

ATP

What's your Absolute Training Potential?

ATP Athletics Newsletter

Oct 2010

Volume 2

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Who's "ON" This Month?

This month's Athlete is Jon Olthuis aka Jon O.

This is Jon O's first summer training with us. Jon is heading off to Dayton to continue his hockey career as a goalie for the Gems. It has been amazing working with Jon O this summer. Not willing to accept mediocrity Jon O has pushed himself far beyond what he had

previously thought was his best. He has prepared himself physically and mentally for the year to come. Gains in size, strength, speed, body composition, and even nutrition. We wish good luck to him in the coming year. This is your year buddy. Take it.



Adrenal Fatigue

What Is it? Adrenal Fatigue is the most common form of Hypoadrenia (Hypo - Low, Adrenia - referring to the functions of the adrenal gland). Adrenal fatigue refers to the sub par/disrupted functioning of the adrenal glands which can manifest itself in many different ways throughout the body. The adrenal glands secrete minute, yet very precise and balance amounts of steroid hormones. A couple of the myriad of hormones produced are: Cortisol, DHEA, Estrogen (for males), Testosterone (exclusively for females), and a whole bunch of others.



What Causes It? Simply put a mismanaged life. Stress of any kind can disrupt the delicate adrenal process greatly. Stressors like a

lack of good quality sleep, job, finances, dental surgery, injury, the loss of a loved one, chronic intense exercise without adequate recovery, lack of proper nutrition, food sensitivities, intolerances, and allergies and much, much more.

How Do I Know? There are lots of symptoms of adrenal fatigue; some people suffer from all, some from few.

Here is a list to of what to look for:

- Low Blood Sugar/Sugar Cravings
- Increased Feelings Of Fear
- Increased Anxiety
- Depression
- Fuzzy Thoughts
- Lack Concentration
- Respiratory Infections
- Easily Frustrated
- Memory Lapse
- Chronic Fatigue
- Salt Craving
- Low Sex Drive
- Hard To Get Up In AM
- Less Enjoyment Of Life
- Increased PMS
- Fatigue That Is Not Relieved By Sleep
- Don't Really Feel Awake Until 10AM
- Energy Drop Between 3-4PM
- Lightheaded When You Stand Up Fast
- Energy Rise After Evening Meal
- Symptoms Increase When A Meal Is Skipped

What Can I Do? Sleep. Sleep hard and well. Make it a point to go to bed and get up the same time everyday. Find out what time, what foods give you the best quality of sleep and learn to reproduce it. Start making a point to take time for yourself. Take time to play, to enjoy, to relax, to smile. It seems simple but it's very important to stop and enjoy life a little. The key here is Prehab not rehab. Take care of stress before it becomes a problem. Don't ignore it, when stress arises, acknowledge it, come up with a solution and move forward. Exercise should be fun, and not long in duration.

A simple test for adrenal fatigue is to take the blunt end of a ball point pen. Lightly drag it across your stomach making a line approx 6inches long. A white line should appear, and then seconds later turn red. If you have adrenal fatigue the line stays white and gets wider for longer than that. This test only works in approx 40% of people with adrenal fatigue however when its does work it is almost a certainty.

You can get diagnosed with adrenal fatigue however most doctors don't test for it because it's not a severe enough problem. Even if they do test you can still be suffering from adrenal fatigue and fall within their "normal" range. If you think you may be suffering from severe adrenal fatigue, take the time and find a knowledgeable medical practitioner that can help. You can also check out "*Adrenal Fatigue: The 21st Century Stress Syndrome*" a very helpful book written by James L.

Wilson Ph.D. Keep in mind it can take anywhere from 6 months to years to fully recover.

Supplement Talk: “Magnesium”

What is it? Magnesium is a mineral, which is responsible for over 300 enzyme reactions within the body. It is the 4th most abundant mineral in the human body. Somewhere between 54-75% of the entire population is magnesium deficient. On top of that if you are working out consistently the percentage is even higher.



What does it do?

What doesn't it do!

Take a look:

- 1. Constipation.** Constipation is a dead giveaway of magnesium deficiency.
- 2. Fatigue.** A classic sign of magnesium deficiency is poor energy levels. I've found that restoring magnesium levels in clients is always associated with increased energy levels; therefore start taking it earlier in the day.
- 3. Insulin Sensitivity.** Magnesium increases the number and sensitivity of insulin receptors, and it is involved in carbohydrate tolerance. Increasing magnesium also improves glucose homeostasis, insulin action and insulin secretion.
- 4. Hyperactivity.** Magnesium has been shown to improve attention span in children. A mere 200 mg of magnesium daily is sufficient to significantly decrease hyperactivity in children.
- 5. Inflammation.** Optimal magnesium levels are one of the best ways to lower C-reactive proteins, an important inflammation marker.
- 6. Memory.** Researchers at Massachusetts Institute of Technology have shown that magnesium regulates a key receptor in the brain that deals with memory and learning.
- 7. Osteoporosis.** You need calcium for strong bones and to help prevent osteoporosis, but you can't have healthy and strong bones without adequate magnesium. A mother's magnesium intake directly correlates with her offspring's bone mineral content.
- 8. Sleep.** Magnesium is a sympathetic nervous system depressant. Meaning if you take it before bed you should calm down and sleep well. If you take magnesium before bed and you cannot fall asleep, it is a sign that you are extremely deficient in magnesium.
- 9. Stress.** Magnesium is essential for the detoxification of cortisol (Stress Hormone).

10. Central Obesity. The greater your magnesium level, the greater your HDL levels; and the lower your blood glucose, the lower your waist circumference.

How can I get it? Here are some food sources from high to low: Pumpkin Seeds, Halibut, Almonds, Cashews, Spinach, Yogurt, plain, Banana, Whole milk. This doesn't mean I suggest all these foods; they are just the foods that contain the most.

If you choose to use a supplemental form of Magnesium remember to use a Chelated form of Magnesium IE - Magnesium Glycinate, Magnesium Aspartate, and Magnesium Taurate. The most commercially available ones are in the form of salts such as Magnesium Oxide, Magnesium Sulfate, and Magnesium Carbonate, which will end up in the toilet.

How much? The Palaeolithic man was eating a ratio of 1:3: that is 1g of Calcium for every 3 grams of Magnesium. We have now shifted to 5:1. Harvard PhD Mat Lalonde likes 200mg/day; others have suggested 400-800mg/day. Best to start with 200mg/day and if you want to try a little more no problem.

When should I get it? You can take it anytime. The best time to take it is 30mins before bed on an empty stomach.