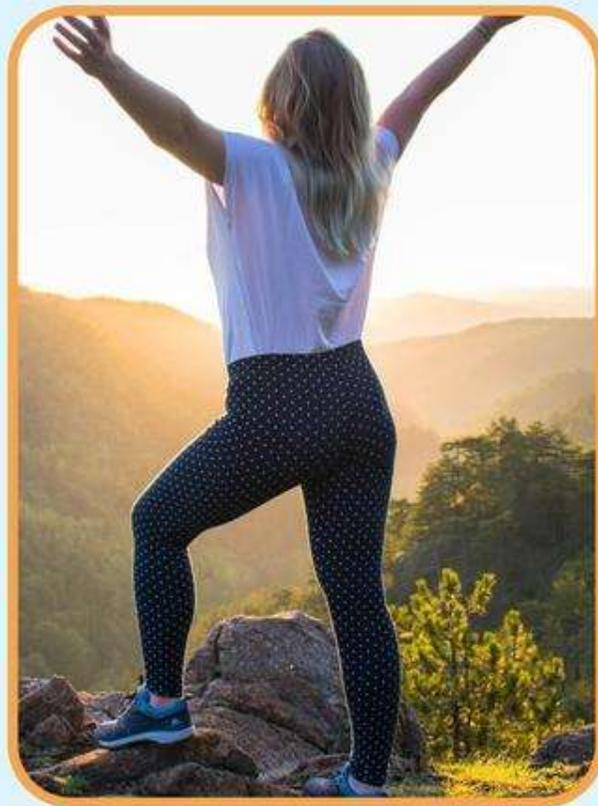




JENNINGS
HOLISTIC HEALTH COACHING

Back-to-School 14 Day Shred Challenge



www.jenningshealthcoach.com



Welcome to The Shred Challenge!



If you haven't met me in person before my name is Steve Jennings. I have been a full-time coach since 2004, founded No Compromise Fitness in 2006 and I am going to teach you how to move toward your goal quickly.

My background started with an interest in bodybuilding before eventually becoming the fitness trainer for Thames Valley Rugby Union and Bay Of Plenty Steamers reserves. I also have run group fitness classes for the past 15 years and also work one on one with clients too as far away as the USA

and Europe.

In total, at an educated guess, I have run well over 12000 coaching sessions up until now. The following info I have compiled here is based on a combination of my personal experience, common sense and scientific research. It's the best program I can recommend right now based on getting quick results.

I want to make this really clear right now. The Shred Program is about achieving quick results in 14 days. It's the push to get you back on track. It can be challenging depending on your level of dedication. We have had lots of positive comments about this program suggesting that this program is very sustainable.

Whether it's sustainable for you in the long term depends on you as an individual.

Let's look at how to reduce COVID and/or Vaccine side effects first. This is the new world we will in and we still need to feel as safe as possible.



The New World Of COVID & Vaccines

We live in a world with differing opinions about a topic that literally impacts every human on the planet.

I want to make this clear – my opinion here is strictly based on health and has nothing to do with my political views. I've always had an opinion on health related topics but I've never held much interests in politics.

The update to this manual around COVID is to help those people who are a bit worried about the vaccine, a COVID infection or both.

And the fact that we haven't had any info from our leaders around boosting natural immunity is really disappointing.

Although I'm not keen on **mandatory** vaccination, I am double vaccinated. Before my vaccination I researched the ingredients of the vaccine then designed a specific protocol to help my body respond to the vaccine as safely as possible. I set myself an immune system boosting routine, and fortunately I had no side effects after my first or second jab. No fatigue, nothing. I'm fortunate that I do not have any other major health concerns, but I know not everyone is the same as I am.

I want to share this information here in case you may be someone that is worried for your own health, and I want to try to give as much info as I can to keep you safe.

For Those of You Who Are Getting The Vaccine/Booster Shots

There are some easy ways to help your body respond as safely as possible to vaccination and reduce the chances of side effects. Let's look at a few.

- Drink lots of water prior to vaccination – you should be drinking 2.5ltrs per day
- Reduce stress – stress suppresses the immune system.
- Sleep well – aim for 8 hours of sleep each night. When you don't sleep properly this suppresses the immune system. When receiving vaccination try to be as well rested as possible.
- Supplement – My favourite supplements are Vitamin B12 and Liquid Zinc Sulphate for anti-viral and anti-bacterial properties. Barley Grass Powder and Spirulina Powder will remove toxic heavy metals in the body. Use these supplements daily before and after the vaccine.
- Eat well – fruits and veges are immune boosting medicine foods. Your body does not need fatty junk food to deal with after vaccination.
- Avoid alcohol leading up to and after vaccination. Alcohol weakens the immune system and dehydrates the body.
- Get your vaccine on a Friday afternoon – make sure you have an easy dinner lined up and relax. Stress is the last thing we want while our body is working with a vaccination. Don't plan anything during the weekend apart from rest and recovery.



- Avoid vaccination during menstrual cycle if possible – during a hormonal change the immune system is compromised. Some women may already experience side effects of their menstrual cycle like skin outbreaks or headaches. When you add the vaccine to your body at this time, you are asking more of your already busy immune system.

Boosting your immune system if you contract a flu or virus like COVID

Whether you are vaccinated or unvaccinated, if you get sick, here's some ways to fight infection quickly. The Zinc shock therapy is what I use personally and is my favourite option at the first sign of a cold or flu. Your body uses its zinc reserves first when fighting pathogenic infection. Most of the population is zinc deficient which is one reason why this is so important.

Zinc Shock Therapy

Two squirts of zinc into the back of the throat and hold for 60 seconds and swallow. Repeat every three hours for two days straight.

Vitamin C Shock Therapy

- Vitamin C shock therapy is also a great option
- Place two 500mg or one 1000mg sachet of vitamin C into a glass of warm water
- Add two tsp of raw honey and mix well
- Add the juice of one freshly squeezed orange
- Repeat every two hours for two days.

Also I use easily digestible food like soups, juices and smoothies. Easily digestible foods conserve energy for the fight against a virus or bacterial infection.

A Closer Look At The Supplements

These are my favourite supplements. They give you great value for money for what they will help you achieve with your health. Notice that these four are pure forms of each, and not a multi vitamin.

You can combine these supplements in their specific dosages into a smoothie for best effect. Your specific dose can vary based on your health issues. The doses suggested below are a good starting point.

These supplements are very safe when taking medicine, however if your doctor has suggested otherwise then you can steer clear.

Fruit opens the cells to the body and provides a sweet, pleasant taste to cover up the flavours of these.



Vitamin B12 – Required for all 2000 functions of the liver. Antiviral, Anti bacterial, will help you lose weight and give you sustained energy. We use clinicians brand. **1 x full dropperful per day**

Liquid Zinc Sulphate – Required for all 2000 functions of the liver. Antiviral, Anti bacterial, will help you lose weight, balance hormones, strengthen hair and nails. The first ingredient the body turns to when it comes to infection. Can help reduce potential symptoms after vaccination. Removes toxic copper in the liver. Clinicians is our choice here too. **1 x full squirt per day**

Barley Grass – Draws out toxic heavy metals that may be present in a vaccine or already in your body, reduces joint pain, removes dark circles under the eyes, reduces indigestion/gut issues and alkalises your blood (reduces acid in the blood). We use lifestream brand. **1 x teaspoon per day**

Spirulina – aids detoxification, provides plant-based iron for energy, removes toxic heavy metals in a vaccine or in your body. Stops viral & bacterial growth inside the liver, strengthens the livers immune system and carries hundreds of toxic poisons out of the deep areas of the liver. Lifestream brand. **1 x teaspoon per day**

For more accurate doses, please let me know what your major health concern is right now.



The 14 Day Challenge

The First Week is the Hardest

The objective of this plan is to teach your body to become “*fat adapted*”. This simply means that your body needs to become used to burning dietary fat and body fat as a primary fuel source. In this first week of following the program it is common to feel hungry, headaches and low blood sugars. These are very normal side effects and it’s your body rebelling against the change.

Have you ever tried to give up sugar, smoking or coffee before? Did you experience some side effects over the first few days? This is the body rebelling against change. This is part of the adaption phase. Your body eventually adjusts to the new environment and responds by *burning more fats as fuel rather than relying on carbohydrates*.

Get through the first 7 days. Be dedicated. Embrace the change. If you are NOT happy where you are right now, then change is necessary.

This is actually not a low calorie plan.

Because we need to get you started right away, I will keep this manual brief and if you have any questions please ask them during our zoom session.

Most People Lose Weight And Burn Fat When.....

When people have daily bowel movements (full evacuation) same time each day and wake up feeling refreshed after sleep.

These are two key ingredients in the weight loss journey. Sleep and elimination.

Get these in order and you will go a long way on this program. Here are some rules you need to follow to get your sleep, daily elimination and fat burning in order.

Program Rules

1 Use Water or Juice Fasting



After 15 hours of fasting, your body burns fat five times faster than normal. There are a ton of other benefits, but we are mainly on a mission to lose weight here. During your fast I recommend that you start by fasting through to lunchtime. You can drink as much water as you need, lemon water, herbal tea, regular tea or one black coffee. These will fill you up while you're adapting to living briefly on an empty stomach. The best thing I can recommend during fasting is that you stay busy to keep your mind off food. Fasting is like fitness – you get better with practice. A half day fast is what I recommend you start with. Also fasting is perfect on Sundays after your Saturday night cheat meal. It gives your body a chance to use up any extra stored energy from that cheat meal. "Breaking the fast" simply means the first meal that you have when your fast finishes. The meal to break your fast is on your plan. If needed use half a green apple to balance out your blood sugars.

It is very normal to have some cravings and possibly mood swings, brain fog and low energy when you first start with fasting. This is simply your body going through an adaptation phase and learning to switch to burning fat as fuel.



Juice Fasting

Juice fasting has even better benefits than water fasting. You do need a juicer for this type of fasting – not a blender. Juice fasting replenishes good gut bacteria, clearing out unproductive bacteria, fuels your liver with glucose, boosts your immune system and reduces burden on the gut,

This is the juice blend I recommend for you – Celery, Cucumber & Apple in equal parts.

Consume 500mls first thing in the morning for best effect. This combination provides optimal hydration to the body, calms the nervous system and eases blood pressure. Your oxygen flows seamlessly around the body to deliver energy to working organs. The sugar from the apples balances your blood sugars and provides fuel to the working bodyparts.

Notes:

*If you are on a medication make sure fasting will not have a negative effect on your condition

*If you are under a high load of stress, fasting may also not work for you. Try a fast and if your weight doesn't budge, then you may need to leave the fasting out and stick to the eating plan.

2. Eliminate Caffeine Entirely or Limit to One Black Coffee Per Day

Caffeine raises blood sugar levels via a hormone called cortisol. Cortisol in a healthy person is a hormone that naturally occurs in your body and is known as an alert hormone. It's the hormone that wakes you up in the morning, and throughout the day and into the evening it slowly winds down. Cortisol must shut off entirely to allow you to sleep deeply. **For this reason, if you have black coffee, it must be consumed in the morning only and restricted to one serve per day.** Poor sleep is only going to hold you back by making your fat stores very stubborn.

*I recommend that coffee is eliminated if you are currently experiencing poor sleep, or a very stressful lifestyle. The reasons surrounding this are complex, so if you have a concern that coffee may be holding you back, then we can cover this over the phone in more detail.

3. Reduce or Eliminate Alcohol

Alcohol can ruin your sleep, dehydrate you and flush out your good gut bacteria. This in turn can eventually make you constipated, grumpy, low on energy, increase inflammation, reduce your immunity and make your bodyfat very stubborn! Elimination is the best for your quick weight loss, but if you need a drink here are the guidelines:

*Men limit alcohol to 3 to 4 standard beers once per week or two craft beers during your cheat meal.

*Women drink 1 to 2 glasses of wine once per week during your cheat meal.

4. Eat Fruits & Vegetables to Increase Gut Flora



You need carbs to function, but too many carbs will prevent fat loss. Here's the guidelines that work the best:

*Eliminate wheat entirely. No bread, biscuits, pasta, couscous, scones, slices, muffins etc.

*Eliminate 80% of rice and rice cracker intake - exceptionally high in carbs and will slow down your fat loss. A small amount of rice is generally acceptable. Two to three tablespoons is a good serving size.

*Focus on pumpkin as your best weight loss starchy carbohydrate. Up to one cup per day. Use Kumara and potato more sparingly, about ½ cup per day. If your scales do not show weight loss, then reduce your portion size. You can increase these portion sizes if you are following a plant based diet.

Fruit is great too. These fruits & vegetables feed your gut flora which helps with your moods, your sleep your digestion and elimination. Having a piece of fruit either side of lunch is a great idea.



5. Exercise 3 to 4 times Per Week

The type of exercise you should be doing is not as clear cut as the fitness industry hype makes you think. Because if you don't sleep properly and then you're going out and doing High Intensity Training, this will drive you into the ground, suppress your immune system and cause injuries. ***Think about it – how are you going to recover from a hard workout when you don't even sleep properly?***

To keep this simple, use this rule: Do what you feel you are capable of each day.

Every day is different. Sometimes you will feel that you can push as hard as you want to with exercise. Some days you just need to go for a walk with a friend and have a good old-fashioned catchup. Be realistic and don't beat yourself up. I've had clients get awesome results from walking. I've even had clients that have been exercising so hard for so long that they can't lose weight. Then I tell them to stop exercising altogether and they lose weight very easy!

There's more information on exercise further into this manual.

6. Keep Animal Protein to One Palm Size per Day

Keep meat, eggs & fish to **one palm size per day** for your animal protein portion. Less animal protein will reduce burden on your liver and also ease digestive stress, leading to easier elimination and weight loss.

For vegetarian protein options a portion size is one to two closed palmfuls.

Vegetarian sources include pea protein powder, nuts & seeds, legumes, spinach, spirulina (2 tsp), ½ avocado.

7. Eat 3 Meals Per Day Plus One or Two Snacks

Apart from your fasting days, aim for 3 main meals and one or two snacks. The meal plan you have will list examples for you to follow. You may not feel like eating snacks sometimes and that's ok but don't starve yourself.

8. Follow the Pre-Bedtime Routine



A lack of sleep can put you into survival mode, which makes fat very stubborn and you may find it hard to recover from workouts. This means building muscle becomes near impossible. Trust me, sleep is the most understated and under coached cornerstone of your health in the fitness industry. It can be very complex why people do not sleep well, but the main culprit is simply a poor lifestyle. For example - high stress = poor sleep = coffee to keep you going = high stress etc. Long story short, you get stuck in a merry-go-round and this leads to stubborn fat.

Restoring deep sleep can take time, weeks and sometimes months. In 2017, I coached one busy mum who was sleeping only one hour per night, and after about 5 weeks of sticking to the routine she was sleeping a full 8 hours sleep. Only then did her body start to lose weight. A lack of sleep is a dysfunction in the body. **Sleep is the most crucial part of this program.** Follow this routine carefully. It works.

Here's what Mel messaged me after the Pre-Christmas Shred program:

"Results...well I lost 2.3kg...but the results I was looking for was being able to make it through my day without feeling tired from waking up until going to bed. I feel AMAZING! I can function normal now! I had blood tests done just before I started this because I thought I might be ill, but I actually cope so well now! I don't need



naps after work and don't feel as anxious anymore. I'm much less bloated and I don't have daily headache. I really didn't expect this result in 2 weeks. I hoped to just get moving a bit more after my back injury to be honest. But am now so super motivated to actually go back to not just being normal but being the weight I was 2 years ago! Thank you so much. Melinda"

If you can follow this routine 6 days out of 7 every week, you'll be a transformed person. Trust me.

- Have a chamomile tea with two pieces of dark chocolate in the evening. Some people get instant results with the tea.
- Get into bed between 9.30pm and 10pm, and read a book. Do not read the iPad or watch tv in your room. Lie flat as you read. This will open your ribs and allow you to breathe deeper. As your body increases oxygen uptake, your brain shifts to a calm state (parasympathetic mode). This is very important to allow your body to move into deep restful sleep.
- Every hour of sleep before midnight is worth two hours to your adrenal glands (which help to regulate your bodyweight) so turn the lights out at 10pm at the latest.
- Try an Epsom salts bath three or four times over the next 14 days. Get the bath as hot as you can stand it. If you are at the crashed level then it's important to keep the bath luke warm. Let 250gr of salts & 1/4cup of sodium dissolve and soak for 20 minutes. You will sweat in the bath and this helps you detox, release tension.

Re-training your body to sleep deeper can take time. You may find that as you go to sleep earlier, you may wake earlier. But don't give up on this routine. As mentioned, this can take time depending on how out of whack you are to start with.

9. Have A Cheat Meal on Day 7

For most people this will be a Saturday night. This is when you have your optional alcohol, or anything else you like. Don't go crazy though. Go off to burger king if you want to, but do you really need two burgers, and a sundae as well as alcohol and a bag of lollies?? Use some common sense here.

Overeating with healthy food is good enough as a cheat meal too. Having a cheat meal is actually important to increase the hormone leptin. This hormone helps to tell you when you need to eat and when you need to stop eating. It's like a hunger messenger. The problem with long term calorie restriction is that this hormone dwindles, and you end up crashing and then binge eating. It takes about days for this hormone to deplete. Therefore, strategic overeating helps to keep you on track for longer, by boosting your metabolism and resetting you for the next seven days. And this keeps you on track for longer. Long story short, I want you to deliberately overeat on day 7 of this program.

How do you know if you are over cheating? Ladies aim to gain about 500gr over the weekend, Men about 800gr to 1kg. The gain you experience from your cheat meal is food weight and water weight predominantly.



This is why I recommend a fast day the day after your cheat meal, so you can allow your body to burn through the excess carbs and protein and promote some balance.

10. Drink 2.5 Litres of Water Per Day

Water is essential for weight loss. Add lemon juice to your water first thing in the morning. This will help you digest food and clean toxins from your body. Wait 15 to 30 minutes before eating breakfast.

Final Pieces Of The Puzzle

Bowel Movements (Elimination)

The goal is to eliminate daily. This is a major key to your progress. Don't panic if you miss a day, sometimes it takes time to get the body moving waste out efficiently. There are many reasons why constipation can happen.

- Bad food choices
- Stress related constipation – add a teaspoon of Epsom salts to your herbal tea plus a teaspoon of honey
- Your microbiome is out of balance (called dysbiosis)

Measuring your progress

- You will need access to bodyweight scales for this program. I recommend that you weigh in 5 days per week – from Tuesday to Saturdays. Then when you have your cheat meal you will gain weight (food and water weight). I don't recommend weighing in after your cheat meal!
- Weigh in on the same scales first thing in the morning
- I also recommend you use your mirror to gauge your progress visually. Take a before pic on your phone.
- Try on your swimwear or skinny jeans and see how they fit.

Take a before pic. You'll regret it if you don't.



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PICCOLLAGE



PICCOLLAGE



If your weight is not shifting.... consider these scenarios.

- Menstrual cycles – it's common for females to retain up to 2kgs or more of fluid
- Inflammation – if you eat something you are sensitive to, you may retain water
- Constipation – you may be stressed, or your body is still getting into rhythm. Be patient and stick to the program. It will happen, sometimes it just takes some time.
- Overeating – stick to the portion sizes
- Stress – when you are under stress, your body can hold onto bodyfat. This is called survival mode. Get in touch if this is an issue.
- Building muscle mass – as you start strength training you build muscle. Muscle weighs more than fat, so the scales stay put. Do you see more definition in the mirror? Are your pants looser around your middle and hips? This is a sign that you are building muscle.
- **If in doubt get in touch with me.**

Which Exercise Should You Select?



If you are a beginner or highly stressed and overtired look at lower intensity like mobility workouts, yoga, walking and biking. If you have a background in programmed exercise and are in good health, then some running alternated with weight training is perfect. And if you are currently in a structured fitness class or gym program, feel free to continue doing what you're doing.

Use the adrenal stress quiz to help you understand what your stress levels are. Then I can help you better.

Also feel free to use the workouts available in the facebook forum.

Ok! No More Talking – It's Time for Action!