

# Living Protocol 2024 Apr

## Supplements

Supplements are important as it enhances immune system that normal whole foods might not be enough to cover.

Current Taking 2024-04-18

Wheat Grass

Bee Propolis

Probio

OMEGA 3

Vit D

Turkey Tail Mushroom

Mil THirstle

Quercetin

EGCG

Pomegranate

Wild Algate Astaxanthin

Artemisinin

Garlic Oil

Mitochondrial NRG

ALA

Moringa

Broccoli

Black Seed Oil

Resveratrol

Citrus Pectin

Mushroom Tincture

## Nutritious Foods

### Fat

Focus on OMEGA 3 rich food. Normal practice is to compare the ratio. Lower means better. If you like red meat, then eat grass-fed meat.

### Omega6 to Omega3 Ratio Table

Food Item	Omega-6 (grams/100g)	Omega-3 (grams/100g)	Ratio (Omega-6:Omega-3)
Salmon (wild)	0.3	2.6	0.12
Flaxseeds	5.9	22.8	0.26
Chia Seeds	17.8	17.8	1.0
Canola Oil	19.0	9.1	2.1
Soybeans (cooked)	4.5	1.6	2.8
Hemp Seeds	28.7	8.7	3.3
Walnuts	38.1	9.1	4.2
Sardines	2.0	1.4	1.43
Beef (grass-fed)	0.5	0.1	5.0
Lamb (grass-fed)	0.8	0.2	4.0
Pork (grass-fed)	1.9	0.1	19.0
Beef (non-grass-fed, regular)	1.0	0.03	33.3
Lamb (non-grass-fed)	1.2	0.07	17.1
Pork (non-grass-fed)	2.3	0.03	76.7

### Why this ratio matters?

The omega-6 to omega-3 fatty acid ratio is important due to the roles these fats play in the body, especially in terms of inflammation and health. Both omega-6 and omega-3 fatty acids are essential, meaning the body cannot produce them and they must be obtained through diet. However, their effects on the body are quite different and need to be balanced.

### ROLE OF OMEGA-6 AND OMEGA-3 FATTY ACIDS

- 1. Omega-6 Fatty Acids:** These are primarily pro-inflammatory, which is not inherently bad. Inflammation is a necessary part of the body's immune response. However, excessive amounts of omega-6 fatty acids can lead to chronic inflammation, which is linked to various health problems, including heart diseases, type 2 diabetes, obesity, metabolic syndrome, and various types of cancer, including potentially promoting cancer progression.
- 2. Omega-3 Fatty Acids:** These are anti-inflammatory and can counteract the inflammation potentially caused by omega-6 fatty acids. Omega-3s are linked to numerous health benefits, such as improved heart health, better brain function, and a reduced risk of chronic diseases. They might also play a role in reducing the

proliferation of cancer cells and limiting tumor angiogenesis (the process through which new blood vessels form to feed a tumor).

## Protein

The usual practice is to use a rate to multiply by the weight or lean mass weight. For example, use 1.2g/kg to multiply a person with 70kg which is 84g of protein. If you are doing training, then can aim for 1.7 grams per kilo.

### Sources of Protein

Incorporating a variety of protein sources can help cover your amino acid needs. Good sources include:

- **Animal-Based:** Meat, poultry, fish, eggs, dairy
- **Plant-Based:** Legumes, nuts, seeds, tofu, tempeh

This area is controversial for cancer patients as if much protein is taken, they will be converted to more glutamine and which is one of the major sources for cancer cells to grow.

## Carbs

### 3 types of Carbs:

1. **Sugars:** These are the simplest form of carbohydrates, consisting of short chains of molecules. Sugars can be naturally occurring (as in fruits and milk) or added to foods (such as table sugar, syrups, and sweeteners). Common sugars include glucose, fructose, sucrose, and lactose.
2. **Starches:** These are complex carbohydrates, which are long chains of sugar molecules linked together. Starches are found in foods that come from plants, such as grains (rice, wheat, barley), legumes (beans, lentils, peas), and tubers (potatoes, cassava).
3. **Fiber:** This is also a type of complex carbohydrate, but unlike starch, dietary fiber is not digestible by human enzymes in the small intestine. Fiber can be soluble (dissolves in water) or insoluble (does not dissolve in water). Soluble fiber helps to regulate blood sugar levels and lower cholesterol, while insoluble fiber aids in digestion and preventing constipation.

For cancer patients, it is suggested to have less than 30 net carbs (carbs-fiber). For normal people, eat **Whole Carbohydrates** (whole grains, fruits, and vegetables) and avoid all foods with added sugar and artificial sweeter (Stevia can be an exception).

## Exercise Plan

Balance the resistance training (RT) and cardio training.

In the morning each day do the RT and in the afternoon do the cardio.

## Day 1 RT: Push (Chest, Shoulders, Triceps)

- **Warm-Up:** 5-10 minutes of dynamic stretching focusing on the upper body.
- **Exercises:**
  - Bench Press (3 sets of 8-12 reps)
  - Overhead Press (3 sets of 8-12 reps)
  - Incline Dumbbell Press (3 sets of 10 reps)
  - Tricep Dips (3 sets of 10-15 reps)
  - Push-Ups (3 sets to failure)

## Day 2 RT: Pull (Back, Biceps)

- **Warm-Up:** 5-10 minutes of light cardio and dynamic stretches focusing on the back and arms.
- **Exercises:**
  - Pull-Ups (3 sets of 6-10 reps)
  - Bent Over Rows (3 sets of 8-12 reps)
  - Lat Pulldowns (3 sets of 10 reps)
  - Face Pulls (3 sets of 15 reps for shoulder health)
  - Hammer Curls (3 sets of 12 reps)

## Day 3 RT: Arms (Biceps, Triceps, Forearms)

- **Warm-Up:** Arm circles, wrist stretches.
- **Exercises:**
  - Bicep Curls (3 sets of 10 reps)
  - Tricep Extensions (3 sets of 10 reps)
  - Forearm Curls (3 sets of 15 reps each, both directions)
  - Concentration Curls (3 sets of 10 reps per arm)
  - Cable Tricep Pushdowns (3 sets of 10 reps)

## Day 4 RT: Core (Abs, Lower Back)

- **Warm-Up:** 5 minutes of light cardio followed by dynamic abdominal stretching.
- **Exercises:**
  - Planks (3 sets of 1 minute)

- Russian Twists (3 sets of 15 reps per side)
- Hanging Leg Raises (3 sets of 10-15 reps)
- Back Extensions (3 sets of 15 reps)
- Bicycle Crunches (3 sets of 20 reps)

## Day 5 RT: Shoulders (Deltoids)

- **Warm-Up:** Shoulder rotations, band pull-aparts.
- **Exercises:**
  - Dumbbell Shoulder Press (3 sets of 8-12 reps)
  - Lateral Raises (3 sets of 15 reps)
  - Front Raises (3 sets of 15 reps)
  - Rear Delt Flyes (3 sets of 15 reps)
  - Arnold Press (3 sets of 10 reps)

## Day 6 RT: Legs (Quads, Hamstrings, Calves, Glutes)

- **Warm-Up:** 5-10 minutes of leg swings, bodyweight lunges.
- **Exercises:**
  - Squats (3 sets of 8-12 reps)
  - Deadlifts (3 sets of 8 reps)
  - Leg Press (3 sets of 10 reps)
  - Calf Raises (3 sets of 20 reps)
  - Lunges (3 sets of 10 reps per leg)

The weights will be increased per week to enhance the muscle growth. And in the same time, more training items might be added in to stimulate more parts of the muscles.

## Day 7: rest

## About Cardio

In the afternoon, run for 3k with a consistent heart rate, can be zone 2 or zone 3 as long as it keeps in the range that is comfortable.

Mix cycling and running in different days.

Steps  $\geq 10K$