



Month 3

Hero Nutrition Habits

How 'Bout Some Fun Legal Stuff?

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Hero Habits — Month 3

Over the past two months you've been following six Base Habits. Here they are again:

Base Habit #1 — Eat at Least Four Times Per Day

Base Habit #2 — Have Two Fists of Protein With Every Meal.

Base Habit #3 — Only Eat Bread, Rice, Potatoes or Other "Starchy" Carbs With Your First Meal Or With a Meal Immediately After Your Workout.

Base Habit #4 — Only Drink Beverages That Contain 0 Calories

Base Habit #5 — Pick One "Fat" and Add it to Every Meal

Base Habit #6- Consume a Protein/Carb Workout Shake

If you're consistently following these habits and practicing them every day, you are way ahead of 99% of everyone who has ever tried to gain muscle and lose fat. These six habits, in my mind, are the backbone to a

healthy, sustainable nutrition plan. And they're things I still practice every day.

This month I'm going to introduce one more habit. From this point on, as long as you continue to practice the above six Base Habits, you can either take or leave the rest.

In other words, if all you do is follow your Base Habits, you *will* get awesome results.

But if you're looking for a little something extra to help out, well, that's what this next habit is for.

Extra Habit # 1 — Take 10 Grams of Creatine Monohydrate Per Day

It's pretty amazing to think that taking a few servings of white, tasteless powder per week can translate to more strength, muscle, and endurance, but that's exactly what supplementing with creatine does.

What is Creatine?

Creatine is a nitrogenous organic acid that's produced naturally in humans from amino acids in the kidney and liver and helps supply energy to muscle. (In fact, approximately 95% of the human body's total creatine is located in skeletal muscle.)

While we all have base levels of creatine (about half of which is derived from eating creatine-rich meat), supplementing with creatine can have huge positive

effects on your body, the most notable being increasing maximal force production of your muscles. (That means you can lift more weight more explosively.)

And if you can lift more weight, you can build more muscle.

Let's Get All Science-y for a Second

Creatine increases muscle energy availability, so the more creatine you have in your muscles, the more potential energy you have. The cells of our body store energy in the form of a molecule known as Adenosine TriPhosphate, or ATP. The amount of work our muscles can perform is a direct consequence of the amount of ATP they have stored.

So creatine enhances physical performance and makes you stronger by increasing the number of times that ATP can be recycled during weight training.

This means that supplementing with creatine should improve your ability to sustain maximal force generation during repetitive bouts of intense exercise. (Which is science-speak for "you will maintain strength or get even stronger if you take creatine and train with weights.")

It Makes You Look Good!

Most guys who supplement with creatine for a week are shocked to see that they've gained an extra couple of pounds.

The weight gain is due to the creatine pulling water into your muscles, making them look "fuller", which is good news for guys who constantly seek "the pump". (A few anecdotal studies have shown that this fullness dissipates after a few weeks of consistent creatine use, though. But it's still cool while it lasts!)

That extra water also helps the cells rid themselves of waste, thus speeding up recovery.

And It Makes You Smarter!

It's been shown that supplementing with as little as 5 grams of creatine daily can improve working memory and reduce mental fatigue.

"We know that creatine plays a pivotal role in maintaining energy levels in the brain," said Dr. Rae, the lead author in a study that measured creatine's impact on brain function. "So it was a reasonable hypothesis that supplementing a diet with creatine could assist brain function."

"The results were clear with both our experimental groups and in both test scenarios: creatine supplementation gave a significant measurable boost to

brain power," Dr. Rae said. "These findings underline a dynamic and significant role of brain energy capacity in influencing brain performance. Increasing the energy available for computation increases the power of the brain and this is reflected directly in improved general ability."

Source: Oct 2003 issue of the Proceedings of the Royal Society: Biological Sciences.

Creatine: Good for the Body and Mind

Improved strength, more muscle mass, and increased brainpower all with a powder that costs less than a steak dinner. Not too shabby, man. Not too shabby.

What Kind Should I Take?

Forget the expensive versions and stick with *creatine monohydrate*.

You don't need to spend \$80 bucks on a tub of God-knows-what. In fact, you should be able to find a bottle of creatine monohydrate for less than 25 bucks (which makes it one of the best bang-for-your-buck supplements out there).

If you order online, I suggest the following brands:

[Biotest brand micronized German creatine](#)

[Higher Power micronized creatine](#)

[Prolab CreaPURE creatine](#)

How Should I Take It?

Skip the "loading phase" on the bottle and just take 10 grams every day. You can mix five grams (the size of a teaspoon) in a hot beverage like green tea or put it all in your workout shake. However you take it, just make sure to get it in.

That's it for now.

Keep following your six Base Habits and working hard in the gym. And if you want to add the Extra Habit and take 10 grams of creatine per day, feel free.

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