



## **Food as Medicine** with *Dr. Anh*

### Healing Lupus and How to Design Your Exercise and Nutrition Plan for Fat Loss and Muscle Building

Thomas Tadlock, M.S.-- #011

Thomas Tadlock has been recognized as one of the top 5 trainers in the US and MTV's 2003 Hottest Body. He is currently the host of the Vegan Body Revolution Show, which is the #1 ranked fitness and diet podcast on Podomatic.com. He has also been sought after and has worked with top personal trainers of celebrities like Britney Spears and professional sports teams like the LA Angels of Anaheim to name a few. He is an inventor and patent holder, creating the world's first muscle tempo control system. He is an internationally recognized trainer educator, and has authored the weight loss programs for the fitness equipment company behind the hit TV show, "The Biggest Loser." Most importantly, he is a devoted husband and father.

Thomas and his wife really got serious about their diet and exercise before their wedding. They wanted to be in the best shape of their lives. This focus on clean eating and exercise had the result of curing his wife's Lupus. His wife's life expectancy with Lupus was in her early 40's. After their honeymoon, her blood work baffled the Doctors because they could not find any sign of Lupus.

Here's the plan they followed:

- Lots of raw vegetables
- Really good quality protein sources
- Lots of exercise

Thomas continued to research the like between diet and physical fitness. He came to realize that most people get the amount of vitamins they need in their diet, however the average

person is completely deficient in minerals and enzymes in raw vegetables. So Thomas developed a plan to build a diet around getting these minerals and enzymes.

His new plan was based on a template for a pre-diabetic patient:

- Huge amounts of a large variety of raw living vegetables
- High-quality fish oil – at the time we were using a product called Carlson's Fish Oil
- About a gallon of water a day
- Getting proper amounts of protein from whole protein sources, kind of staying away from powders and going more with the whole protein sources

In addition to this clean diet plan for eating healthy, which is also great for weight loss, Thomas was very regimented about his exercise.

His exercise plan consisted of:

- Interval cardio, about 30 minutes of interval cardio, sometimes twice a day
- Heavy weight training, traditional type of weight training that you would go to a gym to do utilizing all the big body part – squats, bench presses, shoulder presses, things like that – and do that for about anywhere from 2 to 5 times a week
- Metabolic things which we were doing high-intensity timed intervals going hard for about 30 seconds with only 15 seconds of rest in between and switching to another exercise and going hard for 30 seconds and doing that for six minutes out. Three of those at a time about three to five times a week.
- Total averaging about 8 to 8½ hours of total exercise per week.

**It comes out to about an hour and 15 and an hour and 30 minutes of exercise a day.**

**It's 30-minute to 45-minute session in the morning and another 30-minute to 45-minute session later on sometime in the day.**

Thomas has some tips he shares for grinding out your workout:

1. Start with weight lifting first thing in the morning to get it out of the way.
2. Do high intensity interval training for your cardio. Focusing on the interval helps keep your mind off the cardio.
3. Muscle building is a slow process, so give it time to work.
4. Increase muscle mass by increasing the amount of glycogen that your muscles can store.

5. Use heavy weights, and nice controlled repetition so that you are spending up to anywhere between 30-60 seconds performing your exercise under tension.
6. Use enough weight that you are failing between 8 and 12 repetitions.
7. Do anywhere between 3-5 sets per exercise.

Thomas also recommends a Zig Zag Diet Strategy.

- Essentially, you cycle your high-carb and low-carb days.
- High-carb days correspond to your strength training days.
- Low –carb days correspond to cardio days
- Less protein on low-carb days
- Fat intake stays the same for either day
- On heavy lifting days have good sources of Omega-6 fatty acids like cashews and peanuts
- The most effective muscle building hormones that supports muscular growth is insulin, but the problem is insulin is also the same hormone that inhibits fat loss.

#### Resources Mentioned in the Show:

- [ThomasTadlock.com](http://ThomasTadlock.com)
- Like Thomas on [Facebook](#)
- [Thomas' 28-Day Vegan Muscle Project](#)

Thomas' [Programs](#) I've used and recommend:

- High-intensity interval cardio audio program: [Turbo-Shred Fat Killer](#)
- [21 Day Swimsuit Ready Body](#)
- [Master Your Metabolism](#)

#### Listen to the Show:

- [iTunes](#) listeners
- [Android](#) listeners
- Listen [on the web](#)

[Leave us a Review](#) and tell us what you think! (what you like, what you want more of, etc)

[Download](#) the Show Pearls

[Like Us](#) on Facebook and Tell Us What You Think of the Episode!

Until next time, remember to *eat consciously*, because the world **needs** a healthy and vibrant you!

With Love <3

Dr. Anh