

Nutrition in a nutshell

To achieve optimal health and body composition, apply the following nutritional principals:

1 If it's white be wary of eating it. The 3 white evils can be white flour, white sugar and milk processed by pasteurization and homogenization. If you use dairy products and can't acquire raw produce always choose goats and sheep's dairy if you do not have a good tolerance to cows dairy. Choose organic and whole milk where raw is not available. Some do not tolerate dairy well, if this is you be sure to avoid it.



White flour
White sugar
Milk

2 Avoid grains where possible; choose sprouted and organic where possible if you do eat them, wheat is often the key grain to avoid. For optimal lean body composition the diet will want as minimal grain content as possible with carbohydrate focus on vegetables, fruit and vegetable starches like potatoes. Rice is a good starch source. If an issue with gluten is suspected this point is even more important as a low body fat % and optimal health will not be achievable otherwise it is cut out 100%.



Grains



Rice

3 Vegetables both raw and cooked are the king of carbohydrate content, this goes for your diets nutritional content and for keeping and getting lean, second is fruit and then starches like potatoes and rice. If wanting to lose as much weight as possible then avoid fruit apart from berries. Fructose can be problematic for weight loss.



Vegetables
Fruit

4 If you cannot pronounce a word on the food label, don't eat it. Your liver will not be designed to handle it and it will be made by a scientist and not by nature.



Read the
label

5 Whatever you eat think whole natural one ingredient foods. If it didn't walk, swim or grow then it is likely not designed to be consumed by us humans.



Whole
Foods

6 If it's sweet, but it's not freshly squeezed by you, it's sugar water. That includes all fruit juices and squash. Usually anything that's not water. This goes for sports drinks, if you are not training for endurance then their use is limited and will only contribute to fat gain. High exercisers may benefit from sports drinks, no one else.



Sugary
drinks

7 The longer the shelf life, the more harmful it is likely to be to your body.



Shelf life

8 If it's irradiated or microwaved, avoid eating it. Microwaves are OK for home use.



Microwave

9 If budget allows choose produce and meat that is free range and grass fed. If not, butchers meat will always be better quality or supermarket finest produce. Find a source local to you, if not athleat.co.uk are great, use code 'bodytype' for discount.



Quality
meat

10 Try support local farmers produce as much as possible; this helps their closed organic farming cycles and doesn't support supermarkets and multi billion pound empires. A trip round the local farmers market can be quite the adventure of wonderful foods and inspire you to try and cook new foods.



Farmers Market

11 If using salt on food, use sea salt ideally from Celtic or New Zealand seas because heavy metal toxicity is lowest in these areas. This salt is also ideal for mineralising your drinking water. A tiny pinch per litre is a good approach. Himalayan pink rock salt is also a good choice.



Salt

12 Drink enough water. For every kg of body weight drink 30ml of water. So a 90kg individual will need 2.7 litres of water a day. If exercising add 0.5-1.0 litres for every hour of exercise. Water is essential to optimal health.



Drink 30ml of water per kg of body weight

13 For water always think of its quality. If drinking bottled water choose one with a high mineral content, a good indicator is calcium above 40mg. Do not buy bottled water with numbers 3, 6 or 7 in the triangle on the bottom of the bottle indicating recyclable; this is a very toxic plastic. Filtered water from home with a tiny pinch of sea salt can be the best and most cost effective way to go for the most part.



Drink quality water



Check recycle numbers on plastic bottles

14 Adding a small pinch of quality sea salt to water is recommended to replace electrolytes and essential minerals in the body. This is very important in a during workout drink and during the summer. Not necessary if drinking bottled water.



Add sea salt to replace electrolytes

15 Follow the 90/10 rule: If you're right 90% of the time, your body can handle the other 10% and still maintain optimal body composition. Each % you drop in favour of non-optimal food intake will decrease your chances of reaching your physical and health goals. If you have known problems foods these should not be in your 10%.



Follow 90/10 rule

16 Always eat within your Metabolic Type with extra carbohydrate post workout. Although this will differ during the seasons, favouring more meat and fat in the winter months and more fruit and vegetables in the summer, in general.



Always eat within your Metabolic Type

17 Choose the best quality organic and free range food your money can buy, including meat, fruit and vegetables, nuts and seeds, dairy and sprouted grains. But ultimately live with your means. Good quality food tastes better and treats the body better.



Buy quality organic & free range food

In all the above preparation is key, shop regularly, have the tools to success close by.

Steps to success check list

Complete the checklist in order as this is the easiest and most effective way to implement changes. Let this be the of a permanent lifestyle changes to create a lean, healthy and energised body.

- Increase your daily clean water in take to half your body weight in fluid ounces (more if exercising)
- Remove any known intolerances or allergy foods like wheat, dairy red meat etc. completely
- Consume at least 5 servings of green vegetables per day to balance acidic foods that are eaten. Being in an alkaline environment is not only better for your health but the more acidic you are the harder it will be for you to lose fat. Boosting your diet with alkaline foods or a supplement that provides you much needed extra servings of vegetables is the best you can do to stop acidity.
- Try to sleep with the sun cycles as much as possible. Being asleep by 10:30pm is ideal for body repair
- Remove all liquid stimulants like tea, coffee, fizzy drinks and replace with herbal and health teas
- Make sure your training matches your goals
- Find time and a way to relax and unwind weather you are reading, yoga or walking out doors

Preparation steps

- 1 Have your approved foods shopping list handy and take a look through your fridge and cupboards removing any of the foods **NOT** the approved food list and throw them out.
- 2 If you don't already own a steamer then you need to buy one. It's the easiest and best way to cook 95% of your meals. As with the steamer, if you don't already own a set of good quality sealable plastic containers then you'll need to invest in a set!!
- 3 Batch cook your food the night before. This means preparing an entire day's worth of food in one go.
- 4 Consider doing some of your food shopping online. Another tip we use to make this as easy as possible for you guys and save you even more time.
- 5 Record your vital stats. You may have only a few available ways to record stats so make good use of them. Record things like your weight, body fat %, strength, 1 repetition maximums, endurance, how you feel day to day, what symptoms you might have etc. Record what is relevant to you to

show improvement on a personal level. You should have been provided with a 'results tracker' in your pack, use this, especially if you are working with us over the course of 12 months. All the details on that sheet, once filled in, will show great progress alongside the photos that you will take as you progress.

6

Take some photos. Get a friend or family member to take a few shots from front, side, and back of you in minimal clothing (shorts/bikini), this will show great visual results of your progress, results you'll be proud to share. This process should have been done when you provided your assessment information, but keep taking photos as you progress, the best way to assess how you are changing physically.

7

Get positive. You now have all the tools and direction you need to get to where you want to be, the plan, the support, you just have to put it all in to practice, so a positive mental attitude is key, but positive **ACTION** is the most important element.

INSURANCE POLICY Consider your food quality such as fresh, organic and free range.

Where needed consider **Supplements** – you need to take them. The best body transformations we've seen have all used supplements to achieve them. Here's are list of the best to take and what they do:

Fish oil – helps control blood sugar and burn fat

Multivitamin – keeps your immune system healthy and helps recovery from training

Amino Acids – vital to help recovery from training and get rid of muscle soreness

Fibre – one of the best supplements for fatloss.

Vit D3 – helps improve energy levels and mood

Zinc/magnesium – picks you up in the morning/relaxes you in the evening and helps sleep

Greens drink – helps to alkalise to body, gives more energy and burns fat

Glutamine – keeps your gut healthy, gives you energy, stops cravings and basically kicks ass.

Probiotic – improves gut health which is vital for fat burning

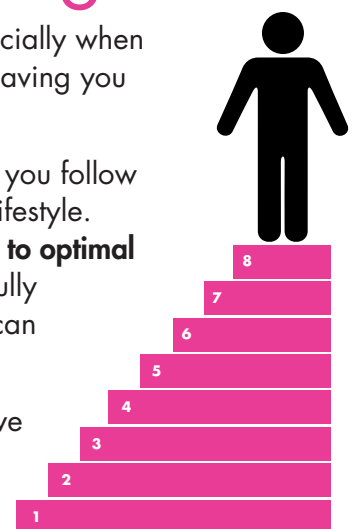
How to be successful at the program

Embarking on a new program or health regime can be a daunting process, especially when there is so much conflicting information that can seem so confusing, sometimes leaving you more lost than when you started.

Your success at the Pathfinder Nutrition system will depend solely on how closely you follow the principals that are outlined and your long term integration of them into your lifestyle. This is why it is important to take one step at a time, as displayed on the '**8 steps to optimal health**' poster. You should only move on to the next step when you have successfully integrated the last step into your lifestyle and seen the benefits of doing so, and can stick to it as a permanent lifestyle change.

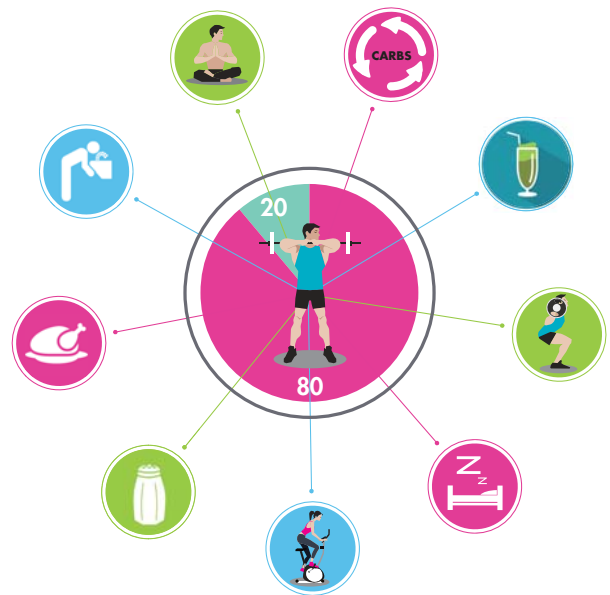
If you are ever unsure of why you are doing something and what effect it will have make sure you read and understand the relevant information provided on the subject area. This is a very important educational process that will help you understand what you are doing and why. Thus leading to successful long-term health benefits. Plus it always feels good to learn something new and share your life changing information and experiences with others, helping you to motivate others to do the same. Education is power.

At this stage assure yourself that things will change, but they might take time. Remember that whatever stage you are at now you are looking to improve. The body takes time to change and adapt and nothing will happen overnight, you need to trust in the process, be a little patient, and constantly self-reflect on the process. Get intimate with the process and your goals. Doing so will allow you to fine tune your progress, and progress faster.



There is a **80/10 rule** that is important to success at the system. The rule will never be 100% because unfortunately we do not live in a perfect world, and do not have access to things that benefit our health all the time. So, 80% of the time be good and follow the system as closely as possible, the other 20% of the time relax your guard slightly so that you do not feel restricted by the system and can go out and enjoy yourself.

But there is a but, make wise choices on your 20%, especially if you have a known intolerance such as wheat, gluten or dairy. Make sure you avoid these foods as these can have long-term effects in achieving optimal body composition in comparison to a night of takeaway and a bottle of wine. The one night binge in this case is not worth the repercussions.



How to be successful at the program

The importance of avoiding foods that are a know problem for you cannot be stressed highly enough. Common problem foods such as wheat, gluten, dairy, red meat, mushrooms etc must be avoided as much as possible due to their many physiological stress responses in the body. This will only hold you back more and hinder your progress in achieving your goals.

When it comes to optimal body composition, such as getting lean to single figure body fat %, this rule is essential, without avoiding problem foods it is not possible. So based on your individual avoidance foods make this a mainstay in your lifestyle change.

The Pathfinder Nutrition System (if you have signed up to the monthly payments) includes the on-going support of a personal coach. This includes contact via email, facebook, twitter, the forum and telephone/skype for lifestyle, diet and exercise advice, so make best use of this and get the most out of enrolling in the system. This process is going to be essential in reaching your goals, fine-tuning is key. This is the best way to troubleshoot your problems and get maximum results from a highly trained nutrition/exercise coach.

Above all be confident in yourself, hold your head high and always be thinking the thoughts that are going to reap you the rewards you want from enrolling with Pathfinder Nutrition. Remember, the brain and your thoughts control you body and what actions it takes. Surround yourself with positive people that support what you are doing, even follow the system with another individual and maybe hit the gym together, support is the key. Positive thoughts are great, but positive action is even better.

We look forward to hearing of your success and remember we are here to help you reach your goals.

