to 50% reduction in severity and frequency with general recreational activity. Walking, biking and even yoga daily for 30 minutes seems to be enough to affect a response.

2. **Magnesium**. Since your body can't make magnesium, you need a steady intake of this amazing mineral. Many foods like leafy greens, almonds, mackerel, avocados and even dark chocolate contain high amounts.
3. **5-HTP supplements**. Because it's very difficult to get enough of this amino acid from food, take a 5-Hydroxytryptophan supplement for serotonin production. 5-HTP has been shown to help synthesize that neurotransmitter. I take this supplement even though I don't suffer from migraine.
4. **Omega-3 Fatty Acids**. These natural anti-inflammatory nutrients are abundant in nuts, fish and seeds. Take care to not unbalance these with too many Omega-6 Fatty Acids, however.

Preventing migraines can change someone's life, so if information like this might help someone you know, feel free to pass this newsletter on to them.

Naturally, consult your doctor if you think any of these options look useful to you, as I do not provide medical advice.

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My Bulletproof Diet Blood Test Results



Cholesterol, Triglycerides and Fat, Oh My!

After turning into a grass-fed beef, organic bacon-eating fan I have had many people ask me with concern about the health consequences.

Specifically, how are my cholesterol levels and what about heart health?

Comparing A Vegetarian's Panel To A BulletProofer's Panel

In 2012 I had a blood panel done. I had been following either a vegan, vegetarian or raw-food diet for the 10 years prior to that test. As expected, my panel came back very consistent with someone eating a diet so low in cholesterol and protein. I felt healthy then, although I did often have to take naps in the mid-mornings to get re-charged. Otherwise, my doc overseeing the chart at that time was very pleased with the look of everything. I went on my way.

As many of you know, January 1, 2015 I started a new diet with high fat and low carbohydrate. You can see the three articles about my discoveries for the first 90 days doing that [here](#) in the last issues of the DST Newsletter.

So, in May of 2015, about 3 years later, I decided enough time had passed to get a new blood panel done and see what change this crazy diet had made to my lipid profile.

Results from 6 Months on High-Fat

Here are some of the results (I'll just truncate the vast data and provide some of the more important points):

	2012	2015	Difference
Cholesterol (total)	169 mg/dl	222 mg/dl	+ 53
Triglycerides	84 mg/dl	41 mg/dl	-43
HDL	49 mg/dl	69 mg/dl	+20
VLDL	17 mg/dl	8 mg/dl	-9
LDL	103 mg/dl	145 mg/dl	+ 42

So, based on these results, my attending doctor confirmed my thoughts,

Me: "Whoa, that looks high!"

Doc: "Well, it is overall higher, but I'm not really concerned. Your ratio is still very good HDL to LDL, and Triglycerides have dropped significantly."

So, his reaction was one of "let's check again in 3-6 months and see where this is heading."

I have decided that since I'm feeling so good on this diet, I will keep it up and test again at the end of the year.

I'm also hearing more and more that fears of having high-cholesterol numbers are not considered to be such a major health concern today. It seems more important to keep the artery walls healthy because that is a major factor in determining whether cholesterol will be an artery-clogging issue. Tiny cracks on the interior of the arterial walls can be the impetus for the sticky LDL molecules to catch on, build up and cause blockages.

So, for now it's back to organic bacon and pasture-raised eggs again tomorrow!

It all starts with the butter coffee. I've started a fun FaceBook page to log my Butter Coffee recipes most days. To check that FaceBook page here's a link:

<https://www.facebook.com/pages/Butter-Coffee/930736576978183>

Finally, here's a link to the coffee I use:

<https://bi198.isrefer.com/go/coffeewholebean/DavidD/>

Until next month,

Take Good Care,

David

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