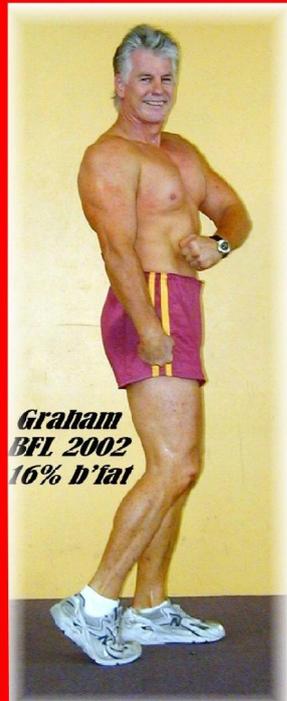


SUPPLEMENTS TIME LINE
& FLOW CHART
by Graham Healy

Supplement Reviews ~~BS~~ & Fitness Facts ~~BS~~ by Graham Healy

FACT If Your TOTAL CALORIE INTAKE is under 1,200 Cal (per day average) **YOU WILL LOSE BODY FAT BUT** HOW do I do that **WITHOUT STARVING MYSELF ?**
ANSWER: www.healyshealth.com

| | | | | |
|---|---|---|--|---|
|  162Cal |  350 cal |  162Cal |  350 cal |  162Cal |
|  Zero cals |  Zero cals |  Zero cals |  | |



*Graham
BFL 2002
16% b'fat*

Educate & Motivate

The facts are that to Reduce BODY-FAT and Maintain Metabolically active Muscle Tissue you have to REDUCE CALORIES to about 1,200 Calories without compromising your Nutrition.

THIS IS IMPOSSIBLE on just Food for two reasons:

(1)

Normal Food requires 2-4 hours to digest and by then your body has already broken down valuable Muscle tissue into amino acids to repair the damage incurred from the training in the first place

(NUTRIENTS MUST GET ONTO THE BLOOD STREAM WITHIN 30 MINUTES)

(2)

REDUCTION OF CALORIES ONLY

(Without Supplementation)

Leads to BURN-OUT and DIET REBOUND EFFECTS

(Cravings etc)

Our objective is to teach you how to gradually reduce intake of calories ,without compromising Nutrition

(as Supplements are simply concentrated food)

THE EFFECT OF HEALYS HEALTH URBAN MUSCLE SUPPLEMENTS IS :

THE MULTIPLIER EFFECT to a GOOD NUTRITION PLAN

(In other words a 'Lean and Clean' Nutrition Plan in the first instance BACKED UP by HEALYS HEALTH URBAN MUSCLE SUPPLEMENTS

Multiplies the RESULTS.

DO I NEED TO BE ON SUPPLEMENTS FOR THE REST OF MY LIFE ?

NO !

What we recommend is cycling your training and your supplements.
Normally I recommend a cycle of 12 week challenges over a 12 month period
(4 cycles x 12 weeks = 48 weeks = close to 1 year (52 weeks))

Or

3 x 16 week cycles = 4 week preparation , then 12 weeks full on = 16 weeks .

Always having a 12 to 16 week Goals that rolls into one year .

These Goals can matched with any sporting objectives,
General health & fitness goals,
or a specific objective .

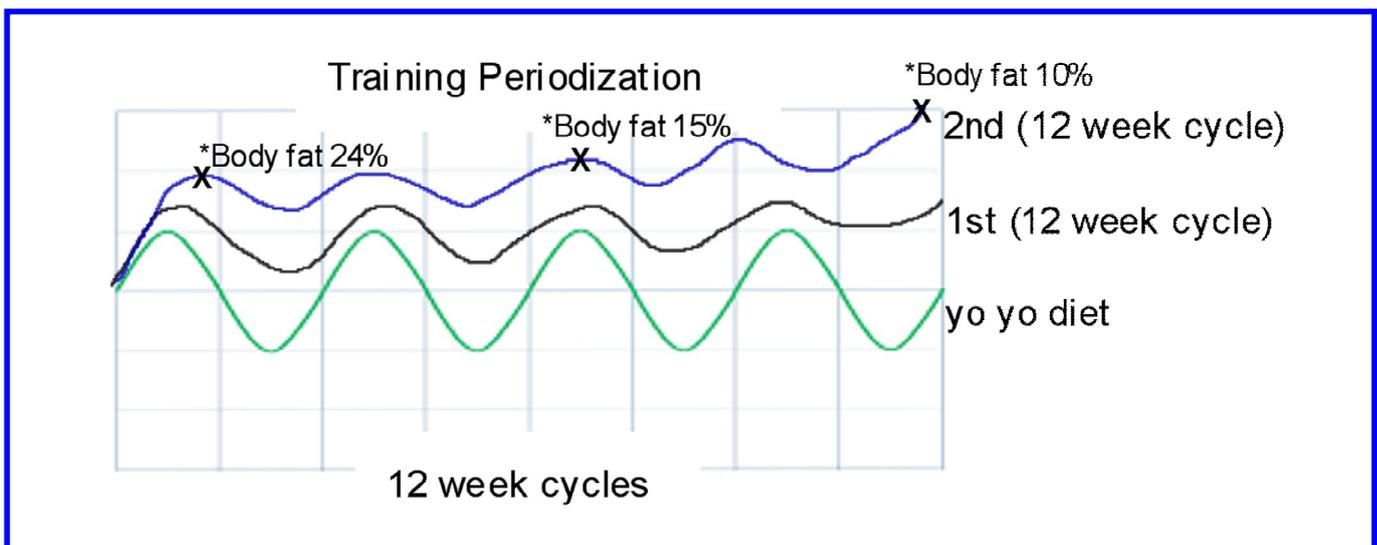
Regarding Supplementation

The Base is a Low Carb Protein drink (meal replacement)
and a recovery drink with Branch chain aminos ,L glutamine and HMB
(this stops sugar craving and repairs the muscles, and stops muscle soreness)
as you get Fitter and Stronger and Leaner

You FINE TUNE the Supplements to Match your performance much like a racing car
you make the 'adjustments' progressively.

Then as you 'Cycle up to a peak' then you 'cycle back' to maintenance mode , take it
a little easier for a few weeks (say 4) and then REV UP the cycle again.

This is technically called PERIODIZATION



So Remember with Supplements they are simply a highly concentrated foods with
the Fats & Carbohydrates removed and the concentrated NUTRIENTS remaining such
as PROTEIN , Amino acids, minerals, electrolytes and such that you require for
HIGH PERFORMANCE

I have a complete breakdown analysis on my web site for your reference

<http://www.healyshealth.com/#!ingredient-analysis-intro/c1js0>

<http://www.healyshealth.com/#!b1-ingredient-analaysis/c10qj>

TIME LINE OF APPROPRIATE SUPPLEMENTS

(Remember the 'KEY' with supplements is that they can be absorbed into the blood stream within 15 to 30 minutes as different from a Normal Meal that might take 4 hours to Digest and break down .

Over the Training CYCLE you need pre-supplementation, Intra supplementation, post supplementation .

Look at TRAINING AS A 'STRESS PEAK' in the TRAINING CURVE
(because that's exactly what it is)

and then there is the 24 hour cycle between EXERCISE BOUTS .



6am

>**Upon rising take 1tab x B complex** (Blackmores Executive B)

reason: helps Nerves + Carbohydrate uptake

>**1-2 caps x Rampage** (testosterone booster)*

Note: Men only (if advised for your particular training program) *

>**2-4 x LT4 Healys Health Urban Muscle Fat metabolisers** *

reason: Mobilises fats as fuel in Liver + detox Liver*

>**3 x fish oil Capsules**reason : helps Joints and reduces blood fat levels
therefore beneficial in treatment in cardiovascular health

>**2-3 pieces of Burgen:** Weight management Bread or Burgen Rye Bread (toasted),
Use RICE BRAN OIL spread

(3 pieces of Burgen Bread = about 240 calories)

>**Green Tea ,or water, or Coffee (no sugar)** note: careful with Coffee.

(note: If doing HIGH INTENSITY WEIGHTS you may need to add a small bowl of Basmati rice or steamed sweet potatoes or oats to maximise your carbohydrate loading before your work out, depending on the intensity of workout, and to a certain degree the individual)

WARNING: " I have trained a few clients that have not carb loaded as advised before a High Intensity weights work out and blood sugars/glycogen drops out really fast and you can get a 'Hypo' glycemia state and even get dizzy and pass out ! so have your CARBS BEFORE high Intensity weights Workouts" GH

***Healy's reference on foods:**

"Boot Camp Kitchen" (Burgen Breads etc. food overview):

<http://www.healyshealth.com/#!/grahams-boot-camp-kitchen/c1pza>

*Healy's reference of supplements analysis:

<http://www.healyshealth.com/#!b1-ingredient-analaysis/c10qj>

7am

>pre-pack food, Protein drink etc for Today (basmati rice + Chicken, beef or fish, include green beans, broccoli etc)

Healy's boot camp "Food pack" see Graham Healy's basic recipes:

<http://www.healyshealth.com/#!grahams-boot-camp-kitchen/c1pza>

7.30 am

>Pre Workout Drink

(Healy's Health Urban Muscle "In Cell" pre-workout Creatine Booster & vasodilator)
refer: Healy's analysis for full description on "In-Cell" and how it works (note : "In Cell 1" and now improved "In Cell 2"
(taken 30 minutes prior workout)

8am

>INTRA workout Drink

One Lab "Intra" or "Resurrection")BCAAS,L-GLUTAMINE,HMB

Note: Graham Healy has a 'special mix' for the Intra workout drink (while you work out, you drink this ,plus water so 2 bottles , 1 bottle with the special "Intra workout mix" and 1 bottle of filtered water.

Graham's special "intra" workout mix is a combination of Himalayan rock salt(electrolytes) ,natural Phosphorus, Calcium & Magnesium, and added Urban Muscle natural maltodextrine (Glucose Polymer). (secret Formula for Healy's Clients Only)

Assume Training between 8am to 9am (1 hr)

This can be am or pm but the timing of Supplements around the TRAINING BOUT is always the same.

WORKOUT OPTIONS :

a)HIGH INTENSITY WEIGHTS (45 minutes)

b)HIGH or Low to Medium INTENSITY CARDIO (20 to 45 minutes)

(cardio as defined by Lactic acid Levels in bloodstream and PERCEIVED EXERTION)

See Healy's reference on Perceived exertion chart:

<http://www.healyshealth.com/#!reference-library-and-applications-/c1l2>

c)Combination of Both (Note: weights should be trained separately from Cardio apart from a general stretch and warm up)

Reason: one counteracts the other 'Energy wise' and are best separated , even if separation means sprints or cardio am and weights pm(or vice-versa) on the same day.GH

d)Or some Sports Specific training routine like: (Martial arts, Swimming, Olympic weightlifting, Boxing training , sprinting ,track and field, basketball etc)

9am

>Post Workout

Finish off “Intra workout drink” and plenty of water.

IF SUPER INTENSE WORKOUT you may try one serve of Healys Health Urban Muscle ‘NECTOR OF THE GODS’ (which is basically a carb loaded protein drink with vitamins and minerals)

OR

simply have a Healys Health Urban Muscle 5 stage release Platinum Protein Drink(add so maltodextrin in if required)

Question : WHY DO I NEED CARBS DURING AND IMMEDIATELY POST WORKOUT?

Answer: The carbs produces an Insulin ‘Spike’ in the blood stream (body’s storage hormone) and carries all the Nutrients in the Intra, and post protein drinks into the muscle cells more rapidly and effectively.

However, If you are DROPPING BODY FAT (ie cutting up or Leaning up while maintaining muscle) you need to STILL HAVE CARBS DURING WORKOUT and POST WORKOUT (IMMEDIATELY AFTER within 20 minutes) , but then during the day or the 24 hour cycle in-between workouts you LIMIT THE CARBS according to your Cutting up procedure or fat Loss Goals.

USUALLY this means, Healys Health Urban Muscle Resurrection drink (no carbs) is ok any time during the day, post workout, intra workout, before bed, upon rising ...to RECOVER ASAP just feel the way your body is recovering , sometimes I will drink resurrection at 3am in the morning (if I wake up to go to toilet) and my body still feels worn out , I’ll have a drink of resurrection (300 mls on H2O) or a Platinum 5 stage release Protein Drink (for MUSCLE REPAIR AND RECOVERY)

10am

> as described above

11am

> as described above

12pm

> as described above

1pm

> as described above

2pm

> as described above

3pm

Filtered Water/Green Tea/or add cordial to water (sweetener sucralose)

<http://www.cottees.com.au/no-added-sugar-cordials>

Lunch chicken or beef + basmati Rice or Sweet potatoes (300-500 calories)

Burgan Bread 2-3 slices (80 cal per piece)

(weight management special bread , or Burgan Rye)

4pm

refer: Healys Bookcamp Kitchen for recipes and details

<http://www.healyshealth.com/#!grahams-boot-camp-kitchen/c1pza>

5pm

>Green Tea (Dilma is best) ,some fruit pear, apple, Orange (all whole not juice)

limit bananas, grapes, watermelon, Rockmelon is good

note: if strict cut up diet , limit fruit .

6pm**7pm**

> Vitamin B complex 1 x tab , 1 x LT4, 2x tabs Phosphorus,

1x tab Calcium & Magnesium , Eat a small orange (Fructose/energy)

> Prepare 600 mls of Healys special INTRA workout drink

One Lab "Intra" or "Resurrection")BCAAS,L-GLUTAMINE,HMB

Note: Graham Healy has a 'special mix' for the Intra workout drink (while you work out, you drink this ,plus water so 2 bottles , 1 bottle with the special "Intra workout mix" and 1 bottle of filtered water

7.30pm

>martial Arts Training (Graham Healy)

2 hrs (includes stretching, and explosive power movements)

8pm**9pm****9.30pm**

10pm

> LATE DINNER

*have just a 5 stage (no carb) Healys Health Urban Muscle Protein drink or the Chicken/beef/Fish/ or omelette meal (small without carbs) if cutting fat stores drop the Carbs, ok for some small amount of carbs if just building Muscle and not too concerned about Body fat loss) (about 250 to 300 calories total)

11pm**11.30pm**

> Bed time (take Healys Health urban Muscle GH (Natural Growth Hormone formula) to promote DEEP SLEEP and recovery refer our detail analysis) <http://www.healyshealth.com/#!b1-ingredient-analaysis/c10qj>

12pm

> zzzzzzzz 😊

1am

2am

3am

> sometimes 5 stage Healys Health Urban Muscle Platium Protein Drink or Healys Health Urban Muscle Resurrection = speeds Recovery & repair

4am

5am

6am

> repeat above 😊

Note : the dosages of can be varied or 'cycled' to suit the programme phasing :

- * Lt4 (natural amino acid fat Metabolizer formula) ,
- * Heat (Thermogenic natural formula)
- * Rampage (natural testosterone Booster)
- * GH (natural Growth Hormone formula)

All these products are TGA approved (Austrian Government therapeutic Goods Administration) and ASADA (Australian Sports Anti Doping Authority) SAFE and WADA (World Anti Doping Authority) SAFE

Refer our analysis page :

<http://www.healyshealth.com/#!b1-ingredient-analaysis/c10qj>

Or Contact

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