

## Your Body a Ferrari

You might have heard the saying “You can’t out train a bad diet” and this is as close to the truth as it comes. Imagine you have a Ferrari (or what ever your favourite car is) and you start tanking up the wrong fuel! What happens??? This car won’t move very far now, will it?

It’s the same with your body, if you don’t feed it the right Nutrients, you can’t possibly function at your best capacity.

GetFit believes in Clean, Nutritious and Real food. Nutrition shouldn’t be complicated nor full of substances that our bodies can’t metabolize.

We don’t believe in starvation, counting calories or weighing. Nutrition shouldn’t come in Shakes and Diet Pills either.



**But we do believe in CUTTING THE CRAP!**

## Foods to Cut Out of your Diet

- **C**affeine – coffee, tea and anything else containing caffeine
- **R**efined Sugar – chocolate, sweets, cookies, fruit juices, jams, breakfast cereals – yes even the Kellogs K and Weetabix!! etc
- **A**lcohol – you know it’s bad for you BUT did you know that even just a couple of glasses of wine will halt your metabolism for up to 3 days after!!! Goodbye body fat and Bonjour Beer Belly!
- **P**rocessed “food” – well do I need to say it? Anything that has been tampered with is processed, like bread, pasta, dairy products like cheese and even milk



By cutting out certain ‘foods’, we give the body a chance to get rid of things that most people are intolerant to (gluten and lactose). Cut these things out for 30 days and then start introducing them again slowly and one by one and see what happens. If you get a reaction like bloating, tummy aches, diarrhea or constipation then you know if you can tolerate it or not. But the big thing is to rid the body from harmful toxins. The more toxins we have in the body the more fat the body will hold onto because anything that the body doesn’t need or know what to do with, it will convert into fat.

When the toxins are eliminated, your body can finally start the job of burning the fat instead. This is what you want right!

## Foods to Include in your Diet

So let's NOT focus on what you can't eat but on ALL the stuff You actually CAN indulge in, Sounds good?

To start with I will always recommend to go for ORGANIC products as much as possible. These have less toxins and won't screw up your hormones which will lead to fat gain! So please consider this when you go shopping. Also try to get products that haven't travelled around the world to get to you if you can. These are also full of toxins to keep them in a nice and fresh state.



Now, here are a few examples of the foods you can and should eat. Please be aware that the list of fruit and vegetables is endless, I won't be able to list them all so here are the ones that will benefit you the most. Here we go:

- Meat like beef, lamb, veal, bison (pork is allowed but not recommended due to high hormone content)
- Fish like cod, salmon, mackerel, tuna (limit to once a week due to high content of mercury) sardines, haddock etc.
- Poultry like eggs, chicken, turkey, goose, duck, pigeon etc.

Please be aware that organic as said above is strongly recommended. A chicken fillet in it's natural state should be quite small, if it's big as we often see in the supermarket, it means it has been pumped full with estrogen to make them big and guess what happens to you when you eat this!!!

Vegetables as in any vegetable you can think of. Take a pick but be adventures, don't just stick to your normal lettuce, cucumber and tomatoes. The more you vary the less boring your meals will be. If it's boring you will easily slip back to old habits.

- Broccoli, kale, white cabbage, red cabbage, spinach, rocket, onions, red onions, carrots, water cress, peppers, aubergine, courgette, asparagus etc. Make it a game and try to find vegetables with all the letters from the alphabet and eat them too:)

Same with fruit take a pick but as fruit contains sugar, be aware that too high consumption is not good either as with anything.

Choose Avocado, apricots, apples, grapefruit, oranges, berries of any kind, papaya, melon, kiwi, pears, banana etc.

- Any organic nuts and seeds like cashew, almond, coconut, brazil nuts, pinenuts, sesame seeds, linseed/flax seed and also organic 100% cashew nut or almond nut butters are ok. Again these are very high in fat even if its good fats so be careful to not over eat them.
- Organic oils: virgin olive oil, coconut oil, flax oil, fish oil (choose glass bottle if possible)
- Organic butter and Organic live yoghurt is allowed
- Grains like wholegrain rice, quinoa, gluten free oats, rye, millet and barley to name a few. This are allowed as they are naturally gluten free.
- Any fresh or dried herbs and spices as long as there are no additives!!
- Sea salt with no additives and himalayan pink salt
- Drinks: Natural fresh water, coconut water and any herbal tea as long as no caffeine (no green tea)!: tulsi, rooibos, licorice, chamomile, fennel...

As you see there are still plenty of choices. Remember you are not restricted to choices above. There are plenty of other things allowed, as long as it's in it's natural state and doesn't come in a tin or a box more or less.

## Dehydration and Fat Gain!



It's incredible important to get enough WATER into you. Most people are severely dehydrated without even knowing it. The body is made up of about 65 % water and even with a slight dehydration the body can't function normally. It regulates temperature, removes wastes, transports oxygen and nutrients to the cells, cushions the joints and provides protection for the body's tissues. Also if you find yourself irritated or tired, blame dehydration AND if you are dehydrated your body Can't BURN FAT!

So how much should you drink? Well, this depends on how big you are. We recommend 1 L pure water for every 22 KG body weight. So if you are 65 kg, you should drink 3 L every day without fail and 1extra L if you are training hard. This is only WATER now. Caffeine free herbal teas are included in this amount but apart from that it's Water, Water, Water! Let's Start drinking

## Popping Pills and General Health

At GetFit we are not big fans of supplements but unfortunately our food of today isn't what it used to be because of the farming, transportation and other environmental factors our food goes through these days so we are lacking a lot of the minerals and vitamins that we need to survive. These are the most important ones to make sure our cells are happy campers and make us healthy.

Be aware though, we are NOT prescribing anything as we are not doctors but we do recommend the following:

- Good quality fish oil preferably liquid as the capsules can be rancid.
- Milk thistle (will help with detoxifying the liver)
- Magnesium and Zinc (never choose an oxide version)
- Vitamin D3 during winter months unless you live in constant sunshine
- Licorice tea is recommended to raise cortisol levels in the morning when we want to be awake and Tulsi tea to lower cortisol levels in the evening when we need our bodies to start relaxing before rest and recovery at night.
- And last but sure NOT the least: The Magic of Coconut Oil.



# The Magic of Coconut Oil

This is something that should be a part of your daily Nutrition forever, that's how Good it is. Where do I start?

- Coconut oil helps the body BURN MORE FAT. It is easy to digest and helps the Thyroid and Enzymes functioning better.
- It helps against sugar cravings.
- You may have heard that it raises your level of Cholesterol BUT this is not the fact. Yes Coconut oil does contain Saturated fat but also 50% Lauric Acid which helps in preventing heart disease. Coconut oil is great for the Heart and actually helps in LOWERING the Cholesterol level!!!! So again the Saturated fat in Coconut Oil is not dangerous as the case is with other Vegetable Oils!!!
- It helps your body absorb Vitamins, Minerals (like Magnesium and calcium etc.) and Amino Acids.
- Because it's easy to digest it helps preventing various stomach and intestine problems like IBS (Irritable Bowel Syndrome)
- Coconut oil acts as an Anti-Bacterial and helps dealing with fungus, parasites and other bacteria in the tummy.
- It helps strengthen the Immune System.



This part is copied from [organicfacts.com](http://organicfacts.com), but I thought it was appropriate to know:

Infections: Coconut oil is very effective against a variety of infections due to its antifungal, antiviral, and antibacterial properties. According to the Coconut Research Center, coconut oil kills viruses that cause influenza, measles, hepatitis, herpes, SARS, etc. It also kills bacteria that cause ulcers, throat infections, urinary tract infections, pneumonia, and gonorrhoea, etc. Coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash, etc.

Use it for cooking all your food as this is the only oil that doesn't get damaged when heated (to a certain degree)

Not only does it do magic Internally but also externally:

- It helps heal scarred tissue so put coconut oil on your bruises for quick healing.
- Massage your temples with Coconut oil for Stress Relief.
- Massage it into your hair regularly for a dandruff, Lice and Lice egg-free scalp. It also is great for damaged hair and to get that silky look
- Put it on your skin as a moisturizer and to delay wrinkles. It even helps in treating skin problems like: psoriasis, dermatitis, eczema and other skin infections.

## Fat Loss and Fitness Success

To successfully follow the program, planning and preparation is key. Experiment with methods that work best for you to ensure that you don't get caught out through the week with no healthy options to eat.

When travelling or eating out, healthy options are possible if you order correctly. Most salads with dressing on the side are a better choice. Instead of fries as a side, order salads or vegetables and when choosing meat dishes, opt for grilled or oven baked.

Healthy eating must be an ongoing decision to limit your intake of the wrong foods and replace them with better options. Getting your nutrition right will play a huge part in the level of success from our program. Together with stress control, a good sleeping pattern and the right training program, You can and will have the body you always dreamt of.

