



*Seven Serious Barriers to Achieving Your Goals
and How To Overcome Them*
by Ben Greenfield

It doesn't matter how much you exercise or how strictly you control your caloric intake - if the following seven barriers are not removed from your path, you will constantly fail in pursuing your health, wellness, or performance goals. But if these barriers are removed, your energy levels will soar, your fat-burning efficiency will explode, and you'll literally add years (quality years!) to your life.

1. Neurotransmitter Deficits

The body has several neurotransmitters that are actively involved in control of appetite and mental motivation. Dopamine is your body's pleasure molecule, acting to significantly affect desire for activity, eating satisfaction and food cravings. Inadequate dopamine increases the chances that you will have a decreased drive to exercise and be less effective at regulating your nutritional intake. Serotonin plays a significant role in the regulation of sleep, mood, and appetite. If serotonin levels are too low, one result is carbohydrate and sugar cravings, since these nutrients actually increase production of serotonin. Another result is sleep loss, since low serotonin results in low melatonin levels, and melatonin is necessary for deep sleep. Low levels of another neurotransmitter, GABA, can result in mood swings, sleep loss, anxiety, and lack of self-control. So what causes low levels of these key neurotransmitters? Stress, and lack of sleep. This makes for a vicious cycle, as you will see from barriers two and three.

2. Cortisol

Cortisol is a steroid hormone that is secreted in response to repetitive negative stress. Although there are many harmful results from elevated cortisol levels, some of the more common effects include high blood pressure, increased blood sugar regulation, a suppressed immune sys-

tem, depression, anxiety and excess fat around the mid-section. Not only can this subtract significant years from your life, but the high levels of the stress molecules released in conjunction with cortisol, called catecholamines, can decrease testosterone levels and sex drive. If you are the type of person who has difficulty with breathing throughout the day, has constant hectic deadlines or work projects, feel "spread too thin", and do not have time to relax until the wee evening hours, then you need to re-evaluate your lifestyle. Is it really that important?

3. Lack of Sleep

This is one of the easiest barriers to remove, but most people seem to place more importance on a favorite TV show, website, or unhealthy obsession with excessive exercise. Undercutting your necessary sleep by even one hour per night can decrease insulin sensitivity, decrease leptin levels, and increase ghrelin levels - all of which can severely affect your appetite and metabolism, thus increasing your propensity towards fat storage, diabetes, and obesity, among other chronic metabolism-related diseases. Furthermore, lack of sleep can increase cortisol levels, decrease key neurotransmitter levels, and give your body inadequate rest and recovery for muscle tissue and organ repair. Not giving your body from 7-9 hours of sleep a night is the equivalent of parking your car in a hailstorm every night. The long term effect is a battered and broken down body. Is it really that important?

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4. Nutritional Issues

There are two main considerations with nutrition. Lack of fruits and vegetables is the top deficit I observe in most diets. The resultant mineral and vitamin deficiencies can drastically depress beta-oxidation, which is the body's primary fat burning mechanism. How many servings of fruits and vegetables do you have per day? If you don't know, the answer is probably not enough. The second problem I frequently observe is consumption of foods that cause an allergic response. Depending on the individual, frequent food sensitivities include allergies to dairy, wheat, eggs, and soy. Although you may not have always been sensitive to such foods, a long-term allergenic response by the body causes a consistently increased immune system response, and eventually the body begins to experience noticeable changes, such as chronic inflammation and joint pain, mood swings, anxiety, depression, irritable bowel syndrome, constipation, bloating, and headaches. Simply removing the offending foods from the diet can result in significant positive changes within a one to two week period.

5. Thyroid Function

Hypothyroidism, or low levels of active thyroid hormone, are consistently low in individuals who experience chronic stress, lack of sleep, and poor nutrition. This condition manifests itself with a depressed metabolism, skin problems, depression, chronic fatigue, and irritable bowel. Iodine is a major necessity for production of thyroid hormone, and high levels can be found in seafood. Including fish as a regular part of your diet can assist with hypothyroidism, but caution should be taken to avoid high consumption of seafood, due to consistently dangerous levels of mercury and PCB's. Increasing sleep and decreasing stress would be the best alternative.

6. Toxins

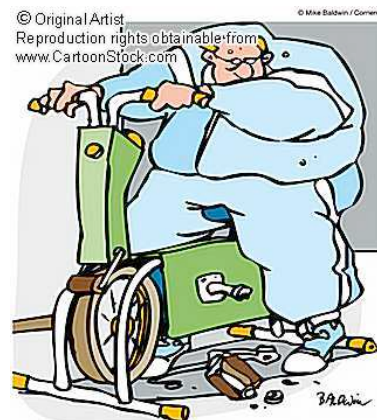
Our bodies are constantly barraged by environmental toxins, primary found in processed and packaged foods, artificial sweeteners, pesticides and herbicides, industrial cleaners and chemicals, and even water. Since your body stores toxins in fat cells, one way the body deals with toxins is to increase fat cell production and storage. Another mechanism is decreased thyroid function, which can slow the metabolism by up to 30%, thus decreasing toxin damage. To avoid this "double-whammy" response, invest

primarily in organic fruits and vegetables, grass-fed beef, non-chemical sweeteners, natural cleaning solutions, and a good water filter.

7. Sugar

Insulin resistance is probably one of the most serious problems I encounter on a regular basis in my clients. Through constant consumption of refined sugars, processed flours, soda, high fructose corn syrup, energy bars, just plain "too much food" and chronic stress, our body's pancreas is forced to produce huge amounts of insulin, which takes the sugar and forces it into the cells and liver, where it is either used as energy or converted to fat. Constantly high levels of insulin overstimulates the body's insulin receptors and leads to insulin insensitivity and eventual resistance, resulting in an inability to burn fat cells, low blood sugar, joint and gut inflammation, heart disease, dementia, diabetes, and obesity. One of the most effective changes you can make to defuse this ticking time bomb is to stop your daily consumption of scones, sweet coffee drinks, muffins, soda, bread, pasta, and fast food, while stepping up consumption of lean proteins, nuts, legumes, beans, fruits and vegetables.

If you found yourself reviewing this list and thinking about making these changes, you fit into the minority. Most people simply laugh, say "Impossible!", and continue in their daily routine of self-destruction. How much better would your life be if you had triple the energy, alertness, mental clarity, and physical performance that you currently have? How would it feel if this included a more toned and lean body? Does that make the decision easier? Remember, the definition of insanity is doing the same thing over and over again, and expecting different results...



Somehow, Bob managed to break the cycle of abuse.

Easy Yogurt Recipe adapted from the Specific Carbohydrate Diet recipe.

Cooking Utensil list:

Large cooking pot

Glass 1 cup pyrex measuring cup (these have a pour spout)

Scissors

Regular kitchen Fork

Candy thermometer (that will measure up to 212°F and down to 100°F)

Kitchen sink (really) with a sealing drain cover

Several Ice packs (you have them for your knees after a hard workout, right?) – or ice

Oven with a 60 watt light bulb inserted (usually a 40 is in place – NOTE: remember to replace 40W back after done w/yogurt)

NOTE: if no light in oven add in a spotlight w/40 watt bulb and extension cord

Large metal spoon

Large (maybe ½ gallon) GLASS container with a screw on lid

Refrig

Ingredient List:

½ gallon organic milk (skim, 2% or whole – your choice)

1 packet Yogourmet yogurt starter (Fred Meyer natural food frig section – hidden away in a box)

NOTE: if you want to use Nancy's plain white yogurt as a starter just replace the Yogourmet with about 1 Tablespoon of Nancy's

Directions:

- 1) Turn on oven light (NOT the oven). If no light, set up extension cord with spotlight inside oven.
- 2) Pour milk into large cooking pot
- 3) Put pyrex measuring cup into center of pot (yes insert it into the milk; it should not be covered by the milk or your pot is too small)
- 4) Hook candy thermometer clip onto side of measuring cup with thermometer end into milk (but NOT touching bottom of pan)
- 5) Bring milk to simmer (212°F). I have found milk does not need to be stirred if you have a heavy enough stockpot. While milk is heating, fill kitchen sink partway with water and ice packs (or ice). (Yes, multi-tasking)
- 6) Remove pot from stove and set into water in sink (turn OFF stove top). Water should NOT be high enough to get into stockpot.
- 7) Allow milk to cool to 102 – 100°F. This happens quickly. Stir milk to be sure entire pot contents are cooled
- 8) While milk is cooling, cut the top off the Yogourmet starter. Once the milk is cool, remove the thermometer from the pyrex measuring cup. Dip the already dirty pyrex measuring cup into the milk (the cup should still be sitting in the milk in the pot). Add the entire contents of the Yogourmet starter to this milk in the measuring cup and stir well with the fork.
- 9) Pour the starter/milk mixture SLOWLY into the remainder of the milk in the stockpot and stir well.
- 10) Pour mixture into glass container. Screw on lid.
- 11) Place glass container in oven. The oven temp will stay about 100°F with the 60watt light bulb on with door closed (or almost closed if you are using the extension cord rendition).
- 12) Remove yogurt 24 hours later and refrigerate.

Read through the for detailed information about making non-sterile version used for 3 years



www.breakingtheviciouscycle.info website yogurt. This recipe is the quick and easy for great plain white yogurt.

My First Century . . . Well, Almost!
by Kathleen Taylor

Our trip to beautiful Libby, Montana began on Friday afternoon when Matt and I arrived at my parent's house to car-pool. I had everything packed for the two day excursion – bike, gear, fuel, and extra tubes just in case we got a flat, and off we went.

We got into town and met up with the other couple we would be riding with and had a great pre-race meal and just a small glass of red wine. After dinner it was back to our rooms to prepare for the next day's big ride. I could hardly wait! The weather was expected to be in the low 80's and I was sure this would be the day when I would ride 100 miles. The course was only 98 miles but I asked my dad if he would ride the extra two to make it an even 100 and he gladly said yes, so I was thrilled!

Right at 6:35am our wake up call came in followed by the second alarm I set just in case, at 6:40am – here we go! It was looking like a perfect morning, right around 55 degrees and the sun brightly shining. I felt rather lucky to be there when the race organizer said that this year they had to turn away 200 eager cyclists due to the event selling out! The coolest part was, we had a police escort out of town and away we went!!

The first 17 miles or so were great, we rode in a pace line most of the way, and when we got to the first rest stop I loaded up on fuel. After re-grouping we were off for the next 20+ miles, little did I know, included a steep, long hill. As we passed through the town of Troy, Matt noticed he had acquired a hole in the back of his bike shorts. It turned out the velcro from his pack had rubbed all the way through his shorts and had created a very sensitive raspberry on the back of this thigh! After a quick switch of the pack to my seat post, we were off again. All the while we were talking a little, but mainly staying in the pace line, then came the hill. Matt and I both dropped back a little, but eventually made it to the top and I was feeling great.

I think it was around mile 25 or so when I noticed a funny sound coming from below me, I looked down, realized I had a flat and instantly swore! I had never had a flat before! So our group stopped, my dad took control and along with Matt and eventually my personal bike mechanic, Bill who properly and quickly fixed the flat and we were again back on the road. This next part gets a little tricky . . .

Matt was kind of hanging at the back of the pack so I dropped back to ride with my handsome hubby and noticed he was really working hard. Matt is not a complainer when it comes to riding so it was strange how he was not enjoying himself. He kept saying, "Gosh, I feel like I'm working so hard and not getting anywhere." I reminded him that we were climbing and that it should feel like that! I got no response and realized he was in trouble. The rest of our group was ahead of us but we knew the mileage to the next pit stop and we thought we should be getting close . . . and then I heard that damn sound again, looked down and saw I had another flat! So, Matt and I stopped and then he realized his brake had been rubbing on the wheel for some reason, which explains why he was working so hard. Funny enough, we both ended up walking our bikes in to checkpoint three and immediately tried to find the bike mechanic. It turns out Matt broke a spoke from his wheel! No wonder he was tired. After the spoke was replaced and another one of my tires was changed, off we were for the second half of the ride. We were all feeling good, but this was the toughest part of the ride; a 13 mile climb, no flats for recovery – just climb. It was only about 1-2 miles into the climb when we stopped because my mom wanted Matt to put on some sunscreen, and I heard my tire pop below me. I just thought, you have to be kidding! The group didn't want to mess with fixing another flat, my personal mechanic Bill was way ahead of us, so I had to have my bike transported to the next check point at the top of the hill, and I got a ride in another sag wag. I was crushed, having to get a ride to the top of this hill. The hill I had been looking forward to climbing for three months – I was sure my ride was over . . . however with about eight miles to go in the climb, Matt decided he wanted a break so I automatically asked, "Can I ride your bike?" and the good man said "Yes." So I rode the remaining eight miles climb.

Upon our arrival to the top checkpoint I immediately located my bike and took it directly to Dennis, the official bike mechanic. After he checked out my entire bike, we were off again. You can imagine the sweet descent we had after climbing for thirteen miles. It was fast, twisty, turny and unfortunately pot-hole-y which ultimately took two cyclists to the hospital, luckily no one from our group. However, about a mile away from the infamous pie stop, I heard that darn noise again from beneath me . . . yes, this would be flat number four. As I decided to walk my bike in, the same sag wag pulled up and asked if we needed help, when I told them it was another flat. The driver just looked at me and said, "it's a ways, why don't we give you a ride." I cannot tell you how much I wanted to cry at this point! It was official, my ride was over. I had no other choice, and fixing another flat then would have been useless, so I slowly got in the Explorer.

At the pie stop, everyone was so happy because for them, all they had left was around fifteen more miles, all downhill. But for me, I had to ride the last miles silently in the back of the support vehicle. During those fifteen miles, I got to reflect on the miles I did ride. How I was strong all 80+ miles. I never bonked, I never felt dehydrated, I never lost control and most of all I did a lot of smiling and hootin' and hollarin'! Which brings me to my final thought . . .

When Matt and I were training for the Seattle Marathon, I came across a quote that has stuck with me. It is, "A strong woman knows she has strength enough for the journey, but a woman of strength knows it is in the journey where she will become strong" – author unknown. I believe I lived this theory on Saturday, for I did not accomplish my goal of riding 100 miles, but I learned a humbling lesson. It's not always about what happens, it's sometimes about how you react to what has happened and go from there. I am disappointed that I was unable to complete the ride, but I am not a lesser person because of it, I was there in spirit. And I know that I will ride 100 miles in the near future, and when I do, it will be that much sweeter!



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Did you know?

Coffee-Caffeine lovers rejoice, says Runner's World magazine. Drink up, beat cancer, run faster, and live longer! A new meta-analysis study shows a strong likelihood that caffeine consumption decreases your risk of liver cancer. Caffeine will also cut 1 % from your 5K running time, says a news study in the JSMS report.

In addition, a 23-year follow-up study of 13,000 Californians in Preventative Medicine found that "moderate caffeine consumers had a significantly reduced risk of death." This was discovered in a comparison between people consuming 100-399 mg of caffeine daily v. those getting under 50 mg daily. So -- Drink Up!

*A Genuine Thank You to all
of Our Generous Sponsors:*



Hammer Nutrition



June Calendar

Clinics: June 16th: open water swim clinic @ 6:30 pm @ Liberty Lake.

June 20th: Hammer Gel Nutrition clinic with Steve Born, @7:30 p.m. @ Champion Sports Medicine.

Training Opportunities:**North Spokane --**

Tuesdays & Thursdays @ 5-6 am: Spin class @ OZ North.

M-W-F: @ 5:30-7 am: Unstructured pool swim @ OZ North.

Tuesday evenings: BLTs @ 5:15 & 6:15 pm @ KJW-G's house. Bike loop repeats, come for 1, 2, or 3 loops.

Wednesday evenings @ 6:15 pm: MEADwork speedwork @ MHS track, various workouts, changes weekly, please check Tri-Forum.

Saturdays: Outdoor ride, meeting location & time posted weekly on the Tri-Forum.

Liberty Lake --

Mondays & Wednesdays: Spin class @ 5:45-6:45 am @ Liberty Lake Athletic Club.

Races:

June 9: YMCA Plunge, Pedal & Plod Sprint Tri.

June 9-10: Blue Lake Multisport weekend in Fairview, OR.

June 10th: Blue Lake Olympic Triathlon Team Championship!

June 17: Trailblazer Sprint Triathlon at Medical Lake.

June 24: Coeur d' Alene IronMan at Lake Coeur d' Alene, ID!!!

June 30: USAT National Age Group Championships at Hagg Lake. OR.

Upcoming Events:

Next Member Meeting: June 27th @ the south hill Twigs @ 5:30 pm, followed by General Members @ 6:30 pm.