

Lazy Health Fundamentals

I have always been fascinated by semantics and the power of words in general. The opposite of health is a disease and doesn't that simple word just describe what this lack of health looks like? Dis-Ease. Not at ease. You are at ease when you are not busy when you are just being and enjoying the moment. The other word we use to describe lack of health is an illness. I-LL-Ness. I-Will-Ness. Essentially, when I break down the word illness it means living in the future which in itself is the biggest cause of anxiety and stress. I truly believe that the core of today's health issues has their root in our busy lifestyles and lack of mental clarity.

Sleep can make you healthier and even lose weight!

A team from the University of Chicago wanted to look at how sleep interacts with obesity and so carried out a clinical trial with 80 adults.

Published in the journal *Jama Internal Medicine*, they found that young, overweight adults who habitually slept fewer than 6.5 hours a night were able to add an extra 1.2 hours of sleep per night after undergoing counselling to improve their sleeping habits. Over three years, this led to an average weight loss of 12 kgs – simply by sleeping more!

The results showed that getting more sleep reduced people's overall caloric intake by an average of 270 calories per day, with some people consuming a whopping 500 fewer calories.

Dr Ezra Tasali, from the University of Chicago's sleep centre, said the study had not intended to look at weight loss.

“But even within just two weeks, we have quantified evidence showing a decrease in caloric intake and a negative energy balance – caloric intake is less than calories burned,” she said.

“If healthy sleep habits are maintained over a longer duration this would lead to clinically important weight loss over time. Many people are working hard to find ways to decrease their caloric intake to lose weight – well, just by sleeping more, you may be able to reduce it substantially.”

You see, as I keep repeating, sometimes doing less achieves more. So make sure you get your beauty sleep, princess!

Managing your weight. The obesity epidemic problem

Managing your weight in a sustainable and lasting manner is a simple two step formula.

First, eat appropriately to lower your body weight to a reasonable level. I am personally a huge fan of intermittent fasting. I follow a 17-7 cycle which means that I can eat from 12 pm until 7 pm and fast for the other 17 hours. I find it extremely easy to follow and it keeps my weight down so that I minimise injuries in my training program and everyday life activities. I recommend that you have a look at all the fasting diets out there and give a few a go to find out which one fits you better. The benefits are truly amazing.

Secondly, add an appropriate exercise routine to step up your health gains. To me, people undertaking strenuous workouts while carrying a lot of extra weight seems like a ticking time bomb. Your joints can barely cope with your weight and you are increasing pressure and impact on them on a ridiculous basis. Injuries will happen and they will slow your progress if not completely halt it. Watching tv programs like The Biggest Loser makes me cringe and shows me all that is wrong with society. The search for the magical silver bullet through incredibly hard, inhumane and dangerous work. As I keep reminding you throughout this book, less is more. Adapt your body slowly so you minimise risks and maximise results. I know it is not sexy to say this but it bloody works!

This is where I need to remind you that you don't have to look like a model unless you are one. To me, that level of physical stress can only lead to bad outcomes. This is why I hate social media and those "assholy" influencers showing off their sculpted bodies and telling you that you are not good enough unless you look like them. Well, fuck you! Every single one of those wannabes I have ever met (and I have met a lot of them) are miserable losers with so many issues that they can barely manage to make it through the day without breaking down in tears every hour or so. Being healthy and happy beats physical obsession every single day. Remember this while you scroll through the bullshit social media feed on your device. Do one better: stop scrolling and start living!

My favourite Lazy health trick

Use a sauna. That is it. Use it as much as you can because the results will astound you. Here is a list of some of the benefits you will experience while you just sit down, relax and enjoy:

1. Cardiovascular health improvement. Using the sauna regularly has been proven to decrease the risk of cardiovascular disease by at least 65%

1. Better skin. Due to better skin oxygenation through enhanced capillary circulation.

2. Improved immune system. Reduce your risk of catching a cold or flu by over 30%.

3. Pain relief and increased mobility. Due to its anti-inflammatory properties using the sauna will help you to reduce pain and move more freely.

4. Hormone regulation improvement. Improve growth hormone production and insulin sensitivity. This means that you will increase and keep more muscle mass.

5. Better sleep. The use of a sauna produces a deeper relaxation that leads to deeper and more restorative sleeping patterns.

6. Improve muscle recovery. The improved circulation eliminates waste products and delivers healthy energy to your muscles.

7. Improve your stress responses. Putting your body under controlled stress leads to developing resilience. If you want to take this resilience training to the next level mix ice baths or cold showers with your sauna.

I use my sauna at least 5 times per week and to me, it has been a game changer.

Here is some data from actual studies on the use of saunas (Laukkanen et al 2018; Patrick 2021; Zaccardi et al 2017):

65% reduced risk of Alzheimer's

63% reduced heart disease mortality

50% lower fatal cardiovascular disease

48% lower fatal coronary heart disease

47% reduced risk of pneumonia

46% lower risk of hypertension

41% fewer respiratory diseases

Fewer symptoms of depression

Common colds cut in half

40% reduced risk of all cause mortality!!!

If you are struggling to start exercising I would recommend that you instead start using a sauna for a month or two to improve your cardiovascular system and get your body ready to face the stress that exercise provides. This is the perfect first step for the lazy ones and for people who have never exercised properly before.

Another great tip is to use BFR or KAATSU bands. Blood Flow Restriction (BFR) is used to produce high intensity results using lower resistance. It has been traditionally used mainly for the elderly or for people recovering from injuries. I personally use it to target my weakest muscles and to get outstanding results with minimum effort and risk. There is a plethora of information available online for you to dive right into it so you can incorporate it into your routines. Don't work out harder, work smarter and feel better.

Maximise your hormonal cycle

Men and women differ in the way their hormonal cycles work. While women are more affected by their monthly cycle men are more affected by their testosterone production daily cycle. According to research from the University of Louisville, Testosterone levels peak first thing in the morning to abruptly drop until late morning to early afternoon when they tend to spike again. Once that spike takes place the testosterone level will decrease to be at its lowest through in the evening hours. Every man presents slightly different variations but my point here is that you need to understand your biorhythm to make better decisions. For example, you should never hit the gym when your testosterone is at its lowest, just like you probably shouldn't attend negotiations whilst your testosterone level is at its peak. Understanding your body and allocating activities to adequate hours will save you a lot of money, time and

headaches. This is the micro cycle of testosterone production but you should also understand that there is an annual and a lifetime macrocycle. Testosterone production diminishes as we age once we reach peak production which usually happens in our 20s. The 20s and 30s are the years when men tend to make bold decisions and it correlates nicely with their testosterone production. These years are full of ups and downs but men don't tend to be as productive as they become in their 40s, 50s and 60s. Testosterone production may have to do a lot with this fact. Men see the world differently once their testosterone level drops to a slightly lower level.

On an annual basis, testosterone production tends to have a peak in the summer months, October in the northern hemisphere, and April (regardless of the hemisphere where you live) which is a very interesting pattern. Another interesting correlation is that financial crisis historically take place in the last quarter of the year (September onwards). If you are going to make large investments or purchases it may pay off to do those in April while if you are going to undertake an intense project, like a new business or a new exercise program to gain muscle, you may be better off to do so in August if you are in the northern hemisphere to take advantage of the summer and October peaks.

There is plenty of literature dedicated to female monthly cycles but the point I am making still applies. Choose to do activities that correlate to your hormonal cycle so you are not pushing shit uphill and fighting battles in every corner.

Female cycles are often broken down into 4 stages:

The Menstrual Cycle.

Usually between 3 and 7 days long. This is a period of weakness. Rather than doing strenuous activities, you should focus on relaxing activities to promote recovery and well being. Yoga, meditation, breathing exercises, reading, walks, etc... Spain is the first country to have introduced legislation for females to be able to take time off during this part of their cycle. To me, this seems like a fantastic move that will increase productivity, health, and especially well being.

The Follicular Phase.

Your body starts producing FSH so eggs can be produced. Oestrogen also peaks to build up the uterine lining but at the same time, this hormone peak will boost your energy, mood and

libido. This is the part of your monthly cycle where you should socialise and tackle bigger projects.

The Ovulation Phase

Luteinizing hormone is released so your ovaries release eggs. Progesterone is also released in this phase. You will feel more balanced and strong during this phase and you will feel like you can accomplish more and deal with problems more easily. Use this to your advantage in every aspect of your life.

The luteal Phase.

This phase occurs right after ovulation ends. You can divide it into two halves. In the first half, you will still feel really good but a big drop in androgens and or imbalances in your oestrogen will trigger massive changes to your mood and overall feeling. This is the infamous PMS, and we all know how bad it can get. Eliminate meetings and negotiations from this phase and focus on your mindfulness, health and diet.

Our society has created work and play patterns that are just plain stupid when compared to our hormonal cycles. Society could be happier and more productive if we just listened to our bodies rather than the mindless greed and the sadistic philosophy of working through any level of pain to achieve more. Working hard is the new stupid.

Stop eating SHIT

Seriously, this has gone out of control in our society and it is causing a tremendous amount of pain and suffering.

The first issue we need to address is that we eat too much. We don't need nearly as much quantity of food as what we are forcing down our throats. The real issue is that our bodies are starving even after we put that much food down our gobble because the food we are consuming is nutrient deficient. There are two main reasons our food is nutrient deficient:

1. It is not real food. Most food people are consuming these days is processed rubbish with zero nutritional value.
2. Our farming methods suck. Hormones, fertilisers, intensive farming, etc... all these methods we have adopted to be more profitable are making our food less nutritious. I

recently read that an orange 50 years ago had the nutritional value of around 50 oranges in your standard supermarket today.

Our bodies understand what nutrition is needed to thrive and send the appropriate cues for you to fix any problem that may arise. If your body is missing nutrients it will send the signal that it is hungry so that you can get your ass off the sofa and get more food. And this is where it gets bad. More and more people go for the “easy” option of sugary and carb-rich food which quickly and conveniently fixes that problem for a very short amount of time. It fixes the short-term craving while creating a much larger one, your ass is actually getting larger.

I always strive to eliminate as much processed food as I possibly can and focus my diet on wild meat (at least grass-fed and grass-processed), unprocessed dairy and fruits. I feel more energised when my diet comprises only of these foods and I go above and beyond to make sure I don't deviate far from them. I don't beat myself up if I eat something else but I will make sure that if I do I make better choices for the next few days.

I am not telling you to replicate what I do, I just want you to find your happy place for your food intake and stick to it. The more simple your plan, the more likely you are to stick to it and succeed.

Remember that science is not set in stone, it is an ever changing field with new data and conclusions being achieved regularly. This means that your diet choices should also adapt to new ideas and data. You should learn to listen to your body and eat whatever makes you feel more energised and alive while avoiding foods that make you feel like crap. A food diary is a great way to measure and quantify this. Take control over your food intake by measuring and adjusting it to suit your individual needs. It will not be an easy process but it is indispensable to your happiness and success.