

# The Good Life

official newsletter publication of TLC Fitness Consulting

April 2004

This issue was created, produced, and sent to you by  
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Chronic stress wreaks havoc on your hormone and chemical levels, ultimately leading to poor eating habits and a depressed immune system. Weight gain is not uncommon when stress rules your life, day after day. How does this happen? A number of factors actually converge to create “the perfect storm” for infections, weight gain, and depression. When you’re stressed out for a prolonged period of time, sleep is usually compromised. A hasty schedule leads you to make poor food choices. Sleep deprivation and lack of nutrients raise the level of the stress hormone, *cortisol*. So while you’re eating calorie-packed, high-sugar-and-fat comfort foods to deal with your stress, there is a simultaneous increase in circulating cortisol, which prompts *insulin* levels to rise. Elevated insulin levels increase appetite and body fat storage, particularly around your midsection, where its health implications are greatest, spiking your risk of cardiovascular disease and diabetes. Cortisol also affects a dip in the feel-good brain chemical *serotonin*, resulting in depression, anxiety, and more cravings for simple sugar and fat.

Yikes! That’s a vicious cycle if ever we saw one. Some people are addicted to living this kind of rat race because they subconsciously believe that they must be accomplishing a lot, since they’re so worn out from trying to keep up with their stressors.

It doesn’t have to be this way— life on this planet is so short... and we choose our daily activities and schedule. Nothing is stopping us from dictating the level of stress we will tolerate in our lives. So if your job or your family or your neighbor is stressing you out, do what you need to do to change your circumstances and surroundings. Remember, stress itself doesn’t happen *to us*. Rather, stress is *our personal reaction* to irritating stimuli. Choosing to continue reacting as usual to a stressful environment is ridiculous (and harmful). Try this: rise above your unique predicament and look at it from a bird’s eye view. See your stressors as someone else’s. What advice would you give that person to change their situation? There— you just solved your own problem! Objectively observing your own predicament as though it were a stranger’s gives you a fresh perspective and the ability to break the viscous stress cycle of anxiety, illness, weight gain, and depression. You’re a free person!

In Pursuit of Excellence,

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# TLC News

The “**Kick In The Pants**” **Lifestyle Change Contest** is wrapping up in the next two weeks. The valiant contestants are eagerly awaiting the announcement of the grand prize winner, who will receive **\$1,000.00 cash and \$270.00 of fitness equipment!** Watch the May edition of The Good Life newsletter for the big announcement of the Kick In The Pants winner...

**Menopause Remedies Teleclass, May 14**— TLC will host this unique interactive teleclass on **proven natural menopause remedies** for those who want to learn how to ease the transition into menopause without symptoms. Tiffany will co-host this very special teleclass with her colleague, Dr. Marc Margiotta, naprapath. Dr. Margiotta earned a postgraduate certification in Functional Medicine through Biohealth Diagnostic Laboratories in San Diego, CA, specializing in women’s hormone issues. His knowledge of menopause and its related symptoms is extensive; he has assisted many menopausal women with natural supplements. **Read the special Teleclass section below for details.**

To hear more details about **Fitness By Phone®** and to receive a FREE special report, “The Carbo Controversy”, call Tiffany today. **(773) 252-6511**

Although The Good Life is still being sent out from an AOL email address, please **use Tiffany’s personal email address [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net)** for any correspondence.

## Retail Pro Shop

TLC Fitness Consulting has a variety of health and fitness products available. I only promote products that I myself use, enjoy, and believe in. You can **purchase them with your credit card** at **[TLC Fitness Consulting](#)**. **Your credit card information is handled securely by Paypal.**

**[Caltrac Accelerometer](#)** — this high-tech piece of equipment accurately counts the calories you burn, as well as your basal metabolic rate (BMR). This product is used in my Fitness By Phone® coaching program and has revolutionized the personal training world. It is worn unobtrusively on your waistband, is easy to use, and provides you with immediate, objective feedback on the effectiveness of your workout. No more guessing games, wondering whether you’re maximizing your efforts or just spinning your wheels to no avail. **\$90.00 + taxes, shipping & handling**

**[S120 Polar heart rate monitor](#)** — top of the line HR monitor measures and records your heart rate, giving you immediate, objective feedback on your exercise efforts. The S120 tells you how many minutes you exercised, what your average and max heart rates were during your workout, as well as how many minutes you spent in each of three heart rate zones. You can store your heart rate information away as a file for later retrieval. This product is used in my Fitness By Phone® coaching program. It’s the best of the best. **\$120.00 + taxes, shipping & handling**

**[Training Fan](#)** — perfect for those who travel a lot or exercise in various environments. The size of a ruler and easy to toss in your luggage or gym bag, the Training Fan has 60 panels that are hinged at one end and spread out like a fan. The panels thoroughly illustrate exercises for three exercise scenarios: no equipment, minimal equipment, and big gym machines. Muscle groups are categorized and color-coded. No matter what your circumstances, you are guaranteed a complete, effective workout. Photos of models demonstrating the exercises and detailed text provide safe instructions. **\$25.00**

[“Nothing But Legs” Exercise Video](#) — If you have a gym membership, but aren’t using the weight room equipment, this video is perfect for you. Tiffany Crate, Exercise Physiologist, produced and starred in this unique instructional video. A complete lower body workout, NBL teaches you seven different exercises you can do on gym equipment. You’ll work all major muscle groups in your lower body, including quadriceps, hamstrings, buttocks, inner/outer thighs, low back, and calves. Guidelines are given for wisely structuring your leg workout. **\$25.00**

[Stretch-out Strap](#) — Aaahh... just what you need to lengthen those short, tight, stiff muscles. The Strap comes with an instructional chart depicting many stretches you can do with it. The unique aspect of The Strap is that it has hand grip loops all the way down the length of it so you can get comfortable leverage for the most effective stretching. It travels well because it’s practically weightless. Tiffany keeps hers near the bed to stretch her hamstrings and gluteals last thing before going to sleep, or first thing before getting up for the day. **\$23.00**

[Exercise Companion CD](#) — whether you’re brand new to exercise or a veteran, this highly motivating companion CD will change your cardio workout in ways you can’t imagine! The narrator talks you through an entire cardio workout, with vigorous background music, supplying you with energetic, motivational phrases. The amazing hook is that the messages on the CD not only push you to work harder than you otherwise would, but they instantaneously change your whole mental outlook about life! Even Tiffany uses the CD because it elevates her workout and her attitude. **\$30.00**

## Green Card Award

The “Green Card” is a very special award. The recipient of a Green Card has earned this distinction by exhibiting a commitment to exercise and good nutrition as a way of life, come rain or shine, happy times or stressful times, striving to meet the health and fitness goals that have been set, and modifying those goals when necessary. A Green Card recipient has a positive attitude, revels in the accomplishment of goals that were set, yet takes in stride the times when s/he has fallen short of meeting those goals because s/he knows that life throws curve balls sometimes and just because you go through a rough stretch doesn’t mean you can’t pick up tomorrow where you left off. These characteristics make such a person a joy to know and coach! Most importantly, the recipient of the coveted Green Card Award pursues excellence, lives life to the fullest, is grateful, and is genuinely interested in others’ happiness.

I am proud and honored to present the April 2004 Green Card to...

Jody Spiegel!

Congratulations, Jody! It is my privilege to know and work with you! Keep up your excellent habits. They will continue to serve you well.

## Delicious Quote

“All the suffering and drama in your life is the result of what you have learned. Every human in your life projects a completely different image onto you, and none of these images is accurate. The image that you have of yourself is alive, and it lives in your mind. That image is not you, but it will use everything it perceives to justify its own existence. After years of trying to please other people’s images of what you should be, you finally give up and accept other people’s images of what you are. But there is something inside you that longs to be free...”

— Don Miguel Ruiz, *The Four Agreements Companion Book*

# Special Teleclass: Proven Natural Menopause Remedies

Do you suffer from menopause symptoms? Would you like a solution that is free of side-effects? If so, mark your calendar now for May 14 at 12:00 pm Central Time. Get relief NOW! Tiffany will host this very special teleclass with guest speaker, Dr. Marc Margiotta.

Teleclasses are the cutting edge of education and TLC Fitness Consulting leads the way with strong, enlightening, and energetic topics. The advantage of a teleclass is that **no matter where in the world you are, you can phone in to learn** about a subject that interests you and come away from the class with information and tools you can use immediately! A teleclass is an **interactive class conducted over the telephone**. You simply call the "bridgeline" phone number at the designated time, enter the secret PIN code you'll be given, and voila... class is in session! If you have background noise where you are, you can mute yourself out. When you want to ask a question or make a comment, you can un-mute yourself to be heard.

## Who makes a good participant?

Women who are peri-menopausal and would like to learn how they can ease menopause symptoms naturally through proven, effective supplementation. Dr. Margiotta will provide participants with solid, science-based information about natural substances that he successfully prescribes for his menopausal patients. If you are curious to learn about a safe, effective alternative to hormone replacement therapy (HRT), you will benefit from this teleclass. Younger women are also encouraged to attend since Dr. Margiotta's expertise on this subject is hard to come by and you can save what you learn for later use.

## When is it?

Friday, May 14, 12:00 - 1:00 pm, CT.

## What is the cost?

The cost for the Proven Natural Menopause Remedies teleclass is \$30.00 per person. You must pre-register at your earliest convenience! To do so, please call (773) 252-6511 and leave a message with your name, telephone number and email address so that we can contact you right away with further registration instructions.

Thank you and we hope to hear you in class on May 14!

## Q & A Time – Your Questions Answered

Q: "Tiffany, I pulled my calf muscle while running sprints. What should I do to make it heal as fast as possible?"

– Julie, in Chicago, IL

A: Julie, an acute injury (one that rapidly reaches a sharp culmination) like your strained calf muscle requires that you RICE it— Rest, Ice, Compress, Elevate. Rest it by refraining from any high-demand use of the calf for a couple of days. That means no running, no elliptical trainers, no speed walking, no stairclimber, or any other vigorous, repetitive activity that involves impact of your foot on a surface. Just go about your job during the day, being careful to walk gently on it. You can still do upper body weightlifting and core work as long as you don't walk back and forth across the gym a lot; try to stay in one place. The objective here is to allow the microscopic fibers of your muscle to regenerate, but that will be compromised if you continue to place high demands on the fibers.

Ice it for about 10 minutes, 3 times per day, for the first day or two. The most

convenient way to do this is to buy a reusable gel ice pack that stays in your freezer in between uses. Icing it reduces inflammation, numbing the pain. It is essential that you do this— make it a top priority. People often forego this crucial step, brushing it aside as one more “task” in their day that they figure they can do without. But the fact is, once you feel the relief of the ice, you will look forward to the next icing session.

Compress the injured area by wrapping an ACE bandage (a stretchy, firm, athletic band you can buy at the drug store) around it so that it feels snug, but not so tight that your foot gets cold and numb. The ACE bandage should serve as a gentle compressor, not a tourniquet! Compressing the injured muscle will prevent excessive congestion from forming in the tissues as your body accumulates fluids in that area.

Elevate the lower leg for the first day or two for similar reasons as stated above. Elevating it will prevent excessive fluids from settling in the calf, which makes it uncomfortable. When you are sitting at your desk or on your couch, put your leg up on another chair, ottoman, or the same couch so that your lower leg is at least the same height as your pelvis. The idea here is that you don't want it to be below all your other body parts.

Very gently massage your calf a couple times per day. No rough, deep pressure! Just lightly run your hand over the muscle, stroking up the calf, toward the heart, to assist in keeping the area decongested. Drink plenty of water (70 - 90 oz./day). There are *arnica* gels and lotions at health stores that can be used daily on the injured area to decrease pain and promote healing. The periodic walking around that you probably do throughout your day will actually prevent the tissues from stiffening up. But be sure to allow yourself extra time to get around. You'll need to take short strides at a slow pace so as not to further aggravate the injury.

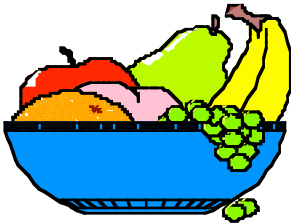
Do you have a question for Tiffany? Email her at [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net).

## Fun with Research

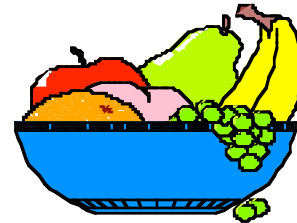
High cholesterol could put you at risk for osteoporosis. Researchers at the University of Milan noted that postmenopausal women with LDL (bad) cholesterol levels above 160 were twice as likely to have weakened bones as were women with lower LDL. It is suggested by researchers at the University of California, Los Angeles that cholesterol collects near new bone cells and prevents them from growing. Cholesterol-lowering drugs seem to improve bone density.

— *Health magazine, April 2004*

*Commentary: This research outcome is an example of what is called a “correlation,” not a “cause-and-effect.” There is simply a correlation between the subjects’ LDL cholesterol and their bone status. It could be that having high LDL cholesterol causes bones to weaken; but it could also be possible that women who do not take measures to keep their cholesterol in check also do not strengthen their bones by eating enough calcium, phosphorous, vitamin D, and magnesium nor engage in weight bearing exercise. It takes many, many studies with the same outcome, done by a variety of institutions, over the course of years, to propose an actual cause-and-effect relationship. Meanwhile, big thanks to all the researchers around the world who devote their work to learning about the human body.*



## Nutrition Bites



Researchers recently found that consuming citrus fruits every day may reduce the risk of mouth, larynx, and stomach cancers by up to 50%. The antioxidant properties of citrus may have a protective effect by strengthening the immune system, inhibiting tumor growth, and normalizing tumor cells. They also found that just one extra serving of citrus fruits per day (in addition to the ADA's minimum recommendation of 5 servings of produce per day) could also lower the risk of stroke by 19%.

— Commonwealth Scientific and Industrial Research Organization, Australia  
as reported in *Ace Fitness Matters*, March/April 2004

*Commentary: The ADA's minimum recommendation of 5 servings of produce per day is actually only half of what we really require for ideal health. Shoot for eating 8 - 10 different types of fruits and vegetables per day.*

## Recipe Box

### Sprouted Quesadilla

- 2 Ezekial 4:9 sprouted grain tortillas (in the frozen bread section at Whole Foods Market)
- 1/2 cup Soy Moon cheese shreds, Mexican flavor (at Whole Foods, or other cheese of choice)
- 1/4 avocado, mashed
- sea salt, to taste
- ground red pepper, to taste
- 1 small carrot, finely grated
- 3 cherry tomatoes, chopped
- 1/4 cup canned white or black beans

Heat up a nonstick frying pan over medium heat. Place one of the tortillas in the pan. Layer the remaining ingredients, in order, topping them off with the other tortilla. Flip over the whole quesadilla to warm up the other side.

The fact that the Ezekial 4:9 tortilla is made of sprouted grains makes it a much healthier version of a white flour tortilla, not to mention it's a heck of a lot tastier! Sprouted grains are enormously higher in nutrients than mature grains that are typically used in bread products. This quesadilla is so satisfying, you'll feel great for hours. If you can't get the sprouted grain tortillas, the next best options are a whole wheat flour tortilla or a corn tortilla.

## Help Spread The Good Life to Others

Do you like The Good Life? Is there someone who you think would enjoy The Good Life, too? I invite you to share their email address with me and I'll send them a FREE subscription to The Good Life, compliments of YOU! I will never abuse their email address, sell it, or share it with anyone else.

## **Your Comments**

Do you have a comment, a question, or perhaps a suggestion? I welcome your comments, so please email them to me at [tiffany@tlcfitness.net](mailto:tiffany@tlcfitness.net).

## **Unsubscribe Information**

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