

**Producing
Peak
Performance
Joe Dillon
Summary**

Toll Free: 1-888-883-6374
Fax: 310-257-9157

The 6 Keys to:

- Producing peak performance
- Optimal health
- Maximum effectiveness

The 6 keys in order of priority:

- 1.Oxygen
- 2.Water
- 3.Clean fuel
- 4.Exercise
- 5.Recovery
- 6.Supplementation

The Equation: Your Program

75% Nutrition (in order of importance)

1. Lean, complete protein
2. Good fats and oils
3. Good carbohydrates

20% Exercise

1. Aerobic
2. Full body
3. Heavy Hands Walking

5% Supplementation

Multi + ACE

Water- More is better

Why you need to drink at least 8-10 glasses of water every day:

- Your Body is over 60% water
- Water is your number one detoxifier
- The number one cause of memory is dehydration
- By the time you experience thirst, you are already 2% dehydrated
- If you are as little as 2% dehydrated, your energy is already reduced 20 to 30%

Your best indicator of hydration is the color of your urine. If you are fully hydrated, your urine is as clear as water. The more yellow your urine, the more toxic you are.

Bad Fats – Avoid these

Bad fats = all saturated fats, all trans fats, all toxic fats, all hydrogenated fats

Sources of bad fats:

- All fats from land animals are bad fats
Examples: butter, lard, cheese, red meat
- All processed fats and oils
Examples: cooking oils, margarine, hydrogenated fat
- All fats exposed to high temperature
Examples: French fries, onion rings, pork rinds

Why you should avoid Bad fats/ toxic fats:

- Bad fats make you fat
- Bad fats make you tired
- Bad fats shut off fat burning
- Bad fats cause heart disease, strokes, and cancer

Examples of bad fats/toxic fats- Avoid these

Anything Fried

Butter

Lard

Margarine-of any kind

Mayonnaise

Salad dressings: Ranch, Blue Cheese, ect

All Cream sauces: Alfredo, Béarnaise, Hollandaise

Bacon, sausage, and all “breakfast” meats

Hot Dogs of any kind

Lunch meats and all processed meats

All red meats

Whole eggs

Cheese- all regular cheese is 60-90% fat

All regular dairy products: milk, sour cream, ect

Low fat dairy products: (2% milk = 37% fat)

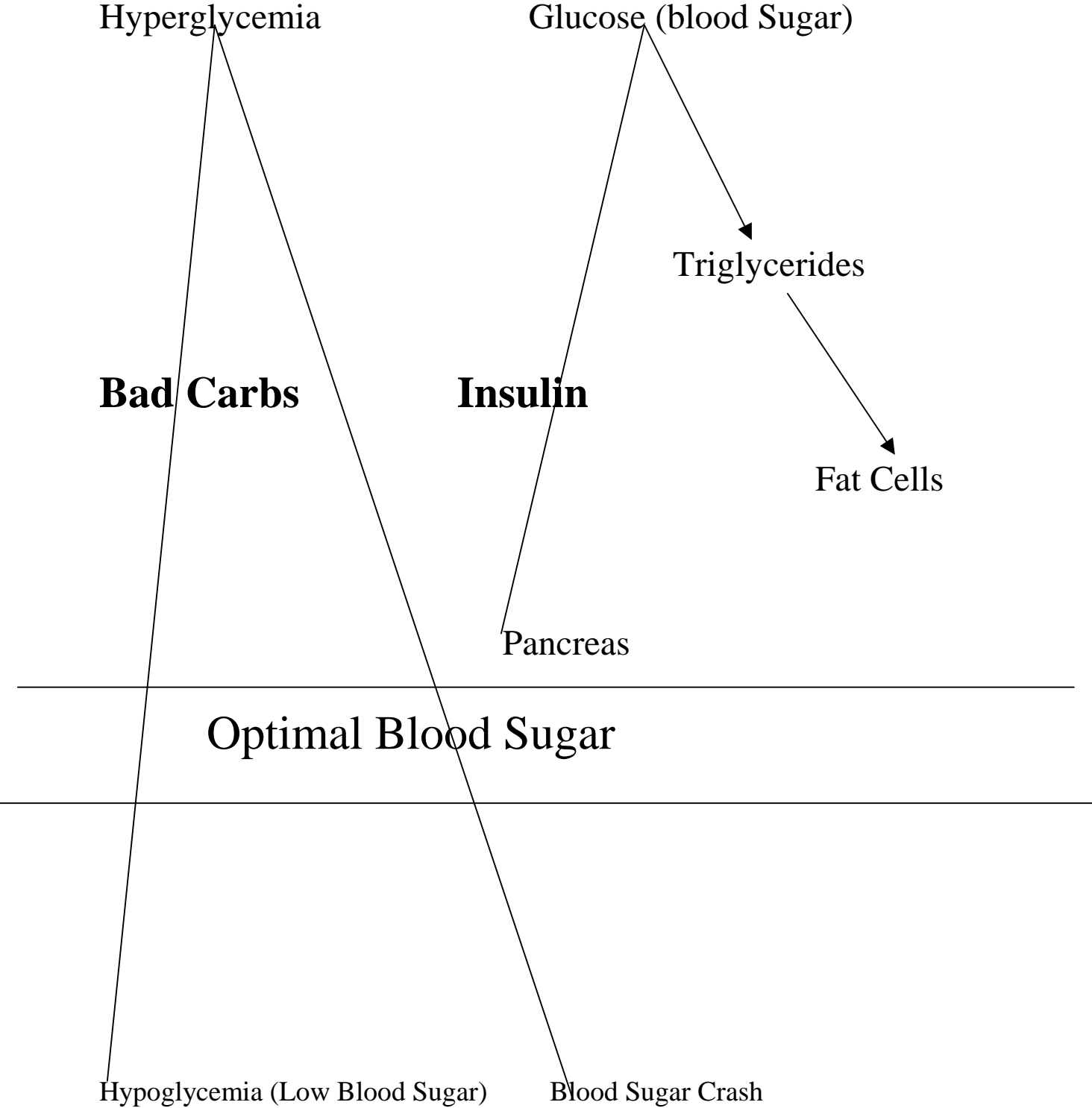
All processed oils

All roasted nuts and roasted seeds

All peanut Butter

Gravy

The Blood Sugar Model



Bad Carbohydrates – Avoid These

Bad Carbohydrates = processed Carbohydrates

Why should you avoid bad (processed) Carbohydrates

- Bad carbs break down to quickly
- Bad carbs raise your blood sugar to fast
- Bad carbs trigger the release of an excessive amount of insulin
- Insulin (a powerful fat storing hormone) converts the excess glucose (blood sugar) into triglycerides (blood fat) and stores this fat in your fat cells
- This causes a drastic drop in your blood sugar leaving you with even lower blood sugar than when you put the bad carbs into your body in the first place (a net loss) leading to cravings, binges, and compulsive over eating
- This spike and crash leaves you fat, tired, and hungry
- The cause is choosing the wrong answer (bad carbs) to solve your hunger problem

Examples of Bad Carbs - Avoid these

Alcohol of any kind: beer, wine, scotch, ect

Sugar of any kind: brown, raw, turbinado, ect

Sweeteners of any kind: honey, equal, maple syrup

All white flour products: crackers, bread, tortillas, ect

Breakfast cereals: Grape Nuts, Shredded Wheat, ect

Cake of any kind - - including fat free

Candy of any kind - -including sugar free and gum

Cookies of any kind - - including fat free

Pie of any kind - - including fat free

Dried fruit of any kind

Fruit juice of any kind - - including fresh squeezed

Granolas and mueslis

Jams and jellies of any kind - - even unsweetened

All muffins and donuts

White flour pasta

Popcorn of any kind - - including air popped

Any potato that is white inside

White rice and rice cakes

Sodas of any kind - - including diet sodas

Lean Complete Protein – Emphasize these

Why you need lean complete protein every meal:

- Protein is your most important macro-nutrient
- Lean protein provides your body with the eight essential amino acids – literally the building blocks of your body
- Lean protein triggers the release of glucagons-a powerful mobilization hormone-which minimizes the release of insulin, and facilitates fat burning
- Lean complete protein slows gastric emptying meaning, it slows the rate at which glucose enters your blood stream-making the carbohydrates you eat time-release-which keeps your blood sugar rock solid
- Lean complete protein keeps your immune system strong

Examples of Lean Complete Protein – 1/meal

You need ½ gram to 1 gram of protein per pound of body weight per day

1 chicken breast, white meat only, no skin = 25 grams

3 ½ oz Turkey, white meat or dark meat = 25 grams

1 cup Non-fat or low-fat cottage cheese = 30 grams

3 ½ oz Lean white fish = 25 grams of protein

3 ½ oz Sea food = 25 grams of protein

1 slice of non-fat cheese = 5 grams of protein

1 cup of skim milk = 9 grams of protein

1 cup of Non-fat plain yogurt = 12 grams of protein

Non-fat sour cream

Non-fat cream cheese

13 ½ oz can of Water packed tuna = 24 grams of protein

3 ½ oz of Salmon = 25 grams of protein

1 Egg white = 3 grams of protein

1 8 oz carton of Egg Beaters = 24 grams

1 scoop of Whey protein powder = 16 grams of protein

Good Fats and Oils – Emphasize these

Why you need good fats every day:

- Good fats provide your body the 2 essential fats to have
- Good fats speed up your metabolism
- Good fats facilitate fat burning
- Good fats are essential for a strong immune system
- Good fats are essential for maximum brain function
- Good fats slow gastric emptying and make your carbohydrates time release. Therefore good fats are a key to stable blood sugar

Examples of Good Fats – 1 per meal

Criteria: good fats are raw and come from plants

Good fat goal: you need at least 2 tablespoons of raw flax seed oil every day, or it's equivalent. ¼ cup of raw flax seeds equals one tablespoon of oil

The very best sources:

- Raw flax seed oil
- Raw hemp seed oil
- Raw flax seeds

Other excellent sources:

- Raw nuts of any kind
- Raw seeds of any kind
- Extra virgin olive oil
- Avocado

Good Carbohydrates-Emphasize these

Why you need good carbohydrates:

- Good carbs are your best source of fiber. Fiber, along with lean complete protein and good fat, slows the release of glucose into your blood stream. Fiber is one of the keys to stable blood sugar.
- Fiber is critical for elimination.
- Good carbs are your body's best source of glucose- the only fuel your brain can burn.
- Good carbs are necessary to burn body fat.
- Good carbs are your best source of phyto-chemicals those wonderful, health-promoting substances found only in plants.

Examples of Good Carbohydrates-1 per meal

Criteria: food as grown

All whole fresh fruit

Apples, pears, peaches, oranges, melons, ect

All fresh frozen fruit – unsweetened

Strawberries, blue berries, raspberries, ect

All raw vegetables

Spinach, cucumbers, tomatoes, carrots, ect

All steamed vegetables

Squash, broccoli, green beans, corn, ect

Grilled vegetables

Onions, bell peppers, ect

Yams and sweet potatoes

All whole grains

Old fashion rolled oates, brown rice wheat, ect

All whole grain products

Multi-grain bread, whole wheat pasta

All legumes: beans, peas, lentils

Green peas, non-fat refried beans, split pea soup

Joe Dillon's Energy First Protein Shake

Directions for your shake:

1. Set up Blender

Liquid

2. Pour in 16 ounces of cold liquid: water, non-fat milk or 1% milk

Lean, Complete Protein

3. Add 2-3 scoops of Energy First whey protein powder

Good Fat

4. Add ¼ cup of Omega Seed Blend
(grind raw seed blend in a coffee grinder before adding to blender)

Good Carbohydrate

5. Add 1 piece of whole fresh fruit, or 1 cup of frozen, unsweetened fruit

Greenergy – for more energy and power

6. Add 1 tablespoon of Greenergy

Blend

7. Put the lid on tight and blend for about 30-45 seconds

A Clean Day

Criteria for each meal: (in order of importance)

1. Lean, complete protein
2. Good fat
3. Good carbohydrate

Breakfast

Assembled meal (requires no cooking)

Joe Dillon's Energy First Shake

- 16 ounces of cold liquid
- 2-3 scoops Energy First whey protein powder
- 1 tablespoon raw flax seed oil
- 1 piece whole fresh fruit

Prepared Meal:

Egg White Omelet

- 1 cup of egg white, or 1 8oz carton of Egg Beaters
- 1/8 avocado
- 1/4 cup non-fat cheese
- 1 piece of whole fruit

A Clean Day – continued

Lunch and/or Dinner

Assembled Meal:

- 1 cup non-fat cottage cheese
- 10-12 raw almonds
- 1 piece whole fresh fruit – like an apple

Prepared Meal:

- 4-6 ounces of grilled salmon
- 1-2 tablespoons of raw flax seed oil
- Balsamic vinegar
- Raw vegetable salad
- 1 cup of steamed or grilled vegetables

Snack

- 1 3 ½ oz can of water packed tuna
- 10-12 raw almonds
- 1 piece of whole fresh fruit – like an apple or orange

Exercise

Why you need to exercise:

- “90% of aging is disuse.” – Walter Bortz, M.D.
- Exercise is the only way to achieve maximum energy.
- Exercise is the only way to achieve maximum leanness.
- Exercise speeds up metabolism.
- Exercise is the only way to tone your muscles.
- Exercise is the only way to increase your endurance.
- Exercise is the only way to increase your strength.
- Exercise is the only way to increase your HDL cholesterol.

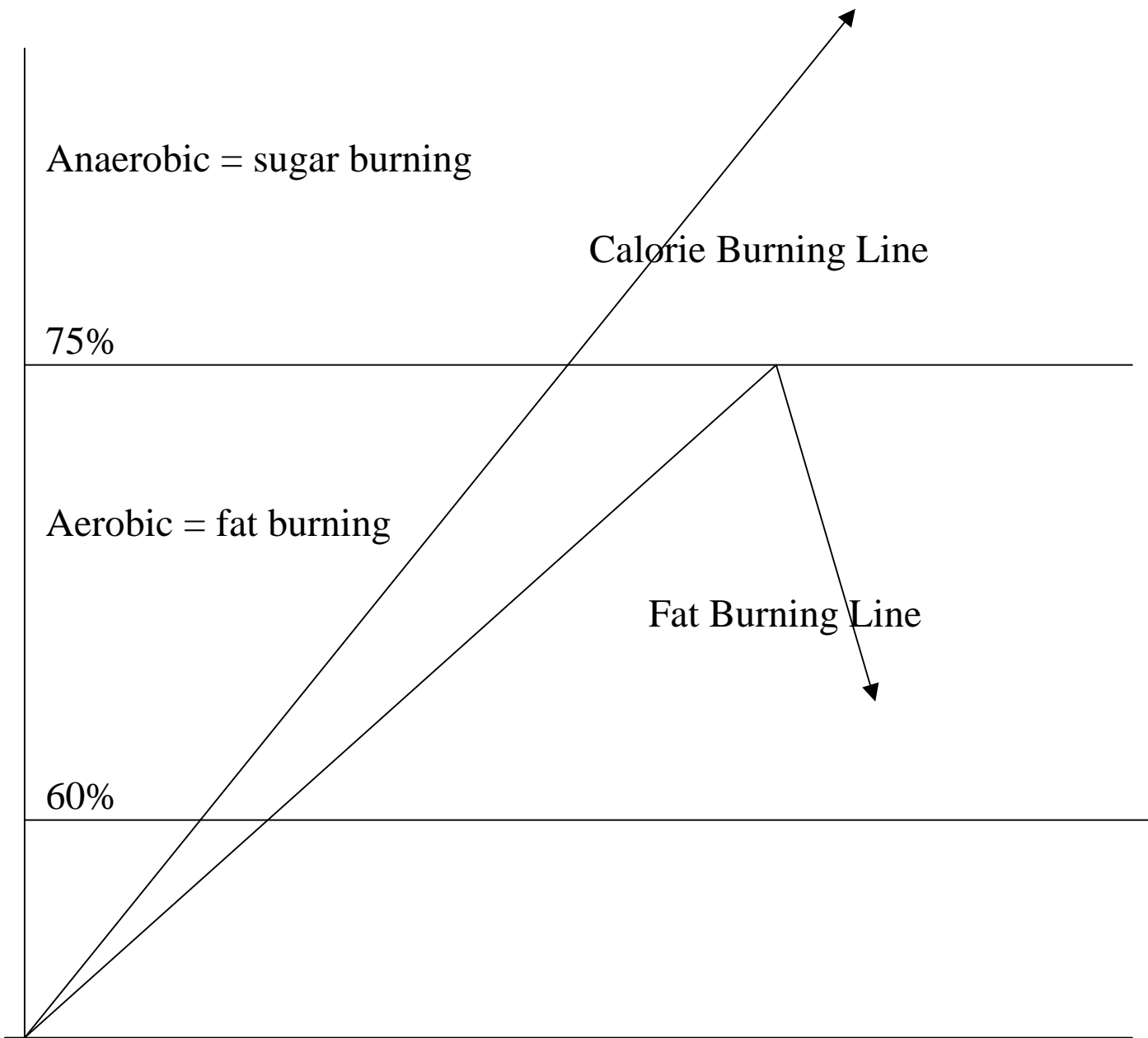
Heavy Hands Walking

Why Heavy Hands Walking is the single most effective and the single most efficient exercise you can do:

- Heavy Hands Walking is a full body aerobic exercise.
- Heavy Hands Walking is the most effective way to build your cardiovascular fitness.
- Heavy Hands Walking is the single most effective fat burning exercise
- Heavy Hands Walking simultaneously strengthens and tones your entire body.
- Heavy Hands Walking does all of this in one efficient package.

The Fat Burning Picture

Your body burns the most fat between 60% to no higher than 75% of your maximum heart rate (220 – your age)



The 4 keys to maximum fat burning

1. Oxygen

Your body requires 8-9 times more oxygen to burn fat than to burn either protein or carbohydrate. Therefore, if you are huffing and puffing, you are in oxygen debt and you are NOT burning fat.

2. Use 100% of your muscle mass.

If you are only using your legs to burn fat (walk, run, bike ride), you are wasting 50% of your fat burning potential. Work smarter. Use ALL of your fat burning potential. Do a full body aerobic exercise – like Heavy Hands Walking

3. Duration (30-60 minutes)

If you want to burn more fat, exercise longer, NOT harder.

4. Frequency (at least 3 days up to 7 days a week) If you want to get leaner faster, exercise more often.

Your Target Heart Rate Range to Burn the Most Fat

Your Current Age	Maximum Heart Rate = 220 minus your age	Maximum Fat Burning = 60-75% of Max H.R.
Your Current Age	Maximum Heart Rate	Maximum Fat Burning
30	190	114-143
31	189	113-142
32	188	113-141
33	187	112-140
34	186	112-140
35	185	111-139
36	184	110-138
37	183	110-137
38	182	109-137
39	181	109-136
40	180	108-135
41	179	107-134
42	178	107-134
43	177	106-133
44	176	106-132
45	175	105-131
46	174	104-131
47	173	104-130
48	172	103-129
49	171	103-128
50	170	102-128
51	169	101-127
52	168	101-126
53	167	100-125
54	166	100-125
55	165	99-124
56	164	98-123
57	163	98-122
58	162	97-122
59	161	97-121
60	160	96-120
61	159	95-119
62	158	95-119
63	157	94-118
64	156	94-117
65	155	93-116

Heavy Hands Walking

Benefits:

- Maximum fat burning for maximum leanness
- Outstanding cardiovascular (aerobic) fitness
- Exceptional muscular strength and tone

Directions:

Pump-and-Walk: This is your basic movement. Begin walking at a comfortable pace. As you walk, curl your Heavy Hands. Your palms are perpendicular to the ground. Use full range of motion. Bring the weight up until it nearly touches your shoulder. Then bring it down until your arm is fully extended. Do one pump per step. DO NOT race walk. ENJOY the walk.

Variations: F.L.O.

F = Chest Flyes: As you walk, bring your hands up to chest height. Your knuckles are touching. Keep your elbows locked at 90 degrees. Leading with your elbows, bring your arms back as though you are trying to touch your elbows behind your back. When you do this movement accurately, you will feel a good stretch in your chest muscles. Return to starting position. Do one pump per step. Start with one set of 25 repetitions.

Pump-and-Walk for 50-100 yards, or 1-2 minutes on a treadmill

L = Lateral Raises: Still walking, start with your hands at waist height. Your forearms are parallel to each other. Keep your elbows locked at 90 degrees. Your shoulder is the pivot point. Leading with your elbows, raise your arms until your upper arms are parallel to the ground. Your forearms are still parallel to the ground and parallel to each other. Picture flapping your wings. Return to your starting position. Do one pump per step. Start with one set of 25 repetitions.

Pump-and-Walk for 50-100 yards, or 1-2 minutes on a treadmill

O = Overhead Presses: Still walking, bring your hands to shoulder height. With your hands relaxed, push your Heavy Hands up until your arms are fully extended. Return to your starting position. Do one pump per step. Start with one set of 25 repetitions.

Pump-and-Walk for 50-100 yards, or 1-2 minutes on a treadmill

Repeat this F.L.O. Cycle over and over again throughout your entire (30-60 minutes) Heavy Hands Walk.

Goals:

Complete at least 4 full F.L.O. Cycles in a 30 minute Heavy Hands Walk.
Complete at least 6 full F.L.O. Cycles in a 45 minute Heavy Hands Walk.
Complete at least 8 full F.L.O. Cycles in a 60 minute Heavy Hands Walk.

Progression:

1. Week 1 = sets of 25 repetitions
2. Week 2 = sets of 30 repetitions
3. Week 3 = sets of 35 repetitions
4. Week 4 = sets of 40 repetitions
5. Week 5 = sets of 45 repetitions
6. Week 6 = sets of 50 repetitions

After you complete Week 6, add one pound to your Heavy Hands. Go back to Week 1, and work your way through your 6 week progression again.

Goals:

A reasonable goal for men: 6 or 7 pounds in each hand after 8 or 9 months

A reasonable goal for women: 4 or 5 pounds in each hand after 8 or 9 months

Supplementation

Your core supplements = Multi + ACE

Multi = a high potency multi-vitamin, multi-mineral every morning with your Energy First Shake.

A = at least 25.00 i.u. (international units) of Beta Carotene every day.

C = at least 3,000 mg. (milligrams) of Vitamin C every day. For best results, use Vitamin C with citrus bioflavanoids, and take 1,000 mg per meal.

E = at least 400 i.u. of Vitamin E every day.