



# **METHOD**

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HOW TO ACHIEVE  
A LIFETIME OF SUSTAINED  
PEAK PERFORMANCE

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**TOM BRADY**

















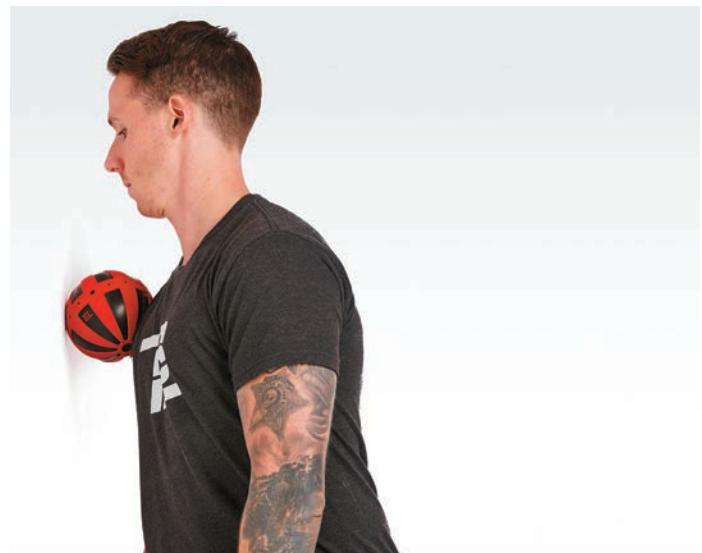


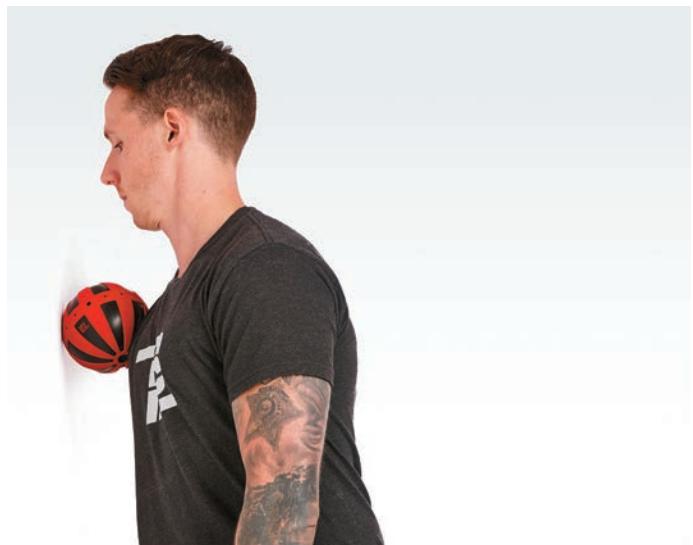






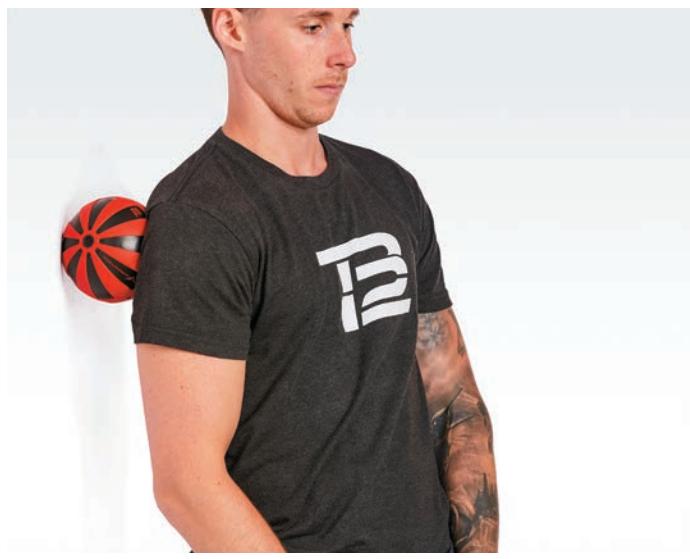














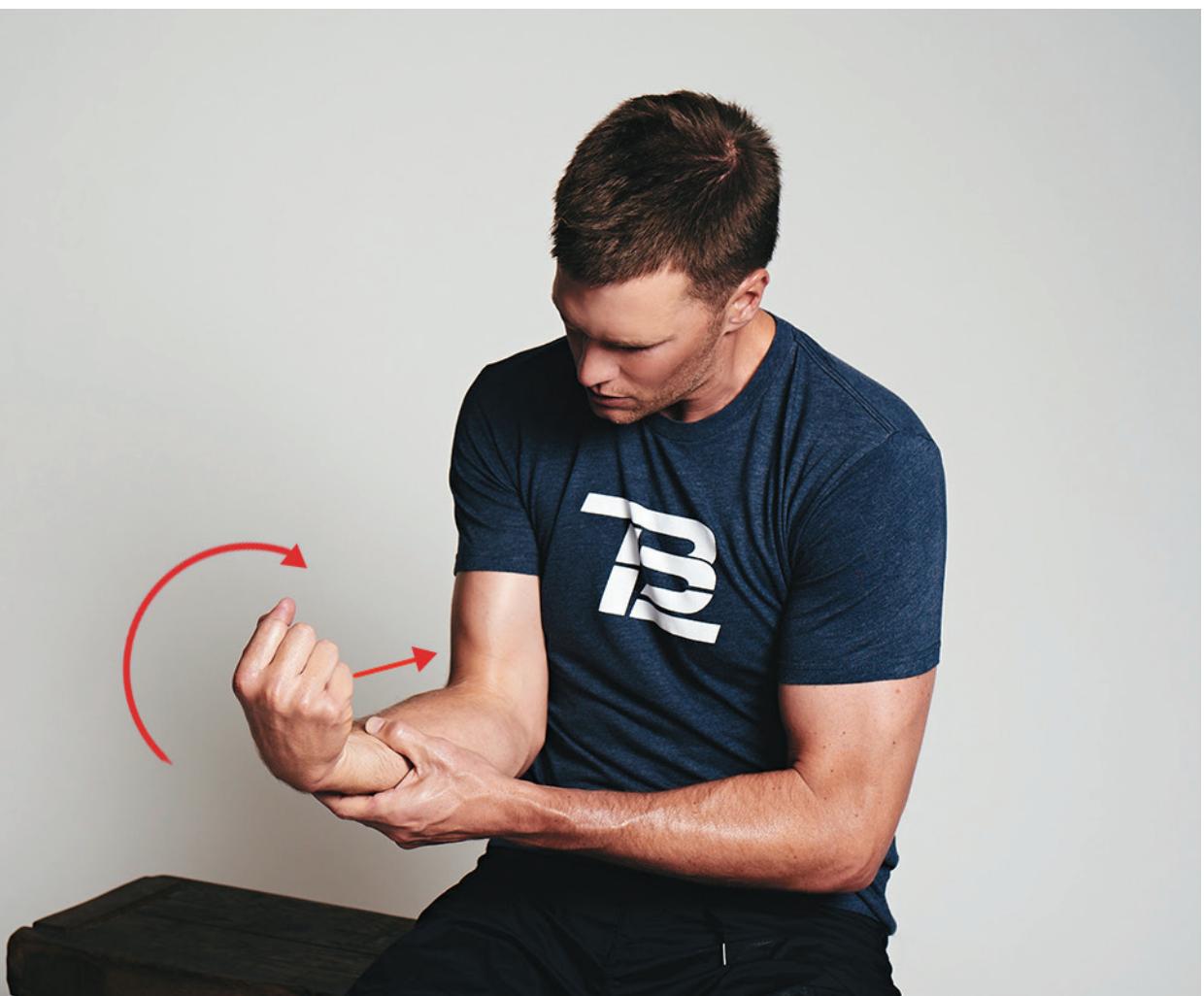


























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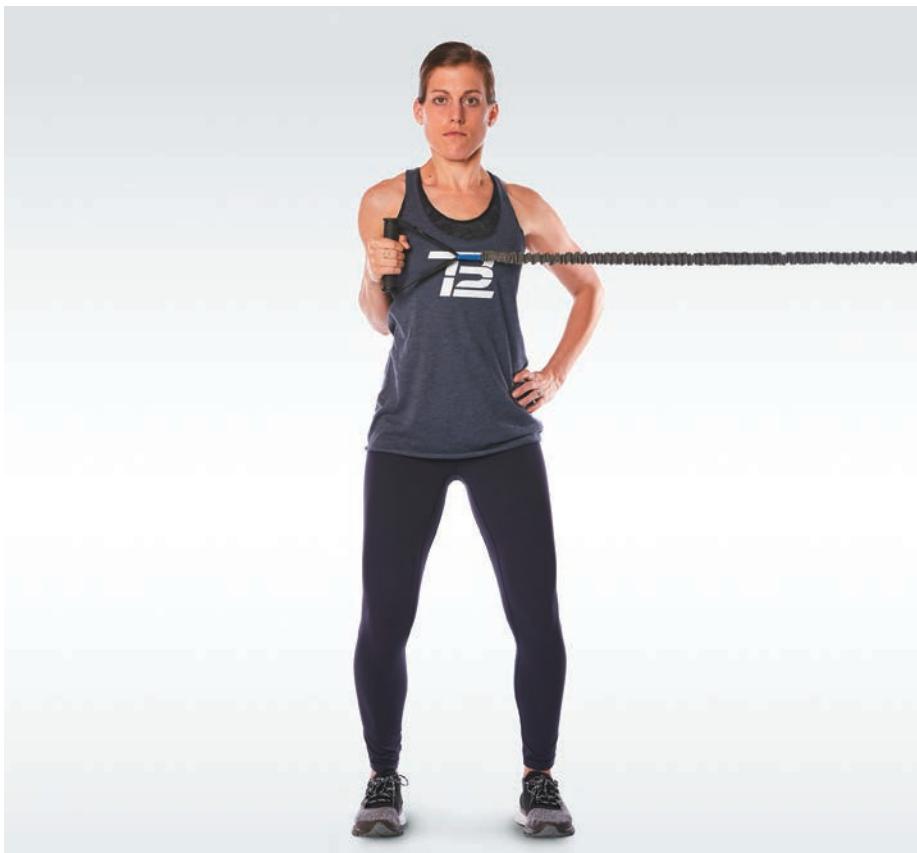


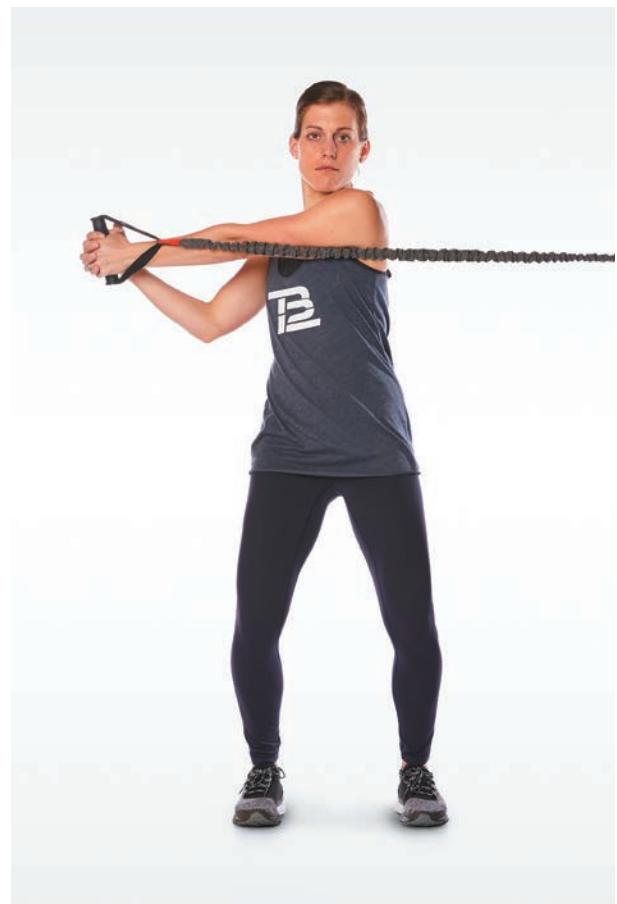








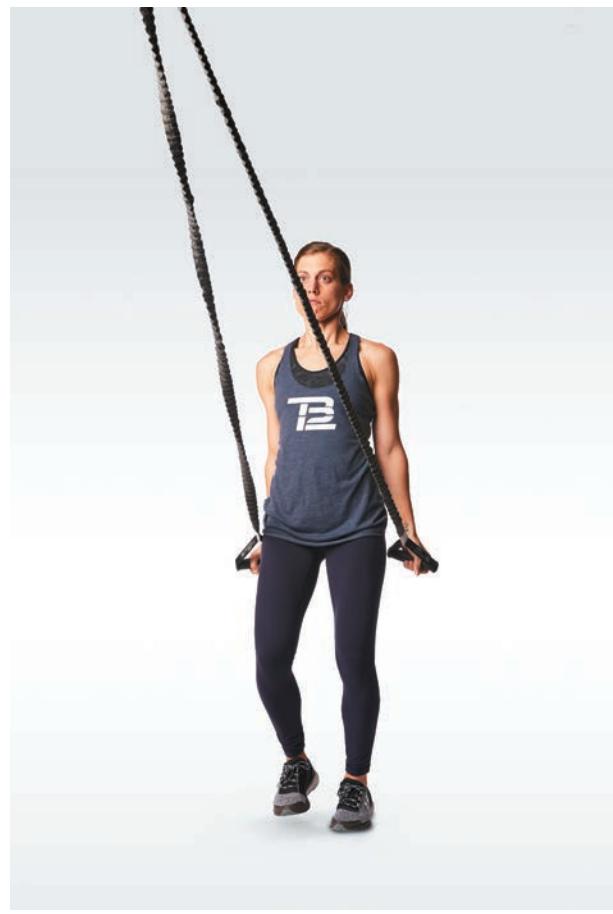


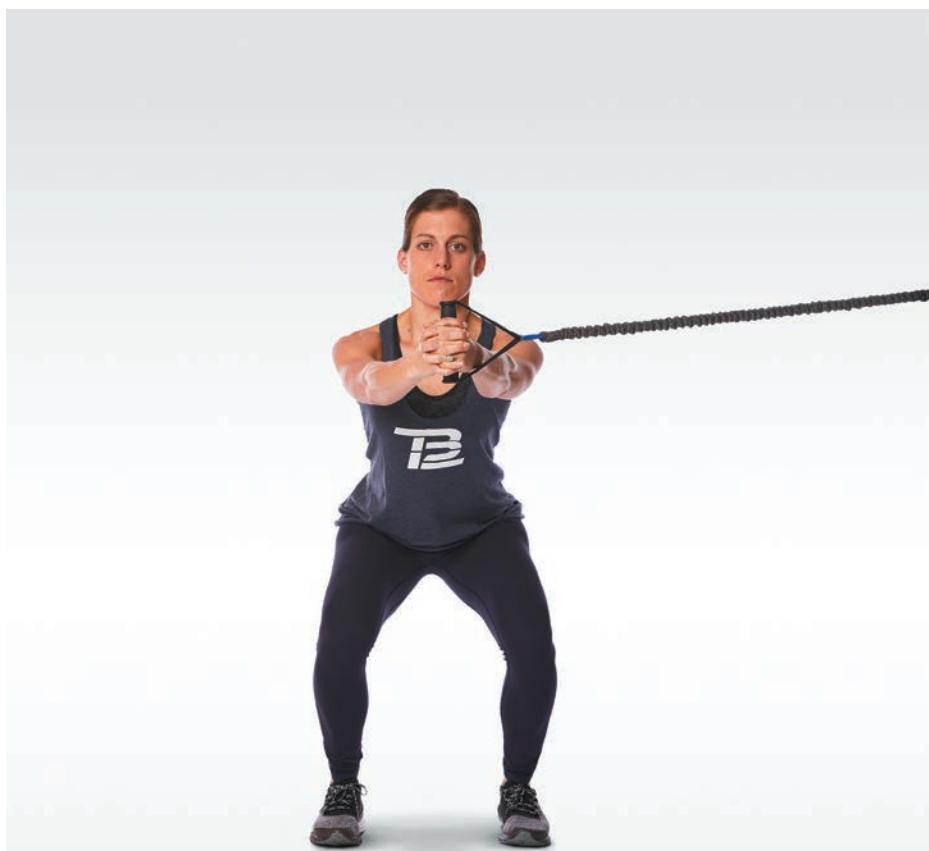




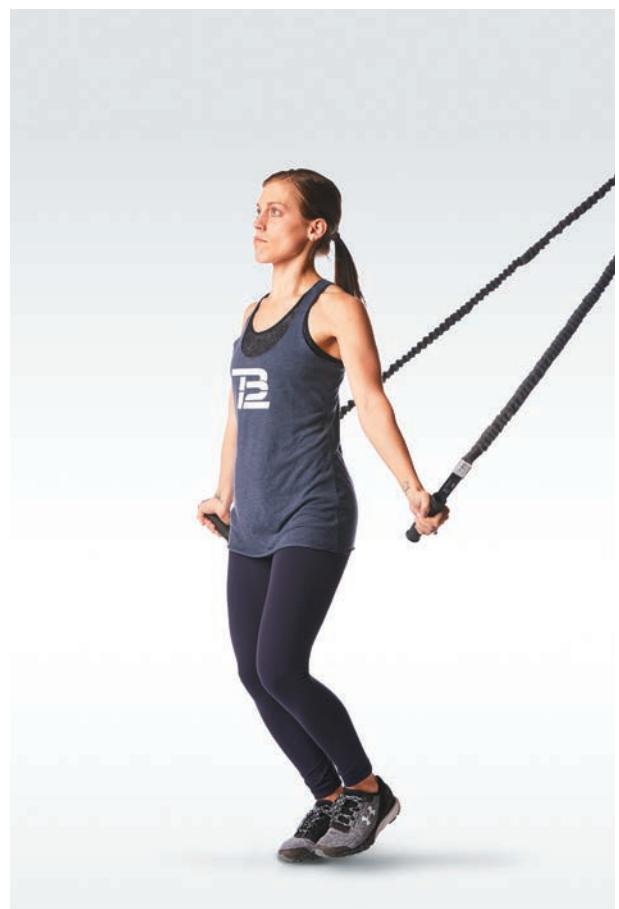


















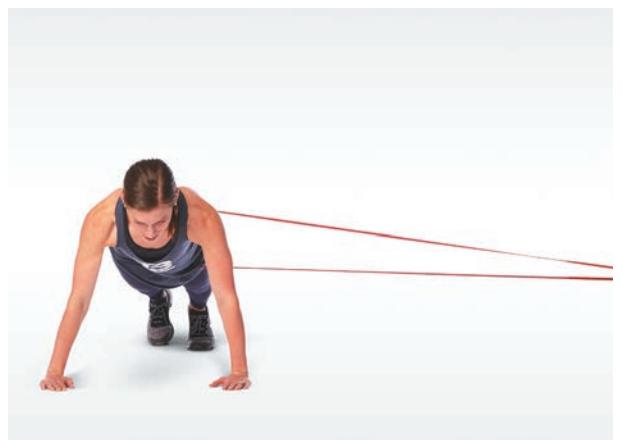
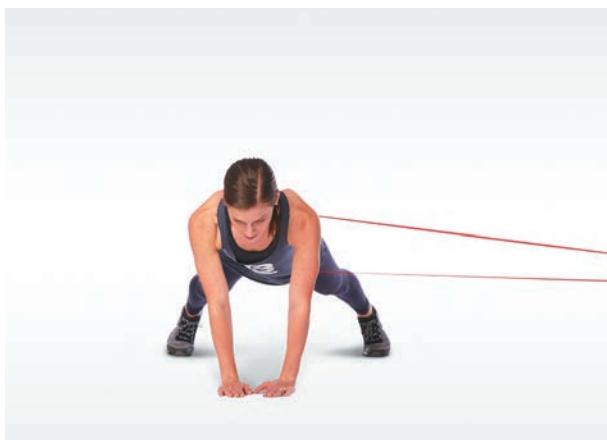




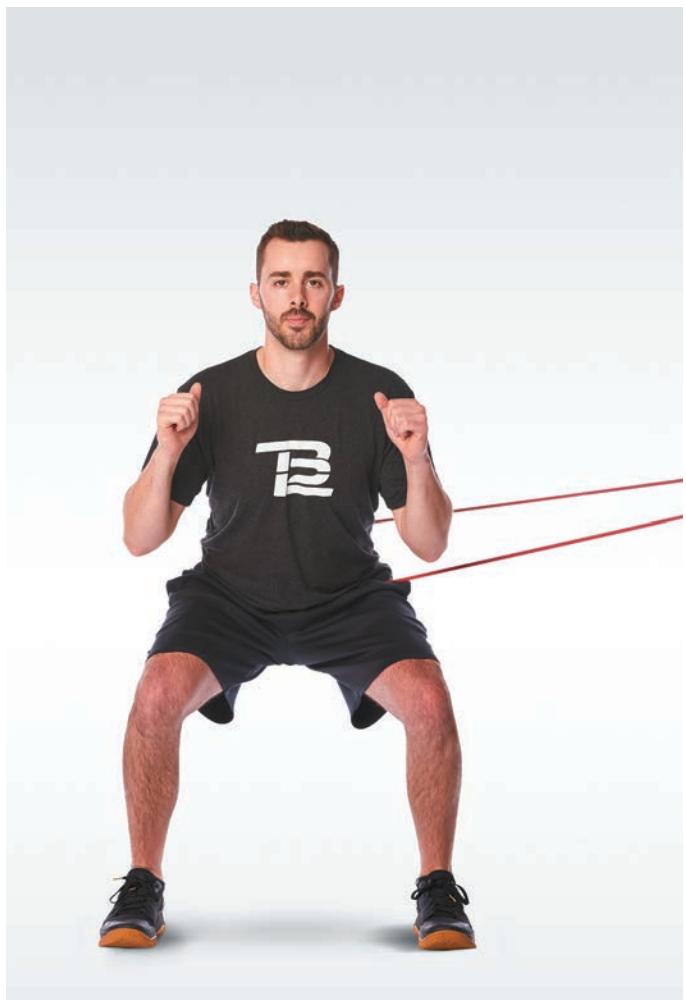






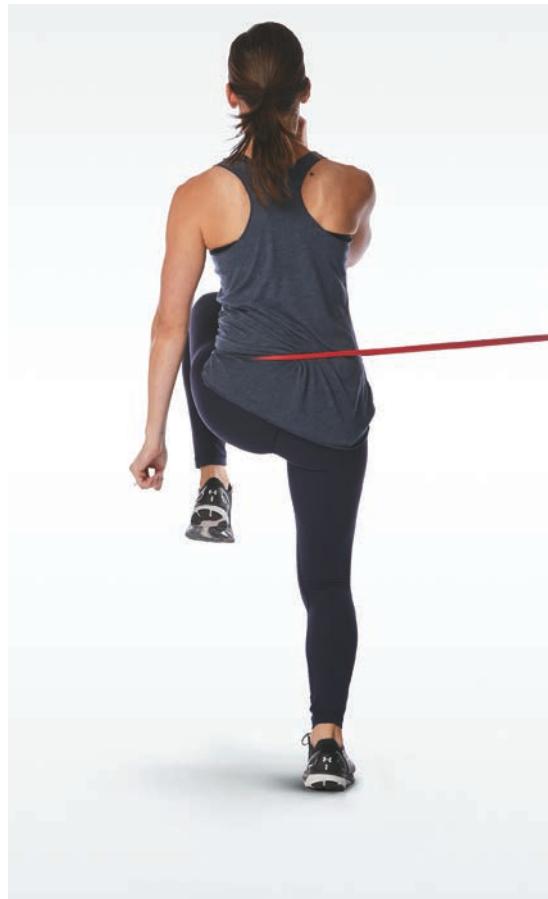


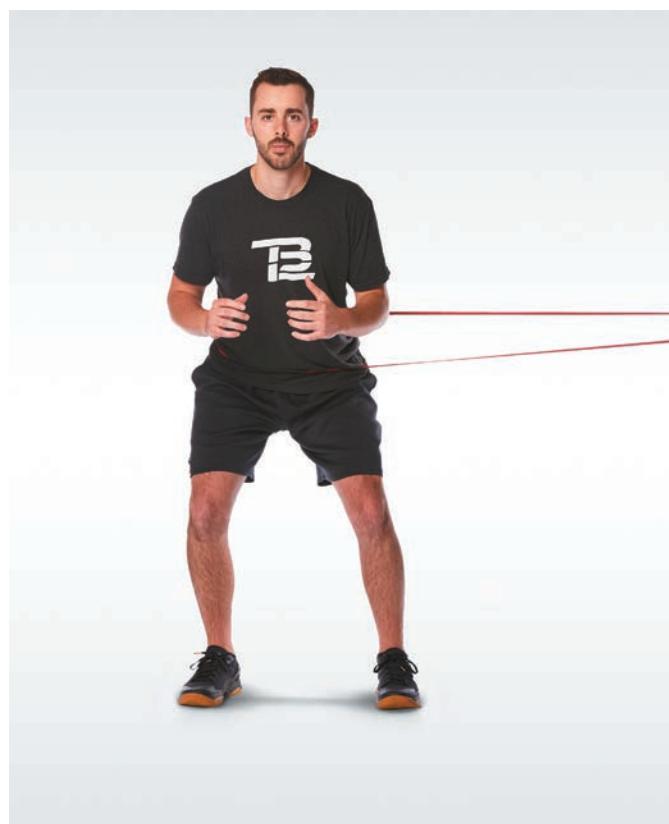








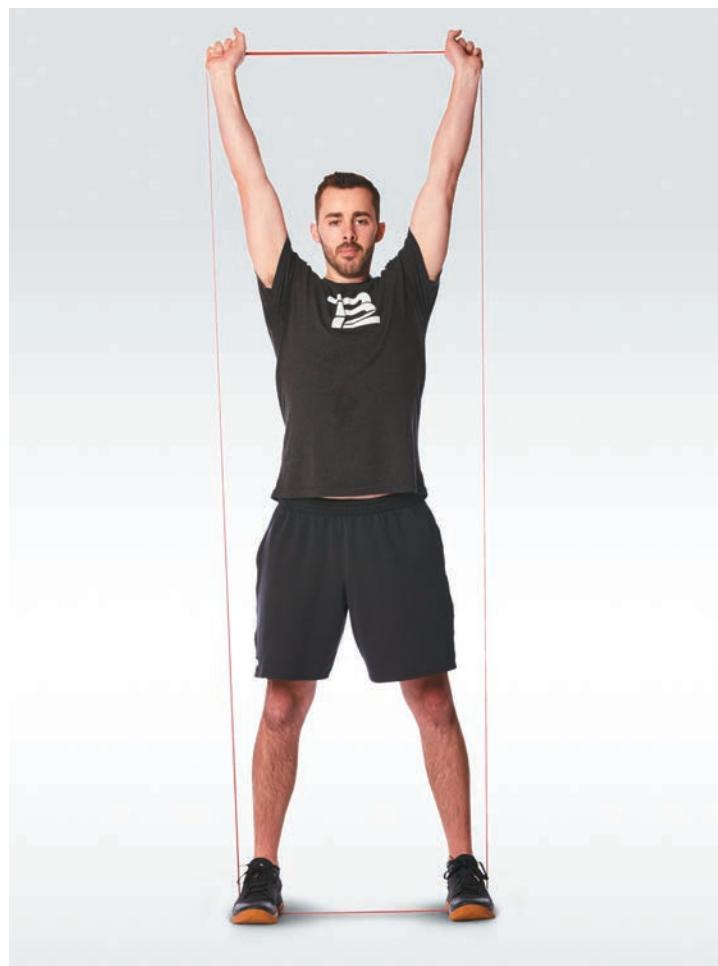


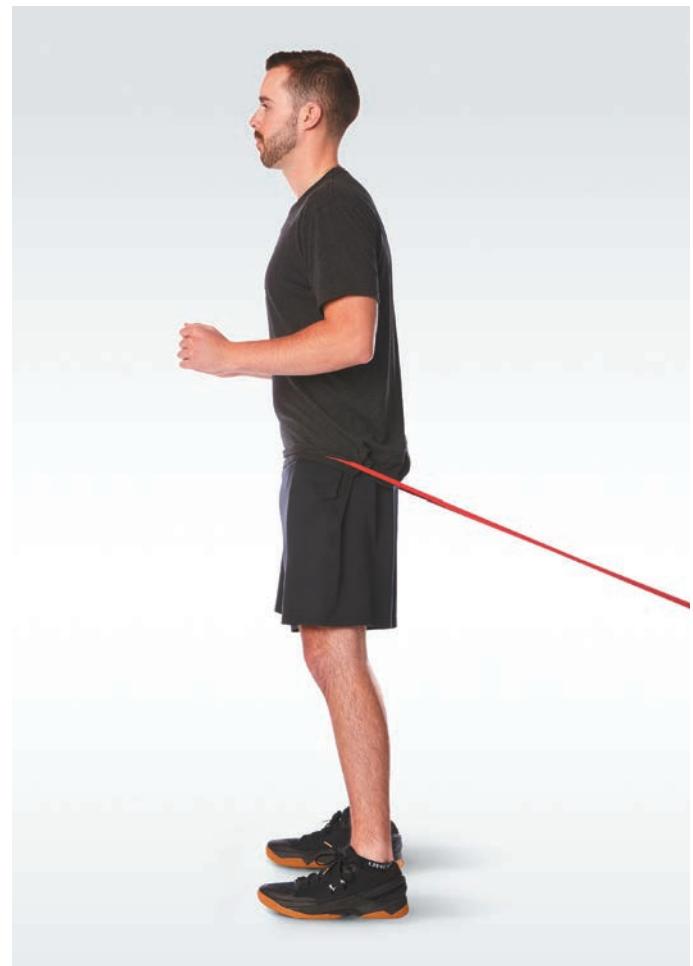














## **THE SHORT LIST**

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### **STRONGLY ALKALIZING FOODS**

Artichokes	Lettuce (except for
Beets	iceberg)
Broccoli	Potatoes
Brussels sprouts	Red cabbage
Cabbage	Spinach
Carrots	Squash
Cauliflower	Sweet peppers
Chicory	Sweet potatoes
Cucumbers	Vegetable juice made in
Dandelion greens	a juicer
Escarole	Yams
Green beans	Zucchini

### **STRONGLY ACIDIFYING FOODS**

Beef	Raspberries
Black currants	Red currants
Butter	Salmon
Cheese	Soybeans
Chickpeas	Strawberries
Cold cuts	Sunflower seeds
Crayfish	Walnuts
Hazelnuts	White bread
Herring	White rice
Kiwis	White wheat
Lobster	Yogurt
Mackerel	
Mandarin oranges	
Millet	
Nectarines	
Oranges	
Peanuts	
Pecans	
Pineapples	
Pistachio nuts	
Pork	
Pumpkin seeds	

# THE TB12 GROCERY LIST

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## FISH, MEAT, AND POULTRY

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At TB12, we recommend you eat meats and poultry that are organic, grass-fed, free-range, hormone-free, and antibiotic-free. The fish you eat should be wild, hormone-free, and antibiotic-free. As I said earlier, more important than eating organic food is eating *real food*, washed carefully before you prepare it.

Clams/Mussels	Wild tuna and salmon, canned
Halibut	Beef
Herring	Lamb
Mackerel	Eggs—organic, cage free, omega-3 enriched
Mahi mahi	Skinless chicken
Shrimp	Skinless turkey
Tuna, fresh	
Wild salmon, fresh	

## AVOID

Commercially raised beef and poultry	Processed lunch meats
Cured meat and ham	Processed meat such as bacon, sausage, pepperoni, hot dogs
Farm-raised fish	

Choose among fresh, preferably organic vegetables such as:

Artichokes	Brussels sprouts
Asparagus	Butter lettuce
Bean sprouts	Cabbage
Bell peppers	Cauliflower
Bok choy	Celery
Broccoli	Chard

Cucumbers	Salad mix, organic
Endive	Shallots
Ginger	Snow peas
Green beans	Spinach
Kale	Squash: green, yellow, summer, spaghetti
Leeks	Sweet potatoes
Onions: green, red, white, yellow	Watercress
Radishes	Zucchini
Romaine lettuce	

## FRUIT

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Apples: green, red	Lemons
Avocados	Limes
Bananas	Mango
Berries: blueberries, raspberries, blackberries	Oranges
Cherries	Papayas
Coconut	Peaches
Grapefruit	Pears
Grapes: green, red	Pomegranate seeds

## FRESH HERBS

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Basil	Oregano
Chives	Parsley
Cilantro	Rosemary
Dill	Sage
Marjoram	Thyme
Mint	

# **SEASONAL SALAD WITH SAVORY VINAIGRETTE**

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The crunchy, creamy, salty, and savory mix in this salad is delicious, and a showcase for a variety of plant foods that provide valuable macronutrients. It's great for reducing inflammation, and is perfect for the spring and fall.

## **MAKING MUSTARD CAPER VINAIGRETTE**

1 tbsp. ground mustard seed	2 tbsp. walnut oil
1 tbsp. capers (with juice)	4 tbsp. extra-virgin olive oil
1/4 cup lemon juice	Salt and pepper to taste

Blend all ingredients (except for salt and pepper) in a high-powered blender until smooth. Season with salt and pepper.

## **PREPARING SALAD**

1 cup salad greens	1 tbsp. pistachios (raw or toasted)
1 cup baby vegetables	1/2 tbsp. seeds (mixed)
1/2 cup cooked grains (of your choice)	1/4 avocado
1 tbsp. crunchy grains (of your choice)	Handful of alfalfa sprouts
1 tbsp. sprouted beans	2 tbsp. mustard caper vinaigrette

Place greens in a salad bowl and arrange remaining ingredients around them. Finish with vinaigrette.



# POTATO AND BROCCOLI FRITTATA

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To prevent fresh artichokes from browning, place artichoke quarters in cold water with lemon after removing outer leaves and inner fibers. This is one of my favorite things to eat for breakfast.

## MAKING FRITTATA

1 medium potato	1/4 cup broccoli (small florets)
1 whole egg	1/4 cup brown or red rice (soaked or cooked)
1 egg white	Handful of collard greens (chopped)
1/2 tbsp. water	1 tbsp. basil (picked)
1 to 2 tbsp. coconut oil	Salt and pepper to taste

Preheat oven to 375°F. Scrub potato under cold water, dry, and bake for 25–35 minutes. Remove potato from oven, let cool, and then dice small.

In a small bowl, whisk egg and egg white with 1/2 tbsp. of water.

In a nonstick pan, sauté 1/4 cup potato in coconut oil over medium heat until crispy. Add garlic and broccoli and cook for 1–2 minutes. Add rice and collards and cover for 10 seconds, or until collards are wilted.

Pour egg mixture evenly over vegetables in the pan, then sprinkle basil on top. Season with salt and pepper.

With a rubber spatula, lift the edges of the frittata as it cooks, allowing the runny egg mixture to seep below until it becomes firm enough to flip (about 2–3 minutes). Using the spatula, flip the frittata over and finish cooking for 1 additional minute. Move frittata to a cutting board and slice into wedges.

## POACHING ARTICHOKEs

3/4 cup artichokes	1 tsp. extra-virgin olive oil
Juice of 1/2 lemon	Salt and pepper to taste

Poach artichokes for 16–20 minutes, until tender. Note: If using fresh artichokes, use enough water to cover the artichokes and half a lemon.

Cut artichokes into quarters.

Toss artichokes with lemon juice, garlic, and extra-virgin olive oil. Season with salt and pepper.



# FRESH VEGGIE LASAGNA

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This vegetable-based dish has many of the same great flavors as conventional lasagna, and can even be prepared in less time.

## MAKING "CHEESE"

½ cup raw cashews	½ tbsp. lemon juice
⅓ cup water	2 tsp. smoked salt

Put all ingredients into a blender and blend on high until smooth.

## MAKING WALNUT MEAT

½ cup raw walnut pieces	½ tbsp. thyme (picked)
1 tbsp. tamari	1 tsp. extra-virgin olive oil

Put all ingredients into a food processor and pulse until coarsely ground.

## MAKING TOMATO SAUCE

1 cup sun-dried tomatoes	1 tbsp. extra-virgin olive oil
½ cup water	Pinch of red pepper flakes (optional)
2 tsp. red wine vinegar	Salt and pepper to taste

Soak tomatoes in water for 2–6 hours (until soft), then put tomatoes and other ingredients into a blender and blend on high until smooth. Season with salt and pepper.



## CREATING LASAGNA AND ASSEMBLING DISH

Vegetables shaved into thin ribbons using mandolin:	Handful of basil leaves
2 medium zucchini	¼ cup lemon juice
2 medium summer squash	½ tbsp. extra-virgin olive oil
1 medium carrot	1 tsp. salt
	1 tsp. pepper

Lay shaved vegetables in a casserole dish and soak at room temperature in a mixture of lemon juice, extra-virgin olive oil, salt, and pepper for 30 minutes (until softened).

On a cutting board, stack a ribbon of zucchini, squash, and carrot (first removing the excess liquid from each ribbon). Spread “cheese” across top, then sprinkle ¼ of the walnut meat and ⅛ of the sauce. Repeat for four more (three-vegetable) layers, adding basil leaves every other layer. Square lasagna edges with sharp knife, then serve with remaining sauce on the side.

This vegetable-based dish has many of the same great flavors as conventional lasagna, and can even be prepared in less time! As I said earlier, as an NFL quarterback, I do everything I can to maximize my pliability and minimize inflammation, which is why I mostly abstain from nightshades, including mushrooms and tomatoes. But even for athletes who play professional sports, an occasional tomato or mushroom won’t harm you.

# **GREEN RISOTTO WITH LEMON CREAM**

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Leftover risotto makes for great rice cakes. Just blend leftover rice in a food processor until it's sticky, and then shape into cakes.

## **MAKING SPICY LEMON CREAM**

<b>½ cup raw cashews</b>	<b>¼ tsp. red pepper flakes (optional)</b>
<b>½ cup water</b>	<b>Salt to taste</b>
<b>1½ tbsp. lemon juice</b>	

Blend all ingredients in a high-powered blender until smooth. Season with salt.



## **MAKING SPINACH RISOTTO AND ASSEMBLING DISH**

<b>1½ cups brown rice (soaked and cooked)</b>	<b>1 tbsp. coconut oil</b>
<b>½ pound spinach</b>	<b>2 tbsp. extra-virgin olive oil</b>
<b>8 basil leaves</b>	<b>Handful of pea greens</b>
<b>1 tbsp. onion (minced)</b>	<b>Salt and pepper to taste</b>
<b>1 tbsp. garlic (minced)</b>	<b>1 tbsp. spicy lemon cream</b>

Put spinach and olive oil into a mini (3-cup) food processor and pulse until smooth (similar to the consistency of pesto).

In a sauté pan over medium heat, toast onion and garlic in coconut oil until golden brown.

Add rice to pan and cover on low heat until rice is warm, then remove pan from heat. Fold spinach “pesto” into rice mixture and season with salt and pepper.

Fold pea greens into mixture, then place in a deep bowl.

Drizzle 1 tbsp. of spicy lemon cream on top.

# CHICKEN BURGERS WITH RADISHES

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These burgers are always a family favorite. You can use any type of radish—or any other vegetable—in the marinade.

## MAKING SPICY TOMATOES

<b>1/3 cup</b> cherry tomatoes <b>(whole)</b>	<b>1/2 tbsp.</b> coconut oil
	<b>Salt to taste</b>
<b>2 dried chilies</b>	

In a small sauté pan over high heat, bring coconut oil to the sizzling point.

Add tomatoes and chilies, turn off heat, and cover. Let sit for 2 minutes.

Remove when ready to serve. Season with salt.

## MARINATING RADISHES

<b>1/4 cup</b> daikon <b>(sliced thin)</b>	<b>1/4 tsp.</b> garlic (grated)
<b>1/4 cup</b> red radish <b>(sliced thin)</b>	<b>1/2 avocado</b> (cut into chunks)
<b>1 tbsp.</b> rice wine vinegar	<b>1/4 cup</b> cucumber (diced large)
<b>1/2 tbsp.</b> lime juice	<b>Bed of lettuce</b>

Combine all ingredients except avocado, cucumber, and lettuce, and let marinate for at least 20 minutes (or up to 4 hours, if time allows).

## MAKING CHICKEN BURGERS AND ASSEMBLING DISH

<b>5 oz</b> ground dark meat chicken	<b>1/2 tbsp.</b> garlic (minced)
<b>1/3 cup</b> almond meal	<b>1 1/2 tbsp.</b> coconut oil
<b>1/2 tbsp.</b> onion (minced)	<b>Salt and pepper to taste</b>

In a sauté pan over medium heat, toast onion and garlic in  $\frac{1}{2}$  tbsp. coconut oil until dark brown, then let cool.

Combine with remaining ingredients in a bowl. Season with salt and pepper.

Shape into two burgers. In a sauté pan over medium-high heat, sear burgers in 1 tbsp. coconut oil for 4–5 minutes on each side (until dark brown and cooked through).

Serve with spicy tomatoes, marinated radishes, diced cucumber, and avocado chunks on top of a bed of lettuce.



# **ROAST CHICKEN WITH PUMPKIN AND BRUSSELS SPROUTS**

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This roasting method works for any whole bird or meat roast. The flavor and texture of this natural reduction is unlike any starch-thickened sauce.

## **PREPARING CHICKEN AND REDUCTION**

<b>1 whole chicken (2-2.5 pounds)</b>	<b>1 sprig of rosemary</b>
	<b>½ tbsp. coconut oil</b>
<b>4 garlic cloves</b>	<b>4 quarts of water</b>
<b>½ lemon (cut into two pieces)</b>	<b>Salt and pepper to taste</b>

Preheat oven to 475°F. Rinse chicken and pat dry. Stuff garlic, lemon, and rosemary into cavity, then seal cavity (truss chicken or fold back wings and put a wooden skewer through ankles). Rub coconut oil over chicken and season with salt and pepper. Place chicken on a rack in a roasting pan and place in oven. Brown for 16–20 minutes, then decrease heat to 300°F. Finish cooking to internal temperature of 160°F, then remove and let rest for 30 minutes. (Follow brussels sprouts method now.)

Unseal cavity and discard lemon. Remove legs/thighs and breasts/wings, leaving meatless carcass. Cut into pieces and place in saucepan over medium heat. Sear bones for 15 minutes (until deep golden brown). Add garlic and rosemary from cavity and 4 quarts of water, and bring to a simmer. Reduce to thick sauce (will take about 45 minutes and yield about ¾ cups of flavorful sauce). Skim off fat and impurities and strain through fine mesh strainer. Add salt only if needed.

## **COOKING BRUSSELS SPROUTS**

<b>1½ cups brussels sprouts (cut in half)</b>	<b>½ tbsp. garlic (minced)</b>
	<b>Salt to taste</b>

Toss sprouts with garlic in a bowl until evenly coated. Immediately after removing chicken from roasting pan, turn oven up to 375°F, add sprouts to pan of drippings, and place in oven for 6–8 minutes.

## **PREPARING PUMPKIN PURÉE**

<b>1 cup raw pumpkin meat</b>	<b>1 cup water</b>
<b>1 tbsp. onion (chopped)</b>	<b>½ tbsp. coconut oil</b>
<b>2 garlic cloves</b>	<b>Salt to taste</b>

In a small saucepan over medium heat, caramelize onion and garlic in coconut oil until light brown. Add pumpkin meat and water and simmer for 14–16 minutes (until tender), then put into a high-powered blender and blend until smooth. Season with salt.

## **ASSEMBLING DISH**

Spread pumpkin purée across half of a plate and put sprouts on the other half. Slice a 5-oz piece of chicken breast (or one leg and thigh) and layer over the middle on top. Finish with broth reduction.



# SALMON BURGER WITH AVOCADO SALAD

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These fries are a great, kid-friendly option in the cooler months. Using white yams cut into strips, they're hard to tell apart from French fries.

## BAKING FRIES

**1 medium yam**      **Salt to taste**

**½ tbsp. coconut oil**

Scrub yam under cold water, dry, and bake at 375°F for 25 minutes.

Let cool and cut into wedges, then toss with coconut oil and salt.

Lay wedges cut side up on perforated sheet pan lined with parchment paper and bake at 375°F for 35 minutes (until crispy).



## MAKING BURGER

**4 oz salmon (skinless)**

**1 tsp. paprika**

**½ tbsp. shallots (minced)**

**Pinch of cayenne  
(optional)**

**1 tbsp. scallions  
(sliced thin)**

**1 tbsp. coconut oil**

**1 tbsp. dill (chopped)**

**Salt to taste**

Cut salmon into chunks. Put into a food processor and pulse until ground.

Transfer ground salmon to a mixing bowl and combine with remaining ingredients. Season with salt. Shape into burger.

In a sauté pan over medium heat, sear burger on both sides until golden brown and cooked through (or cooked to your liking).

## PREPARING AVOCADO SALAD

**1 cup kale (chopped)**

**1 tsp. raw pumpkin  
seeds**

**½ avocado (cut into  
chunks)**

**1 tsp. hemp seeds**

**2 tsp. lime juice**

**Salt and pepper to taste**

**1 tsp. extra-virgin  
olive oil**

In a small mixing bowl, gently combine all ingredients (except kale). Season with salt and pepper.

Make a bed of kale on half of a plate and serve the avocado mixture on top, with burgers and fries on the side.

# PASTA WITH CREAMY SAUCE

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Using a pasta that is 100 percent brown rice flour and rice bran is a great way to turn a guilty pleasure into a nutritious meal. Personally, I don't eat this often, for reasons I described earlier—but again, it's always about balance.

## MAKING PASTA AND CREAM

6 oz brown rice pasta (cooked)	1 tbsp. lemon juice
1 medium-size red pepper	½ cup water
Dab of coconut oil	1 tsp. thyme (picked)
¼ cup raw cashews	Pinch of red pepper flakes (optional)
	Salt and pepper to taste

Rub red pepper with coconut oil. Roast the pepper over an open flame, turning periodically, until the entire surface is blackened.

Place blackened pepper in a mixing bowl and cover for 15 minutes (allowing it to soften and absorb flavor from roasting).

Peel pepper, but leave a few small flecks of burnt skin (discarding the rest). Cut pepper open to discard seeds, but do not run pepper under water.

Place pepper in a high-powered blender with cashews, water, lemon, and red pepper flakes (if desired) and blend until smooth.

Season with salt and pepper. Fold sauce into cooked pasta. Sprinkle thyme on top.

## COOKING ASPARAGUS

¼ pound asparagus	½ tbsp. coconut oil
1 tsp. garlic (minced)	Salt and pepper to taste

In a sauté pan over medium heat, toast garlic lightly in coconut oil.

Turn heat to medium-low, add asparagus, and cover for 4–6 minutes (until asparagus is slightly tender).

Season with salt and pepper.



# BRADY BOWL

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This recipe is quick and easy to prepare, but still combines a variety of delicious flavors and interesting textures.

## MAKING LEMONGRASS CURRY SAUCE

4-inch lemongrass stalk (smashed)	½ tbsp. lime juice
2 cups water	1 tsp. rice wine vinegar
¼ cup raw cashews	1 tbsp. curry powder
¼ cup raw Brazil nuts	Salt to taste

In a saucepan over medium heat, bring lemongrass and water to a boil, and simmer down to about ¾ cup of total liquid.

Strain and put into a high-powered blender with nuts, lime juice, vinegar, and curry powder and blend until smooth. Season with salt.



## PREPARING SWEET POTATOES, BROCCOLI, AND KALE AND ASSEMBLING BOWL

¾ cup quinoa (soaked and cooked)	1 tbsp. tamari almonds (chopped)
1 cup kale (chopped)	1 tbsp. coconut oil
½ cup broccoli (small florets)	Salt to taste
1 medium sweet potato	2 tbsp. water
1 tbsp. shredded carrot	2 tbsp. lemongrass curry sauce
½ tbsp. garlic (minced)	

**FOR SWEET POTATOES:** Scrub sweet potato under cold water, dry, and bake at 375°F for 25 minutes. Let cool and cut into wedges, then toss with ½ tbsp. coconut oil and salt. Lay wedges cut side up on a perforated sheet pan lined with parchment paper and bake at 375°F for 35 minutes (until crispy).

**FOR BROCCOLI:** In a small sauté pan over medium heat, add 2 tbsp. water and broccoli. Cover and steam for 1 minute. Remove broccoli and wipe pan dry.

**FOR KALE:** In a small sauté pan over medium heat, toast garlic in ½ tbsp. coconut oil until golden brown. Turn off heat, add kale, and cover for 1 minute (until kale is wilted).

Arrange all components side by side in a bowl. Serve 2 tbsp. of lemongrass curry sauce and almonds on the side.

# **GREEN JUICE**

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This alkalizing green juice is a great way to start the day.

<b>1 bunch broccoli stems</b>	<b>2 stalks celery</b>
<b>1 cucumber</b>	<b>½ lemon (peeled)</b>
<b>½ pound kale</b>	<b>2 inches fresh turmeric</b>
<b>1 green apple (optional)</b>	<b>1 inch fresh ginger</b>

Put all ingredients in juicer and extract juice. Drink within 15 minutes (on an empty stomach) for best results.



# SMOOTHIES

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These smoothies are ideal for refueling after a workout.

## BLACKBERRY ACAI SMOOTHIE

**1 cup blackberries**  
**1 acai pack (3.5 oz)**  
**1 medium banana**  
**1/3 cup raw coconut water**

**1 large medjool date (pitted)**  
**1/2 tbsp. raw cacao powder**

Blend all ingredients in a high-powered blender for 1–2 minutes (until smooth).

**NOTE:** Frozen raw coconut meat can be purchased online, or can be extracted from fresh Thai coconuts using proper tools (which are also available online). Alternately, an additional banana or  $\frac{1}{3}$  cup cashews can work as a substitute (just be sure to blend fully if using cashews).



## BLUEBERRY BANANA SMOOTHIE

**3/4 cup blueberries**  
**3/4 cup almond milk**  
**1 medium banana**  
**1/2 tbsp. flaxseed (ground)**

Blend all ingredients in a high-powered blender for 1–2 minutes (until smooth).



## **ORANGE COCONUT SMOOTHIE**

<b>2/3 cup fresh orange chunks (peeled)</b>	<b>1 medium banana</b>
<b>2/3 cup raw coconut water</b>	<b>1 inch fresh turmeric</b>
<b>1/3 cup coconut meat (from young coconuts)</b>	<b>1 lemon wedge (peeled)</b>

Blend all ingredients in a high-powered blender for 1–2 minutes (until smooth).

## **GREEN APPLE SMOOTHIE**

<b>3/4 cup apple (chunks)</b>	<b>Handful of wheatgrass (fresh)</b>
<b>1/2 cup raw coconut water</b>	<b>1 lemon wedge (peeled)</b>
<b>1/3 pound fresh spinach</b>	
<b>1 medium banana</b>	

Blend all ingredients in a high-powered blender for 1–2 minutes (until smooth).



# AVOCADO ICE CREAM

This modern interpretation of ice cream is just as delicious but much healthier. Try topping with coconut flakes, cacao nibs, or toasted almonds.

## MAKING AVOCADO ICE CREAM

1 avocado (ripe and soft)	1½ cups dates (pitted)
½ cup raw cashews	1 cup raw cacao powder
½ cup coconut meat (from young coconuts)	1¼ cups water

Blend all ingredients in a high-powered blender until smooth.

Put mixture in freezer until ice cream reaches desired thickness. (For quicker ice cream, freeze half of the water into ice cubes before blending.)

Scoop ice cream into 4 dishes and serve with your choice of topping.



## TB12 ACTION STEPS:

- Focus on eating real food, preferably organic and mostly plant based.
- Eat some percentage of your vegetables raw—that is, uncooked.
- Shop and eat locally as much as possible. Most supermarket foods have traveled long distances and been frozen and thawed before reaching the shelves.
- Try to eliminate or cut back on foods that cause chronic inflammation, including fast foods, processed foods, and the five W's: white bread, white pasta, white potatoes, white milk, and excess white salt.
- Supplement your dietary regimen by taking, at minimum, a multivitamin and a B complex.

# TESTIMONIALS

## I STARTED TRAINING AT TB12 ALMOST TWO YEARS AGO, DOING

one to two sessions per week. I have torn both ACLs (only one of which I chose to surgically repair), and I was limited in doing the activities I enjoyed the most—skiing and playing basketball. When I met with Alex and told him I thought I would never be back on the slopes again, he simply laughed. Alex assured me that I would be skiing all winter long if I followed the training regimen. The rest is history. I have been skiing almost every weekend for two years now, and I play basketball regularly.

## [ALEX] IS QUITE AMAZING. I DID THREE DAYS OF INTENSE

therapy with him for my neck and hand pain. I'm really happy and relieved to say that after ten years of increasing pain, and a surgery that didn't do anything . . . I feel like I have a new life without pain. All I can say is, Alex is amazing and brilliant at finding these solutions, and has made a huge difference to me.

## I ENJOYED THE EXPERIENCE [AT TB12] IMMENSELY. THE

treatments and short workouts were focused and professional. A week was the perfect amount of time—and now the rest is up to me until the next visit. I had minimal but hopeful expectations, and [TB12] didn't let me down—in fact, you far exceeded my goals. I now have the confidence to get back in the gym and manage my workouts without worrying about injury.

## I WANT TO THANK YOU FROM THE BOTTOM OF MY HEART FOR YOUR

expert, kind, encouraging attention toward my son, who suffered an ACL injury and had to miss his [college] lacrosse finals. As we walked to the car, he kept saying, "Mom, that was amazing! He knew exactly how I move and how I did it." He added, "That was life-changing." Tearing and repairing an ACL a second time was a bullet he dodged. We are so blessed to be where we are, as my son moves through his final summer at home and toward his goals. He is extremely grateful for you and for all he has. Thank you for being a powerful part of my son's life at a seminal time.

## FROM MY INITIAL PHONE CALL TO THE LAST TIME I WALKED OUT

the door, [TB12] was an absolutely positive experience. I had heard firsthand about great results for athletes under twenty-five—which is what I am not. After a thorough intake, [the TB12 body coach] worked on my shoulder, determining the damage. He was able to pinpoint what he could rectify with deep manipulation and pressure. He was patient and optimistic about where I could be when he was done. Within an hour and a half, he had my bum shoulder returned to a normal range of motion, without pain. Seriously, I have been pain-free since he worked on it. I left with instructions and demonstrations for upkeep exercises, foods that would help me (it is TB12, after all), and an understanding of why hydration is important. Highly recommended.

**SIX MONTHS AGO, I WAS IN A TAXICAB ACCIDENT WHILE ON** business in Phoenix. The two-car collision left my dominant arm broken in three places, and I suffered vertebral misalignment, dislocation of the jaw, and a severe concussion. However, despite my obvious facial abrasions, the ER doctors did not give me a CAT scan, and a traumatic brain injury went undiagnosed for some time. In fact, to compound the injury, the ER doctor suggested I fly back home to Boston to see an arm surgeon immediately—less than twenty-four hours after the accident. Needless to say, I was compliant. Whether it was shock, the unrelenting arm and neck pain, or my willingness to believe that the physician knew best, I don't know.

Landing in Boston, I was in agony. I envisioned putting my head in a vise and tightening it until my head exploded to relieve the intense pressure and pain. I saw various physicians and specialists, but no one seemed to hear me. My TBI wasn't diagnosed until ten days after my accident, at which point I was ordered to be on "pure rest" for two weeks at minimum. No work, email, text, TV, exercise. Just sit in a dark room and meditate. This extended to four weeks, and then six weeks. No narcotic or analgesic alleviated my head pain. I was unable to think clearly, read, work, or walk down a flight of stairs without holding on for dear life. Under medical "house arrest," feeling helpless and hopeless, I began to deteriorate emotionally and physically. More important, my cognition was not improving, and my pain would not relent.

Two friends suggested I see Alex Guerrero at TB12. I'm in no way a professional athlete, and thus was unsure whether he would take me as a patient. But after a twenty-minute conversation, I was set up for an evaluation at TB12 the very next morning. I don't remember much about my first visit due to the concussion haze I was in—only that my life as I knew

it had changed for the better. Not only was I relieved of the intense pressure and excruciating pain but also, for the first time in two months, I had hope. Alex understood what I was experiencing even when my brain was unable to articulate the words to describe my ailments. He calmed my fears and gave me a plan (and homework) and the motivation to succeed. Not only have Alex's recommended nutrition plan and body and "brain training" exercises helped my recovery without conventional pharmaceuticals but his proactive treatments have also improved residual issues from my TBI: balance, memory, gait, depth perception, and strength building. Alex lifted the "fog" that has surrounded me ever since the accident.

After nearly eighteen weeks working with TB12, I have almost fully recovered from my injuries. I still struggle with some cognitive issues, but I am in better overall health than I have ever been in my life. Alex's unwavering support (at all hours), concern, and insight have helped me get through a very rocky period.

**ON JUNE 28, 2015, I FELL OFF A LADDER TRYING TO REFILL MY BIRD** feeders. The ground was wet, and the foot of the ladder sank into the ground. I started to fall, so I tried to break the fall by turning toward my left side. Unfortunately, my foot got stuck under the handle of the ladder, and my leg twisted—and I heard a loud pop from my right knee as I fell.

My husband took me to the emergency room, and the doctor I saw put me in an immovable brace. The MRI results showed that I had a severed ACL and Grade 3 MCL and Grade 1 PCL tears, along with a small Baker's cyst. After eight months of physical therapy, I still did not have the quality of life I wanted. I had difficulty squatting, I had difficulty getting my

knee to bend, and I was walking with a limp. Then a good friend referred me to TB12. My body coach's knowledge and expertise gave me back my quality of life. Within a very short time, I was walking down the stairs without difficulty.

I can't thank the [TB12] staff enough for all that they have done for me in restoring my body to its previous state of health. The facility is outstanding—and I highly recommend TB12 to all my friends.

**OUR SON, AGE TWELVE, WAS EXPERIENCING HIP, LEG, AND JOINT** pain, which ultimately sidelined him from playing fall sports. We came to TB12 unsure of what the future would look like for sports with our son—and were immediately put at ease by Alex.

I listened as they explained to him that things would get better. They taught him about the importance of diet and hydration and the effort it would take to heal. I watched as they began working on my son's recovery. Almost a year later, our son is not only able to compete again but even has the ability to push himself further as an athlete. Watching him be able to play the sports he loves is a gift to us and is something we do not take for granted.

**I RANDOMLY FOUND TB12 AFTER A GOOGLE SEARCH AND HAD NO** idea of the scope of the organization, or even what "TB" meant!

I made an appointment because my recovery from hip replacement had gone awry. I felt I was running out of options. It was difficult to walk without pain, and I was putting on weight after the surgery. [My TB12 body coach] began a program for me to correct the surrounding muscle and devised brief workouts and a quick manipulation to store the corrections in muscle memory.

I lost twenty-four pounds, and have kept it off. My vertical leap is 32", which is pretty good for a sixty-five-year-old, and I adopted the TB12 diet and resistance-band program. I would say I gained back about ten years. I now play extremely strenuous tennis with top club pros and stay in there quite well, especially on the forehand side, for hours on end.

**TB12 SAVED MY SHOULDER—AND MY SANITY. AS A SENIOR** partner at my company, I work long hours and travel often. Exercise is my outlet, and a torn bicep and partially torn tendons in my rotator cuff prevented me from doing my usual Pilates and HIIT. Once my orthopedist recommended surgery, I called TB12. [The TB12 body coach] has helped me regain range of motion, reduce pain, and begin to get back to the exercises that keep me mentally and physically at my best.

**AS A PROFESSIONAL BASEBALL PLAYER IN JAPAN, I WENT TO TB12** three years ago in search of the best massage techniques, diet, and workouts. I have to say TB12 has been a big part of my evolution as a person and an athlete. My first visit influenced me to be at my best every day, eating clean, which resulted in my losing ten pounds and getting into the best shape of my life. The approach to training and lifestyle is a perfect fit for me, as I have tried every type of training, diet, etc. I truly believe this is the way of the future in training and recovery. The confidence and knowledge of everyone, and the results I achieved, made the visit very comfortable, fun, and easy. I can't say enough great things about the TB12 center, the people who work there, and my own experience.

**YOU GUYS AT TB12 WORK MAGIC. IT'S AS SIMPLE AS THAT. MY SON** had an injury that local physical therapists did nothing to correct or improve. After a single visit to TB12, my son was ready to play in his football game that weekend. You also did the same for another one of my sons the previous season: one visit, and he felt great and could play.

**THE REALITY IS THAT TB12 DRAWS THE BEST THERAPISTS FROM** across New England and employs the latest techniques and physical therapies in sports. The connection with Tom Brady may add to the allure of TB12, but the simple fact that you are the best is why I bring my children to you, and why I recommend you to every parent I know.

**LAST YEAR MY ACTIVE SPORTS AND WORKOUT ROUTINE WAS INTERRUPTED** by a painful low back spasm and sciatica nerve pain that made simple tasks very challenging. I am a "mature" athlete and an active golfer, and to not be able to freely involve myself in these activities was depressing.

I immediately started searching my database for sports massage, chiropractic clinics, etc., but after a few months with no success I was introduced to TB12 by a friend. After the very first treatment, I actually felt relief. The facility and staff were top-notch. I am now back to my "old" self, actively pursuing my favorite activities, free of pain and enjoying myself. Thanks, TB12.

**I HAVE BEEN PLAYING SOCCER SINCE I WAS EIGHT YEARS OLD. AS** little kids do, I had lots of dreams of playing someday in college or beyond, but these thoughts started to get farther away from me because of the pain in my legs, which I'd experienced since I was five. As I started playing at a higher level in my middle school and high school years, I was told it was shin splints—but I knew it was something else. Over the years, I've had knee pain, hamstring pulls, quad strains, patella issues, and severe pain in my calf muscles that would remove me from the field.

Then, randomly, a high school teacher told me I should look into TB12. It was like someone was finally speaking to me directly. TB12 has helped me in more ways than just recovery. I have gained new confidence and now move my body with full mobility and strength. I don't fear injury anymore. I have learned so much about my body and mind, and have been well

informed and educated about hydration, nutrition, recovery, and, of course, pliability! Today I no longer feel like the injured kid. I was blessed to receive this gift, and I do not take it for granted. I have the utmost respect for all of you, and all you do! Thank you from the bottom of my heart!

**I AM A FIFTY-SEVEN-YEAR-OLD MALE WHO HAS ALWAYS TRIED TO**  
maintain good health. I played three sports during high school and went on to play Division I football in college. After college I continued to be active by running marathons, lifting weights, taking yoga classes, snowboarding on family vacations, and working out with my three children in the various sports they played. After years of hard physical activity, I learned

I had put an incredible strain on my hips and would need both replaced. In 2009, after my second surgery, I set out on a mission to get back in shape as fast as I could. I worked very hard at getting back to my previous physical condition and active lifestyle. I thought I was doing all the right things until three years ago, when I had the honor of meeting Alex Guerrero. After learning about the TB12 method and their beliefs, I knew I had to adopt that kind of lifestyle. I had always thought I was doing the right things, but after talking with Alex, I realized that by doing things a little differently, I could be even better. With TB12's guidance I changed the way I ate, slept, and trained—essentially I was training the same way Tom Brady does. The physical, mental, and spiritual changes that have resulted from going to the TB12 Sports Therapy Center have been magic for me.

# FAQ

## 1. What is the TB12 Method?

The TB12 Method is a performance training approach and lifestyle that Alex and I developed over the past twelve years, with the goal of maximizing my potential both on and off the field. It can enable active individuals to sustain their peak performance by preventing injury and promoting faster recovery through holistic, whole-body wellness programs.

The TB12 Method incorporates exercise, nutrition, hydration, brain exercises, rest, and recovery, and—at its core—targeted, deep-force muscle work techniques to help maximize what we define as *muscle pliability*.

I believe this approach is optimal for long-term results—and I credit the TB12 Method for my sustained peak performance in professional football, and for the health and vitality I enjoy every day.

## 2. What is pliability?

Pliability refers to the state of muscles that stay long, soft, and primed through the acts of daily living and activity—in contrast to muscles that are tight, dense, and stiff, and less able to adapt to the stresses placed on them. When our muscles are pliable, they recover faster, are less susceptible to injury, and are better able to absorb loads and forces. The TB12 Method incorporates a range of techniques to increase and maintain pliability, including pliability exercises using assisted devices, self-pliability, partner pliability, and, in its highest form—the one I recommend—a certified TB12 body coach who applies manual deep-force pressure to muscles as they functionally contract and

relax through movement. A key principle at TB12 is integrating pliability treatments both *before* and *after* workouts or activities. Our primary long-term objective is to help athletes develop a brain–body connection that allows their muscles to remain long, soft, and primed during workouts, practices, or games. Muscle pliability optimizes oxygen-rich blood circulation while substantially decreasing microtearing and scarring, thereby reducing the risk of injury and accelerating recovery from injury if and when it happens.

## 3. How is pliability different from flexibility?

Pliability is all about lengthening and softening the muscles. Flexibility, which often comes as the result of stretching, may *lengthen* the muscles to some degree—but it doesn’t *soften* them. Lengthening and softening the muscles removes tension from them. Stretching doesn’t. Another difference between pliability and stretching is that pliability training requires some level of positive and intentional trauma to stimulate the muscle and “train the brain” to contract and relax the muscle through its longest, softest state. If you stretch, I recommend you incorporate pliability treatment *before* and *after*. For more explanation of the differences between flexibility and pliability, see page 73.

## 4. How can I get started with the TB12 Method?

The best way to get pliability training is through an experienced and certified TB12 body coach. There is no real substitute for in-person pliability sessions at

the TB12 Sports Therapy Center, but as I explained earlier, there are other ways to incorporate lifestyle and training choices that will put you on the path to peak performance. It begins with a commitment to incorporate pliability and its amplifiers into your daily routine to whatever degree possible. Hydration comes first. Drinking half your body weight in ounces of water every day is an easy lifestyle change to make, and the positive results may surprise you! It's also important to make the right nutrition choices (complemented by smart supplementation) in order to keep your body's inflammation rates low and to maintain a healthy, positive attitude. Look for ways to recenter yourself, too—understanding that brain exercises, the proper mind-set, rest, and regular sleep go a very long way and have a cumulative effect on your long-term health.

## **5. What are TB12's most important nutritional recommendations?**

Our nutritional recommendations are tailored specifically for each TB12 client based upon his or her unique situation and goals—but overall, our diet program emphasizes a balanced, seasonal, mostly plant-based diet of real and organic foods, and adequate intake of foods with alkalizing properties. Review chapters 7 and 8 for more detail. Above all, remember that exercise alone will never make you healthy if you're not eating well. Good nutrition will improve overall vitality in your life.

## **6. Why all the focus on resistance bands?**

Muscles aren't for show. They serve to protect our bone structure and to carry out the jobs we ask them to do, whether playing sports or lifting heavy boxes.

Since the core of the TB12 Method is muscle pliability, we focus on functional exercises that keep muscles long, soft, and primed. Resistance bands allow for a bigger, more fluid range of motion than weights do, and help build strength and power without shortening or damaging muscles, creating inflammation, or overloading any one muscle. By targeting accelerating and decelerating muscle groups at the same time without overloading our joints, resistance bands also mirror the body's normal, everyday movements. Review chapter 6 to see our TB12 exercises incorporating resistance bands.

## **7. Does the TB12 Sports Therapy Center in Foxborough focus on post-injury recovery or injury prevention and performance optimization?**

Both! TB12 body coaches work with injured athletes to accelerate their recovery, and also with non-injured athletes to enhance their overall performance and minimize their likelihood of experiencing non-contact injuries in the future. For clients who come to the TB12 Sports Therapy Center for post-injury recovery, we recommend continuing with a training program geared toward preventing potential injuries before they happen.

## **8. Can I visit, or get an appointment at, the TB12 Sports Therapy Center?**

We don't offer tours of the TB12 Sports Therapy Center, since it's a fully operational performance training and therapy center. But appointments are available to the general public! We work with athletes of all ages and all levels—whether they're seeking a healthier lifestyle or recovering from injury (see our testimonials section). Each session is tailored to the

needs. Please note that due to high demand, there is currently a waiting list for appointments. Call 508-543-4900 or email [info@TB12sports.com](mailto:info@TB12sports.com) for more information about scheduling an appointment. In the near future, we look forward to having more certified TB12 body coaches and TB12 facilities in other parts of the country.

## **9. What happens during a typical session at the TB12 Sports Therapy Center?**

All our sessions at the TB12 Center are one-on-one, and most last at least an hour. To begin, one of our certified TB12 body coaches will analyze a client's complete biomechanics and review his or her unique goals. We then combine pliability sessions in private rooms with functional movement on our turf area, where clients learn exercises that further promote pliability, including working with resistance bands. Each client receives a comprehensive, customized, sports- and (if applicable) position-specific program that integrates cutting-edge concepts in athletic preparation, hydration, nutrition, brain fitness, rest, and recovery.

## **10. Does the TB12 Sports Therapy Center offer group programs?**

Our approach at the TB12 Sports Therapy Center is focused on developing comprehensive and highly tailored solutions that require individual attention from our body coaches. This is why we offer only a limited array of programming for groups or teams (e.g., the TB12 ACL Injury Prevention Program, which we offer to schools and coaches of youth sports teams). Please email [info@TB12sports.com](mailto:info@TB12sports.com) for more information about these programs.

## **11. Why do you suggest a vibrating foam roller or sphere? Where can I buy one (and other TB12 products)?**

We recommend the use of a vibrating foam roller or vibrating sphere because they create neural stimulation. Neural stimulation is critical in forging the brain–body connection and helping train our muscles to understand that they need to stay long, soft, and primed through muscle contraction. Our belief is that no real healing can take place unless the brain is involved. In our facility, we exclusively use vibrating rollers or spheres to assist with pliability (see pages 80–100 for pliability exercises that use the vibrating foam roller and/or the vibrating sphere). Our vibrating foam roller, vibrating sphere, and other TB12 products are available exclusively through our online store at [www.TB12store.com](http://www.TB12store.com).

## **12. I want to be a body coach at TB12. Who should I contact?**

We're always interested in speaking with qualified and motivated individuals who are interested in training as body coaches. Please note that all our body coaches are certified athletic trainers and/or licensed physical therapists. We will be expanding our body coach certification program in the near future. For more information, please email [bodycoach@TB12sports.com](mailto:bodycoach@TB12sports.com).