

WILD TRAINING

MONTHLY ARTICLE FROM JAMES GRIFFITHS
INDUSTRY INSIGHTS - EDUCATION - PERSONAL TRAINING



THIS MONTH'S FEATURES

Liver Health

Supplements

Peanut Butter

Wild 4 Key Systems

NUTRITION 101

WHAT DO WE KNOW?

We need to eat a balance of macronutrients to fuel your body with calories. The macros are protein, carbohydrates and fats. We get 4 calories per gram of protein and carbohydrate and 9 calories per gram of fat.

The Food and Nutrition Board of the Institutes of Medicine (IOM) released energy, macronutrient, and fluid recommendations, which acknowledged for the first time that active individuals have unique nutritional needs.

"WHEN WE LOOK TO SIMPLIFY ADVICE, WILD TRAINING HAS ALWAYS RECOMMENDED A SPLIT OF 50% CARBS, 25% PROTEIN AND 25% FAT"

The IOM calculated the following acceptable macro ranges as a guide.

Carbohydrate 45%-65% of daily energy intake

Protein 10%-35% of daily energy intake

Fat 20%-35% of daily energy intake.

When we look to simplify advice, Wild Training has always recommended a split of 50% carbs, 25% protein and 25% fat. That's the "Balance" part of our Wild 5 Nutrition tips. Simple to remember and it looks good on a plate. Point is it doesn't have to be exact, especially for lifestyle and health. Going outside of the ranges above is unhealthy and will lead to long term health problems.

We can also make more specific carbohydrate and protein recommendations based on a g/kg body weight formula. These ranges are 5g to 12g of carbohydrate per kg of body weight per day and 1.2 to 1.8 g per kg of body weight for protein depending on the level of physical activity.

The IOM report also gave recommendations for the two essential fatty acids: linoleic acid (men, 14-17g per day; women, 11-12g per day) and linolenic acid (men, 1.6g per day; women, 1.1g per day).

Baseline adequate intakes for fluid (water + other beverages) were set at 3.0 L and 2.2 L for sedentary men and women, respectively.

Sedentary means non-active, so if you're active and taking part in exercise, or the temperature is extreme, then your fluid intake needs to be higher.

That covers the macros and the fluid. Macros might be where we get our calories, but not all calories are equal because not all foods are as nutrient dense as others.

The other side of nutrition that you must prioritise is micronutrients or essential nutrients. Vitamins and minerals. Sometimes called 'essential' because for the most part our bodies can't make them. These are the tools that our body uses to get all the jobs done. Like a builder with a lack of good tools, our bodies will struggle to make anything good happen.

Where do micronutrients come from?

Colour. Fruit, veg, herbs and spices, meat and fish, seeds and nuts, oils. Nature packs a punch thanks to things like sunlight, soil and plants.

When we talk about the Wild 5 nutrition tips we give "Variety" and "Colour" as two of our key things to prioritise to improve your health and fitness. Adding more variety of food and more colourful foods to your diet will not only give you more vitamins and minerals, but also a wider range of vitamins and minerals which is a good thing.

"GETTING YOUR LIVER WORKING WELL IS A MASSIVE PRIORITY IF YOU WANT TO FEEL AND LOOK YOUR BEST"

This is where supplements can be hugely beneficial as eating a large variety of colourful foods isn't something we are great at in the UK. For example our liver is powered by dark green leafy veg, so if you don't eat a lot of dark green leafy veg, your liver is probably under performing.

There is a big range in the quality of supplements and our body can struggle to absorb synthetic supplements so it's worth looking for more natural sources of supplements like the Wild Training team use and recommend.

"WE MAKE SURE THAT THE WILD TRAINING TEAM ARE FULLY EDUCATED WHEN RECOMMENDING SUPPLEMENTS"

It's also worth remembering you can over do vitamins and minerals. Vitamins A, D, E and K and all minerals are not water soluble, so your body can't easily excrete them if you have too much in your body.

Getting your liver working well is part of the Wild 4 key systems, so this is a massive priority if you want to feel and look your best. This is why for nearly 10 years Wild Training have recommended supplementing a form of super greens. Things like Chlorella, Spirulina or even better a good quality blend of green nutrients.

Iron, Vitamin D, Calcium and Magnesium are 4 of the most common micronutrients to be deficient in the UK. High protein diets can reduce your body's calcium stores and have been linked to an increased risk of osteoporosis so that is a good reminder to look at the intake guidelines for macronutrients above.

A ZMA supplement and a dark green blend would cover most of these common deficiencies. We make sure that the Wild Training team are fully educated when recommending supplements as supplements are not all equal, so we do a huge amount of research to make sure our clients buy the best quality and best value products.

Our bodies get enough exposure to the sun in just 15 minutes whilst wearing shorts and a T-shirt to cover our vitamin D requirements, so in the summer hopefully that is easy. April to September the sun should have you covered. So October to March you should consider a Vitamin D supplement. Without it our bodies can't regulate the amount of calcium and phosphate we have properly. Both are needed for proper muscle function, as well as a huge range of other bodily functions.

We've talked about fluid intake but the other side of great hydration is getting the right electrolytes in your body. This is even more important in the summer, and if you generally sweat a lot.

Electrolytes are minerals found in your blood. They help to manage your blood pressure, muscle contractions and keep your body functioning properly. The big ones are Sodium, Magnesium and Potassium. Intense exercise, sweating, diarrhoea, vomiting can lead to you losing a large amount of these minerals. This will make you feel horrible and can also increase the rate of muscle cramps.

In the summer it's well worth trying a good quality electrolyte supplement. It's a nice way to drink more water and makes it taste more interesting too, depending on which supplement you use.

"IN TERMS OF PERFORMANCE DROPPING 2% HYDRATION CAN REDUCE POWER BY 20%"

If you want to get the most out of your training, then the right hydration should be near the top of your list. Talking about getting the most out of your training, keeping energy levels high and being better at resisting anaerobic fatigue, we have to talk about Creatine and Beta Alanine.

Creatine is similar to amino acids, which is what protein is broken down for our body to use. We get it from red meat and our body can make it itself. It's one of the most researched supplements in the world in terms of human performance because of it's proven ability to improve your capacity for strength, power, speed and resisting fatigue. Whatever exercise you do you will benefit from supplementing creatine. The key is getting the amount right and the 'research' seems to vary massively.

Luckily Wild Training have access to some super people with proper medical research, so based on that we recommend 0.029g of creatine per kg of body weight per day. No loading phase or any odd routines. Just a little bit every day. You won't notice a difference for the first 30 days as that is how long it takes to optimise your muscle stores.

Beta Alanine is a pre-cursor for muscle carnosine, which is something that affects our ability to resist anaerobic fatigue. Research showed there wasn't a difference in effectiveness between supplementing 1.6g and 3.2g of beta alanine per day but that was a safe and effective range. Neither beta alanine or creatine need to be taken as part of a pre or post workout routine. It's more about having a small amount each day to keep your muscles stores optimised. More energy, better recovery, faster results. A supplement that combines these two ingredients in the right amount will make anyone feel fitter in their training, and more energetic in life.

Omega 9 fatty acids are not essential fats like omega 3, so general advice is we don't need to supplement them. They can be largely consumed from a good diet that includes a variety of fat sources like avocado, nut oils and nuts like cashews.

POWER OF PEANUT BUTTER

Having said that I saw a huge impact in my fitness and body when I started adding a large teaspoon of peanut butter into my morning smoothie everyday. For one it kept me feeling full for longer, and helped me avoid sugar crashes where I wanted to eat more sweet things as snacks, so for managing blood sugar it's a good addition. The other thing I noticed was my training volume was able to go up, meaning I was able to do more training sessions without feeling like I was over training. I had more energy and I recovered better from my training.

For guys towards their late 20's I think it's a really important thing to consider as Omega 9's play a big role in your body's ability to use testosterone, which can decline at that age.

Having a good level of fat in your diet can also help to increase HDL (good cholesterol) and lower LDL (bad cholesterol) so for general health it's almost a no brainer.

Cordyceps have been used as a traditional Chinese Medicine for centuries to treat fatigue, sickness, kidney disease and low sex drive. Using 3 grams per day participants saw an increase in VO2 max by 7% over 6 weeks, vs placebo tested participants who showed no change. The results were better in older or untrained people compared to trained athletes. Cordyceps are also a powerful anti-inflammatory and anti-oxidant. These properties can reduce cell damage which is good news for anti-ageing and boosting recovery.

Pre-workout supplements have seen a rise in popularity. These are drinks that boost focus, energy and potential gains from exercise. Some can contain very high levels of caffeine so drinking high stimulant pre-workouts later in the evening should be avoided to ensure you maintain the quality of your sleep. Pre workouts are useful for harder workouts where you need more energy. Training with low energy is demotivating and will deliver rubbish results so make sure you fuel yourself properly, especially for tough exercise sessions.

Ingredients to look for include Alpha GPC, which is linked to increased power and an increase in growth hormone. Remember growth hormone isn't about getting big, it's about recovery and has a big impact on your ability to burn fat.

Choline is an essential nutrient, although not technically a vitamin, it is normally grouped as a B vitamin. Our bodies produce it but we need to get choline from our diet to avoid being deficient. Choline supports liver function, healthy brain development, muscle movement, your nervous system and metabolism.



There is good evidence that supplementing with **Tyrosine** replenishes important neurotransmitters and improves mental function, compared to a placebo. This helps nerve cells communicate and may even regulate mood. Tyrosine helps the body make dopamine which is important for motor skills and memory, as well as helping to produce the hormone that helps the Thyroid function.

Adrenaline and **Noradrenaline** which regulate your **fight and flight** response to stressful situations.

One of the Thyroid main roles relates to your metabolism and melanin which is a pigment that gives your skin, hair and eyes their colour.

Black pepper extract is another active ingredient now being made popular in a lot of pre-workouts. It has been linked to increased energy and metabolism through its thermogenesis and improved absorption rate effects.

Taurine has been studied for a long time and is accepted as a very safe supplement to improve health and performance in sport. Taurine supports the removal of waste products that lead to fatigue. It also helps protect muscles from cell damage and oxidative stress, so it's important for maximising recovery. Other studies have shown athletes that supplement taurine have increased fat burning by 16%. Taurine and Beta Alanine have been linked in terms of supporting each other's functions, so supplementing both would make sense to maintain balance.

One of the most talked about supplements is protein. The biggest benefit to supplementing protein is that during the day when you're busy, you can keep your body fuelled and avoid lean muscle loss. If we are exercising then we want to try to keep our body positive so a good intake of nutrients at regular intervals can help this. The other massive benefit of drinking a protein supplement in the day is it will help you manage your blood sugar and avoid sugar craving or dips in energy.

You can use a lean protein supplement which won't have much in terms of calories from carbs or fats. This would be ideal if you are trying to reduce calorie intake and lose weight in a healthy way.

The other option would be a protein supplement that includes carbs and fats. There are different options. Meal replacement supplements for people needing good quality nutrients when a proper meal is not an option. The other choice would be a mass gainer, specifically designed to help people gain muscle mass. These will have more calories in them to help with fuelling both your training and your recovery. The best way to make a routine plan, is to talk to people that have researched and tried the products.

The Wild Training team are all active with their training and work long, busy days, so staying fuelled is a big part of being a good trainer. We wouldn't use products that didn't add value to our lives, so our members know they are getting some good recommendations.

"THE IMPACT ON METABOLISM ALSO LINKS BLACK PEPPER EXTRACT AS SUITABLE FOR SUPPORTING WEIGHT MANAGEMENT."

My supplement routine is below. The rest of my day is all good food and lots of fluid.

Wake up:

700ml water with **Caveman Affinity Power Up** and **Power up plus** (This covers Creatine, Beta Alanine, and Cordyceps)

500ml smoothie (protein powder, peanut butter, oats, fruit topped with almond milk)

Mid-morning:

700ml water with Caveman Affinity Hydration formula (covers my electrolytes).

Before hard training sessions Caveman Affinity Primal Core pre-workout (bit of caffeine and nutrients that aid focus and energy).

Evening:

Raw Sport Green Energy (covers my super greens)

Caveman Affinity CAMS (Covers my Zinc, Magnesium and Vitamin B6 and other nutrients to help maximise your sleep)



“ BE CONSISTENTLY GOOD, NOT SPORADICALLY PERFECT ”