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Thesis Paper

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*Top Performance*

Two highly tuned race cars sit side by side at the start line. Both are top of the class racing vehicles. Each is highly competitive. As each racer gets inside the car, the maintenance workers fuel the cars using two different kinds of fuel. One car is fueled with high octane fuel and very few impurities, the other is fueled full of low octane. The engines are revved up and ready to go. The light turns green. The first car to come back is obviously the race car that has the high octane fuel. Therefore, the higher fuel without many impurities will help the race car run more efficiently. This is similar to the way a human body functions. Foods with empty calories will result in the body being fueled comparable to the race car with low octane fuel. In contrast, fueling the body with whole fresh fruits and vegetables will result in high vitality. Athletes who choose to eat this healthful way will perform more like the race car with the higher quality fuel. In order for athletes to reach their highest potential, they must consume the highest possible fuel. To be highly competitive, the competitor must fuel themselves with whole, fresh, ripe, raw organic plant foods which will provide just the right amount of protein for the body, along with maintaining a healthy sleep pattern. Food is our fuel source, comparable to gasoline. Sleep is our energy source, comparable to the battery. There are many aspects in creating health.

“A diet consisting of whole fresh ripe raw organic plants is ideal for human health and performance as it most closely accommodates our anatomical and physiological needs for food. In the same way a car runs best with the fuel for which it is designed, so too will humans be able to reach their performance potential when utilizing the diet for which we are best built to use.”

(Graham *Why Eat...Para. 6*) “Unheated or raw foods are the natural and optimal choice for the cellular health of all creatures.” (Graham, *80/10/10* pg. 51) Creating health comes one choice at a time...one *conscious* choice at a time. Since a person makes approximately sixty to one hundred food choices a day it becomes important to be aware of why, which, and how much foods fuel the body best. There are three main categories of food. They are carbohydrates, proteins, and fats. “Plants contain the optimal mix of carbohydrates, fats, and protein; on average, 80% carbs, 10% fat, 10% protein. Carbs provide ready fuel for the muscles; fat provides insulation, padding, and a back-up source of energy; protein provides the material for growth and repair needed.”

(Heirdrich, *Why Eat A Plant Based...Para 7*) Bananas and dates are one of the most efficient things we can fuel the body with when looking for energy. Other fruits that are helpful in quickly replacing an athlete’s muscle glycogen are, grapes, figs, mangoes, peaches, nectarines, plums, pears, and any other sweet fruits. The reason being, before human cells can utilize any food for fuel, whether it consists of fat, protein, or carbohydrates it must first be broken down into simple carbohydrates. That’s why fruit is one of the best food choices we can make. “Simple sugars in the form of glucose and/of fructose fuel *every* cell of the body.” (Graham. *On Nutrition and...p19*) If fruits already come in the form of simple sugars, the body has to do less work and can imminently give you fuel. “It takes just minutes for ripe fruits to be absorbed and yield their nutrients. Raw vegetables only require an hour or two. Starchy foods can easily take over twelve hours, protein rich and fatty foods often take over a day to reach bloodstream.” (Graham.

*Nutrition and Energy...Para. 1*) The brain and the central nervous system use up 10% of all the fuel the average human eats. These two systems are very demanding systems in the body and always get their fuel first “In order to free up more energy for muscular activity, we must reduce the amount of fuel used to digest the food that we eat.” (Graham. *Nutrition and Energy...Para.*

3) If a person is eating the Standard American Diet, the process of digestion takes up at least

40% to 50% of the calories consumed. This will leave the athlete's body to only have 20-30% calories for muscular activity. Therefore the body will run more efficiently when we eat living foods for the fact that these foods are easier to digest and will leave more calories available for muscular activity. Eating only fresh, whole, ripe, raw organic plants will provide the body with the right amount of vitamins and minerals. "Fruits provide the highest percentage of vitamins per calorie consumed, with vegetables coming in second. Vegetables provide the highest percentage of minerals per calorie consumed, with fruits coming in second." (Graham, *On Nutrition and...p14*) Therefore, it would literally be almost impossible to not get enough vitamins and minerals by following the living food lifestyle. Any other choice of food, other than whole fresh, ripe, raw, organic fruits and vegetables will come in as third or fourth place, or lower choice on the scale of nutrition per bite. The most nutrition per bite is found in these types of fruits and vegetables.

"There is no food that will cause one to gain muscle. This can only be achieved by performing the appropriate strength-demanding activities." (Graham, *I'm so Skinny*, pg. 13) There is a myth about protein that the more protein you eat the stronger you become. "A diet consisting of nothing but fruits and vegetables will supply an overall protein content of about eight percent per calorie. It has been shown repeatedly that diets supplying double digits protein per calorie consumed leads to a variety of common health problems." (Graham, *Protein Facts...pg 48*) Not only is the amount of protein needed to be consumed a misunderstanding, but the concept humans need specific proteins from fish, meat, eggs, etc.... is also a fallacy. "The body breaks down all protein to their component amino acids before recombining them. Eating the muscles from animals will not result in the athlete developing bigger muscles." (Graham, *Protein Facts...pg 49*) Protein from living foods is more easily assimilated, creating less work for the body to carry out protein synthesis. Cooked proteins have become denatured and become

as foreign objects to the human body. A person's white blood cell count will increase after a meal high in cooked proteins as a body determines what to do with these unknown objects. Undigested protein molecules are the cause of many allergies, as well as increased digestive problems. Leafy green vegetables require minimal energy to be broken down into the form the body requires to rebuild and repair, which is a protein's job description. By eating whole, fresh, ripe, raw foods we can allow the body to conserve energy on protein synthesis, therefore leaving more energy or calories, left for muscle endurance. "For athletes and others who wish to build muscles mass, a slight higher consumption of protein may be achieved by an increases in the total food consumption, not by increasing the ratio of protein to fat or carbohydrates in the diet." (Graham, *On Nutrition and...*pg. 33) "Performance studies show that athletes on a plant based diet excel over those on an animal based diet." (*Building Muscle on...*Para. 10) Similar to proteins, fats should also be kept close to 10 percent of the total calories we consume. Every time a person overeats on fats, he or she under eats on carbohydrates and therefore diminishes health and performance capacity. Too much fat in the blood stream limits oxygen transfer throughout the body and this alone is enough to encourage anyone who is looking to improve performance to reduce fat intake. By overeating on fat, a person also not only reduces the amount of glucose consumed by inhibits the body's ability to transfer glucose. This is a double whammy for the athlete.

Along with the fuel we supply for the body, we must also be concerned about our energy, or sleep patterns. "During sleep, energy within the nervous system is recharged, growth and repairs take place, and detoxification occurs faster than a person acquires toxins. Without proper sleep we are unable to think clearly, respond quickly, and may experience emotional instability. Lack of sleep will also result in decreased ability to recover from activity."(Mowris, *Sleep: Nature's...*Para 2) Decreased sleep will often also increase injury susceptibility. Every person

requires different amounts of sleep. The way to find out if you are completely rested is to simply see if you can sleep some more. If you are able to continue to sleep, more sleep must be needed. “There are many factors involved in the amount of sleep we need each night and not every night will be the same. We may require increased hours of sleep if the body is going through heavy training, healing, intense emotions or the overall quality of sleep is impaired.” (Mowris, *Sleep: Nature’s*...Para 3) Sleep is the source of a human’s vitality!

Many athletes have achieved great success on a whole foods diet. Brendan Brazier a Professional Ironman triathlete since 1998, also the 2003 Canadian 50km Ultra Marathon Champion. Brendan said he, “continued to improve as an athlete at a fast rate in spite of being vegan- actually, that’s not the case, there’s more. A highly alkaline, easily digestible, mostly raw diet is without a doubt the best diet for performance.” Clark Lewis, Track and field champion, nine times gold medalist, Olympic Athlete of the Century, multiple world record holder, and many other awards, says that he “has found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet. Moreover, by continuing to eat a vegan diet, weight will stay under control, and a person can enjoy eating more and feel great.”

“When moving with a group we can only go as fast as the slowest member.”(*Are you healthy*...Para 1) Likewise, athletes must strengthen their weakest link before moving forward. “Do not mistake sheer fitness for health. Health can be no better than its weakest link. Strengthen the weakest links in our health regimen and get the most results for your efforts. Strive to be fully healthy, and not just fit or simply well nourished.” (*Are you healthy*...Para 11) “For uncommonly healthy results, one must be willing to live an **uncommonly** healthy life.” (Graham. “*I’m so skinny.*” Pg. 14)