



# Talking about Food ...for a Change

*The answer to good nutrition cannot be found in pills*  
by Kim Goss


In 1987 when I was an editor at Runner's World Publications, I interviewed two of the most celebrated experts on alternative medicine, Durk Pearson and Sandy Shaw. They both had earned several advanced degrees from prestigious universities; and their book, *Life Extension: A Practical Scientific Approach*, sold over two million copies. And although their legacy includes being two of the first in the field to generate interest among the general public about the benefits of antioxidants, what I remember most about them is that they were, and still are, rather, ah . . . odd.

The first thing I noticed about Pearson and Shaw was their physical appearance. They looked like middle-aged hippies, and Pearson wore outfits that he told me were designed by a person who had made the uniforms used in the original *Star Trek* series. When I met them in person I saw that their skin had an orange tint, which I was told was caused by high dosages of beta-carotene. That's just the beginning.

## Live Longer, Healthier and Slimmer

by Kim Goss

*Authors Durk Pearson and Sandy Shaw have attracted international acclaim with their innovative approach to health and nutrition. Find out what makes these two offbeat scientists so appealing.*



In the popular novel *Conan*, residents of a remote village have found the fountain of youth, a magical pool that restores the lost vitality of their youth and holds the promise of eternal life. Although the fountain has had to be discovered, authors Durk Pearson and Sandy Shaw have presented some practical and effective ways for you to improve the quality and length of your life. Their research on aging led to the publication of *Life Extension* in 1982, which has sold over two million copies, and later to a sequel called *The Life Extension Companion*.

Some people consider the scientific, Sans of Pearson and Shaw to be as far-out as the alien world of *Conan*. But your typical health fanatic they provide a program of nutritional supplementation rather than natural herbs and oils. They have recently released another book, *The Life Extension Weight Loss Program* in which they outline a program for weight control that doesn't require a diet, low-calorie diet or intense exercise. In the following *FTW* interview these could and innovative research pioneers discuss some of their ideas on how to live longer, healthier and slimmer.

How long do each of you expect to live?

Shaw: That's a question we can't really answer, because it's not *TRM & PRODUCTION* on the basis of the techniques that are available today. But we'd be an accurate estimate 10 years from now because

Over two million copies of their first book, *Life Extension*, have been sold. *FTW*'s latest book follows fast on the heels of its predecessor's success.

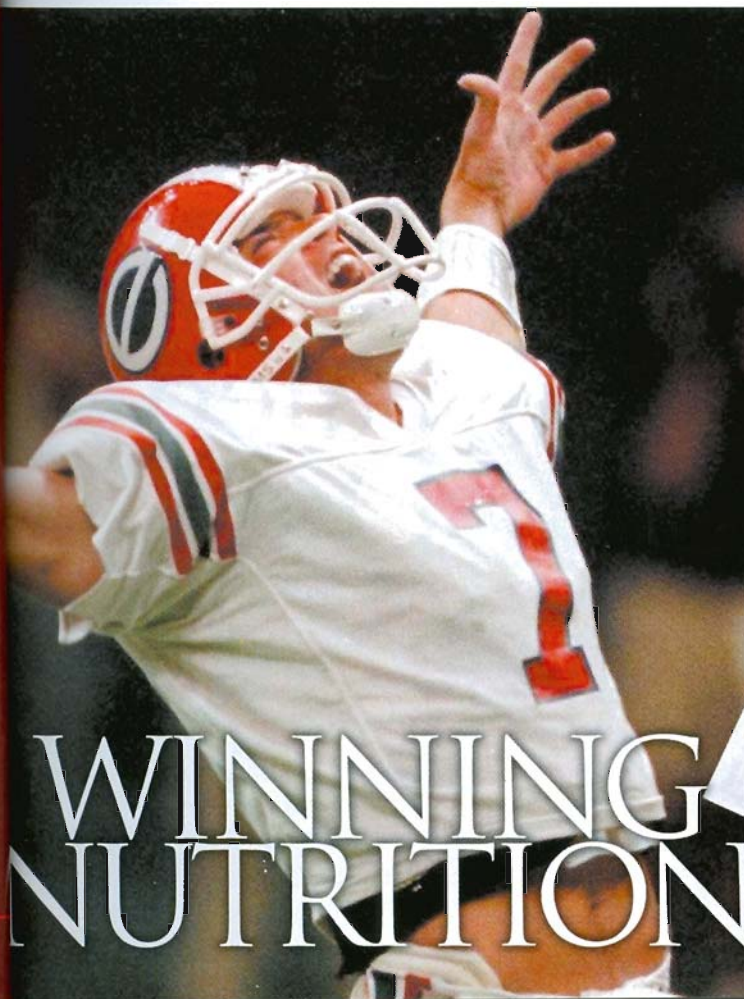
BY January 1987

During my interview they told me they lived in a three-story house that consisted of one floor for Shaw, one for Pearson, and another floor – devoted solely to their books and research papers – that was staffed with a full-time librarian. Except for a daily five-minute

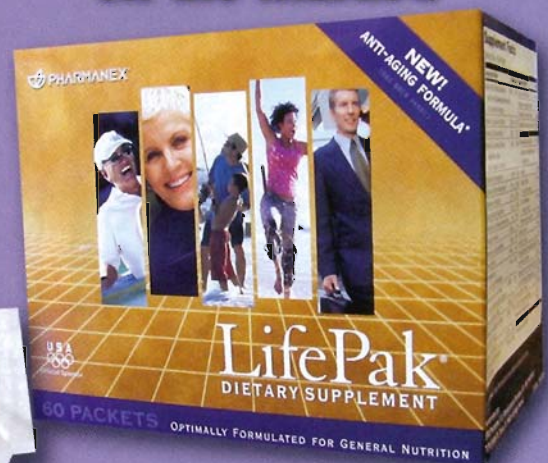
aerobic workout, Pearson and Shaw were completely sedentary – they even communicated with each other through an intercom system so they would not have to walk up and down stairs. In fact, Pearson spent most of his day working from his waterbed!

During the course of the interview these two scientists told me of the countless mega doses of nutritional aids they took, a regimen that must have taken hours each week – just in opening the bottles, let alone consuming the contents. Judging by the type and quantities, these products must have cost thousands of dollars a month. After spending almost 30 minutes in one interview listening to their personal biochemical-altering regimen, I interrupted them to ask, “What about food – what do you guys eat?”

“We are gourmets,” Pearson replied. “We love to eat good food – rich sauces, gooey desserts.” Pearson told me that pre-packaged TV dinners were their favorite, I assume because they did not want to spend much time cooking, as it would interfere with their



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intensive studies (and bottle opening!). When I asked Pearson if he was concerned about consuming so much sugar and saturated fat, he said they had special nutritional aids to modify their lipids profile, special supplements to keep their weight down, and prescription toothpaste to prevent cavities from all the sugar! In effect, two of the foremost experts in the world on nutrition were junk-food junkies!

While Pearson and Shaw must certainly be regarded as eccentric, their nutritional lifestyle is one that many athletes today are using. From 1998 to 2004 I trained athletes in a private gym in Dallas, and I was continually amazed at how many athletes – or rather, their parents – were willing to spend thousands of dollars a year on fad supplements or meal replacement packages, but actually paid little attention to eating well.

Of course, some of those poor eating habits were the result of ignorance. One of my athletes thought that she was dramatically improving her breakfast by eating a bagel along with her Frosted Flakes®; and a figure skater who was trying to lose weight consumed large quantities of fruit to induce diarrhea so that, as she explained, “There would be more calories going out than going in”! And it’s not just the athletes who are confused. One father told me recently that he put

his son on a high-carbohydrate diet to help him gain weight because “protein had negative calories!” Arrrggggh!

### What’s for Breakfast?

In our November 2004 issue of *BFS* we published an article about Dr. Loren Cordain, a professor at Colorado State University and author of *The Paleo Diet*, a book detailing an approach to eating based upon our human genetics. Recently he has written a followup book, *The Paleo Diet for Athletes*, which applies the principles introduced in his first book specifically to athletes. Says Cordain, “The essential dietary principles for the Paleo Diet for Athletes are straightforward: You can eat as much lean meat, poultry, seafood, fresh fruit, and veggies as you like.” Table 1.1 shows an example of a daily menu using these items. Let’s compare this basic idea to what’s going on with most of today’s athletes, starting with breakfast.

It’s been said that breakfast is the most important meal of the day, and with good reason. When you sleep, the body uses a sugar called glycogen as a primary fuel source; and as a result, when you wake up these stores are depleted. Because glycogen is used in athletic performance, Cordain says it’s important to replenish these stores as soon as possible.

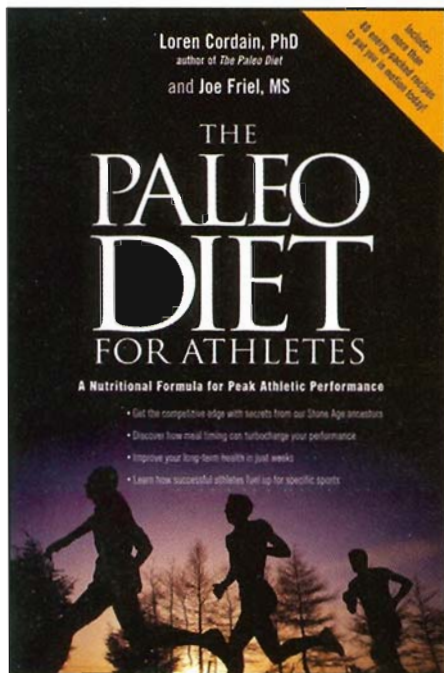
In addition to its effects on athletic perform-

TABLE 1.1  
Sample 1-Day Menu from a Modern Diet Based on Paleolithic Food Groups for a Woman (25 years old; 2,200-calorie daily intake)

FOOD	QUANTITY (G)	ENERGY (KCAL)
<b>Breakfast</b>		
Cantaloupe	276	97
Atlantic salmon (broiled)	333	605
<b>Lunch</b>		
Vegetable salad with walnuts		
Shredded Romaine lettuce	68	10
Sliced carrot	61	26
Sliced cucumber	78	10
Quartered tomatoes	246	52
Lemon-juice dressing	31	8
Walnuts	11	70
Broiled lean pork loin	86	205
<b>Dinner</b>		
Vegetable avocado/almond salad		
Shredded mixed greens	112	16
Tomato	123	26
Avocado	85	150
Silvered almonds	45	260
Sliced red onion	29	11
Lemon-juice dressing	31	8
Steamed broccoli	468	131
Lean beef sirloin tip roast	235	400
<b>Dessert</b>		
Strawberries	130	39
<b>Snacks</b>		
Orange	66	30
Carrot sticks	81	35
Calery sticks	90	14

From the *Paleo Diet for Athletes*, reprinted with permission.

ance, having a poor breakfast can create an eating pattern that will encourage a person to gain fat. If a person consumes a breakfast that contains a high amount of refined sugar, it will cause a rapid rise in blood sugar and then a sudden and prolonged drop that will create a cycle of sugar cravings throughout the day. Satisfying these cravings, especially with foods containing refined sugar, is one reason childhood obesity has become such an increasing problem in America.



“We can’t recommend *The Paleo Diet* highly enough!”  
—Michael and Mary Dan Eades, M.D., authors of *Protein Power*

# The Paleo Diet

As seen on *Dateline NBC*

**Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat**

- Learn the secrets of our Stone Age ancestors
- Eat lean proteins to maximize your metabolism and energy
- Prevent and heal heart disease, cancer, and Syndrome X
- Over 100 delicious Paleo recipes and 6 weeks of meal plans

**Loren Cordain, Ph.D.**

eggs, you should use slow cooking methods, such as poaching or hard-boiling.

**BACON.** Although bacon (and sausage) appears to be a good source of protein, it's high in fat and sodium, and it's relatively low in protein when compared to lean meats and fish. Cordain says bacon typically contains 21 percent protein; compare this to the protein content in the fish and lean meats he recommends: Skinless turkey breast (94 percent), shrimp (90 percent), red snapper (87 percent), crab (86 percent), halibut (80 percent). As an occasional treat, bacon is fine; but as a dietary staple it is sorely lacking.

**HASH BROWNS.** Hash browns are made from starchy potatoes that promote insulin resistance (the inability to assimilate carbohydrates) and a condition known as Syndrome X that entails a host of chronic medical problems such as obesity, type 2 diabetes, hypertension, nervous system disorders, eye disease,

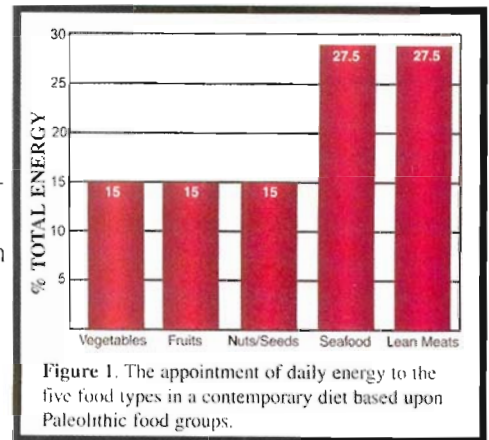
diabetes, cardiovascular disease, cancer and Alzheimer's disease.

**TOAST.** Toast is made of grains, which must be processed to be assimilated by the body. If you eat raw, unprocessed wheat, it will come out looking pretty much the same way it did going in; on the other hand, the milling process strips the grains of nutrients. It gets worse: Virtually all grains, whether whole or refined, contain anti-nutrients, which Cordain explains are "chemicals that prevent your body from absorbing nutrients and can damage the gastrointestinal and immune systems." Phytic acid, for example, is found in all whole grains and inhibits the absorption of iron, zinc, calcium and magnesium. Further, Cordain says that grains disrupt the body's acid balance, a condition that can contribute to the loss of muscle mass and bone mineral content.

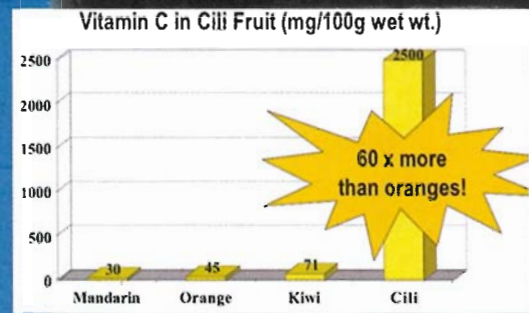
**ORANGE JUICE.** Most of the orange juice drinks available contain high amounts of refined sugar, which will spike insulin

levels and can contribute to a host of medical problems, including cavities. (In contrast, one of the nutritional aids recommended by BFS is G3, a juice drink that contains a variety of fruits that will not cause the rapid spike in blood sugar that refined sugar will. Plus, G3 has impressive levels of antioxidants.)

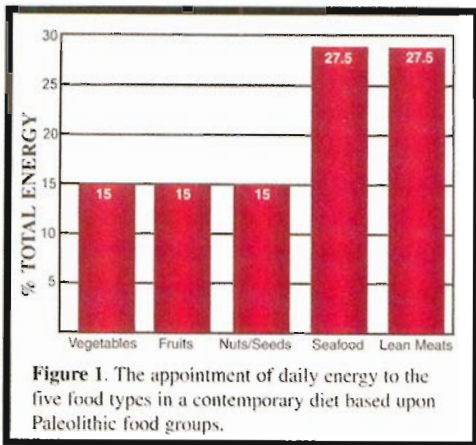
At this point you may be thinking that everything is bad to eat. Not quite. In fact, meal planning can be rather simple, and there is



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**Figure 1.** The appointment of daily energy to the five food types in a contemporary diet based upon Paleolithic food groups.

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At this point you may be thinking that everything is bad to eat. Not quite. In fact, meal planning can be rather simple, and there is little cooking involved because it’s better to eat non-meat foods mostly raw. According to Cordain, your diet should focus on five categories of foods: lean meats, fish, vegetables, nuts and fruits (Figure 1). Renowned Strength Coach Charles Poliquin, who will be lecturing with Dr. Cordain in the near future, provides several detailed menu plans in his book, *The German Body Comp Program*, that use the Paleolithic diet principles recommended by Dr. Cordain.




In future issues of *BFS* we will discuss more specific aspects of menu planning, including what to eat before and after workouts. As for Pearson and Shaw, they are wonderful people who are among the most intelligent authors I have ever interviewed. I wish them a long and happy life – just don’t expect me to sign on to their personal nutrition plan anytime soon!




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