

# Fuel for Your Body

By Michael Lipowski

If you could have any car in the world what would it be? Would it be a high-end, sports performance car like a Ferrari, Lamborghini, or an Aston Martin? The type of car that if you had nothing but open road in front of you you could just open up at over 100mph with no fear because the tires seemingly stick to the road and the car hugs every turn tightly. In your “everyday car” these speeds would make the car quake and your steering wheel vibrate. In this machine though, you feel as if you’re cruisin’ along at 60mph instead of one-hundred and sixty! I don’t know about you but this is the type of car that without any monetary restrictions I would own. With this type of vehicle comes some heavy maintenance and care in order to keep it running in top condition. Heck, you paid over a quarter-million dollars for this beauty, you would certainly do everything you can to maintain it *right!*

Well even though owning this type of vehicle may only be a dream for some, the fact is, each and every day you drive a vehicle of even greater quality and importance...you body! Sure, most of us never think of our bodies like a high-performance sports car let alone treat it like one, but we should. And if we want our bodies to function at the highest level possible then we need to give it what every sports car needs...premium fuel. Not Regular Unleaded-87 octane, but the Ultimate-93 octane stuff!

Of course what I am talking about here is not actual gasoline but food. Food is the fuel for our bodies and the fuel we put into it greatly affects what we get out of it. The foods we consume have a tremendous impact on how our bodies function and look. Does your body look like and run like a high-performance sports car or like a broken down jalopy that is almost ready for the junk yard?

Everyone wants to both look and feel great yet many sabotage any chance of reaching this point specifically because of their nutrition or lack thereof. Highly refined carbohydrates, sugars, saturated fats, trans-fats and salt are like the ‘Regular Unleaded’ of foods and are preventing your vehicle (you) from performing at its very best.

To reverse this potentially combustible situation we need to start filling our tanks with 'Ultimate'. The sources of this premium fuel comes from *lean* proteins such as chicken, lean cuts of meat or beef, fish, egg whites, and whey protein. From carbohydrates such as fruits, vegetables, and some starches such as yams, brown rice, and oatmeal. And from good fats, those high in Omega 3 & 6 fatty acids like fish oil, natural peanut butter, nuts, flax seed oil, olive oil, and safflower oil to name a few.

What is important to note is that it is simply not enough to add some of these nutritious foods into your diet and get the most out of them without eliminating those non-nutritious foods. This mixing of the good and bad fuels and hoping that "the good" will overpower "the bad" does not work. Basic mathematics shows us that a negative negates a positive and for our bodies this is equally true. The general idea is to have such an abundance of positive going on that an occasional negative has little or no affect. In real life this means eating nutritious foods 90-95% of the time and only once in awhile indulging in those non-nutritious foods, e.g. eating only healthy foods 6 days a week and allowing one day for some "cheating".

For those who are most intent on looking and feeling their best indulgence of unhealthy foods should be restricted to only one meal per week or one meal every 2 weeks.

Finally, for those who either want to compete as bodybuilders or achieve the bodybuilder type physique, all cheat meals must be eliminated from ones diet completely. This does not mean that you can never again have a slice a pizza, a burger or some ice cream it just means you cannot have any of these things until you've reached your goal. After that these foods can be consumed but very infrequently depending upon how long you would like to maintain this peak condition. Many of the best competitive *natural* bodybuilders will spend upwards of 6 months adhering to a strict diet, without cheating in preparation for a competition and the next 6 months backing off only slightly so that he/she is always 'close' to competition form.

For each individual the extent of which they want to feel and look their best will vary. Some will go to all ends to be their best while others will feel they just can't let go of certain things (even though they are capable, but that is the subject of another article). Regardless, for each person the key to greater energy, performance and a better body is the same...Ultimate-octane 93.