

**Elite**  
*Chiropractic*

**ELITE LIFESTYLE -**  
**a gumbeaux approach**

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## WELCOME

You did it.

You have taken the biggest step in the quest to a healthier you. I'm glad you chose my program, and you will be too. You will not regret doing so, just follow my directions. This program will teach you, in eight weeks, how to completely change your life, those around you. As you begin to eat, look, and feel better, others around you will want to follow suit.

Most programs are designed to keep you guessing. This program is designed to keep you thinking. Thinking about why you are being told to do what you are doing, then discovering the answer. It requires a large thought process on your part. It involves you becoming completely immersed in your health. Most importantly it involves you becoming your own expert on your health. At the end of this eight week program you should no longer require others to be healthy. You may choose to do so but it will no longer be a requirement in your life.

Many weight loss programs are currently on the market. With my program you learn to eat a large variety of great tasting foods you cannot grow tired of. No more having to look forward to your meal replacement shake because dinner is so bland. No more starving and going without certain foods.

Before we go any further let me take you through a journey that brings us here today. My life has always been filled with sports. At an early age my parents had me playing tee ball. Grant it my team wasn't the best but we were out there. This love for sports followed me through high school to college and beyond. In high school one of my dearest friends and I began to work out, very religiously. This caused a domino effect to study supplements and how to eat. In college I worked at GNC which fueled my desire, ever further, to learn about supplements and how they could enhance my well being.

My journey in life continued on a nutritional path into Chiropractic School. I took every course I could on nutrition, read every book, and attended every seminar possible to learn all I could about our body.

From my early college days to the present I've helped several people fulfill dreams and desires to personally change physical appearances. Although I have helped so many people and corrected so many lives something was missing. There was a piece of my puzzle that would not allow me to consider creating my own unique program. While in Houston I found that piece of the puzzle. You are now able to partake in one of the greatest weight loss programs of all time. I hope you are as excited as I am about this program.

Thank you again for choosing Elite Weight Loss for all of your weight loss needs.



## History – GUMBEAUX affect

The Elite Lifestyle program was designed to eliminate common problems in the health industry. It was designed to educate patients on why they do what they do instead of giving instructions. The old parable goes, "Give a man a fish you feed him for a day. Teach a man to fish and you feed him for a lifetime". This program was designed for a lifetime modification.

The Elite Lifestyle program was successfully established in 2011 as a ten week program. The program focuses on new eating habits, health education, and a fitness program. Clients felt it was too long so it was shrunk to an eight week program. Clients still found it difficult to work a full day and make regularly scheduled one hour meetings, life just gets too busy. The entire program is now here for everyone to get started. Those who want more one on one can attend a one day seminar in which this information is presented and a unique program can be designed just for you.

The Elite Lifestyle program is based on the GUMBEAUX affect. Many of us can cook a gumbo using the same ingredients, but produce a different outcome. This plan uses many of the techniques and education you have seen in the past, blend it differently, improve on the way each piece of education is used, and produce a different outcome than you have had before.

### GUMBEAUX:

If you are willing to **GIVE** 100%, this 8 week education boot camp could be the last weight loss plan you ever take part in. By signing up you are joining a **UNION** of members, once a member always a member. You will learn to **MAINTAIN** a healthy lifestyle for you and your family.

We will begin to **BUILD** momentum through education and motivation. Here you will discover how to create more **ENERGY** to be unleashed. Use of a fitness center and a personal trainer can assist you in **APPLYING** these learned behaviors through elite menus and supplements. Soon you will **UTILIZE** the lifestyle change you have been trained to do through guiltless recipes and various exercises.

Others will see the changes you **EXEMPLIFY**, because, you will have up reared the temple you deserve by envisioning your accomplishments today.

**AS WITH ANYTHING, CONSULT WITH YOUR MEDICAL DOCTOR BEFORE BEGINNING ANY PROGRAM.**



## **ELITE WEIGHT LOSS SYSTEM**

The Elite Weight Loss System is easy to implement into your daily life. Unlike other systems, this is not a fad diet, this is not a sometime thing, and most importantly you will enjoy it. Over the next eight weeks you will learn to naturally eat better and exercise properly. Remember, you only get out what you put in.

The system is easy. Our bodies need fuel to function. When we don't have an adequate supply of fuel our body begins to break down muscle instead of using fat stores. When we don't have a consistent supply of fuel our body begins to store everything as fat for later use. This system has two parts. The first part is to fuel our system every three to four hours. The second part is to make sure our diet is composed of 20% or less fat.

Simple.

Let's look at the first part, adequate supply. When we don't have an adequate supply of fuel our body turns to what it can for energy. Carbohydrates are our most important source of fuel. Protein is the last and most inefficient source of energy. Muscle mass is broken down to extract protein and amino acids for energy. This breakdown is detrimental to our bodies and is unlike a muscle breakdown from weight training. Sporadic eating also encourages our body to store fat. Our body doesn't know when it will be fed so it stores more fat than normal. Timely eating allows our body to rid more fat, and store less, because it knows it will be fueled in the future. This allows our body to use stored fat for strenuous activity instead of recently acquired fat.

The second part is another critical step, but one of the easiest. Our diet should consist of less than 30% fat. This system goes a step farther. We are going to stay below 20%. Once your eight weeks is over you can move up to 25% or 30% for maintenance. This percentage is total fat calories. It is very easy to determine whether or not a food qualifies. Look at the total calories from fat. Multiply that number times five. If your result is less than the total number of calories in the can the food item is safe. If not put it back. If you begin to make this a habit it will soon be natural.

There are many diets that exist. Read my fad diets section for more details. Get ready to encounter others who have lost weight on their diet. These same people will try to encourage you to switch to their plan since it worked so well. Truth told, a good diet plan will work, as long as you are on it. Most diets can only last for so long. You can only substitute meals with a shake and cut foods you enjoy for so long.

Our goal here is to step toward happiness not perfection. Many times we begin to seek perfection instead of happiness and lose track of what is important. As we strive to reach happiness we must realize we will make mistakes that push us backwards. We must use these mistakes as a learning curve. We must also use this time to learn to examine the way our bodies function. I don't want you to strive for a perfect meal, just a better meal. What fun is it to eat lettuce and drink water at each meal? Spruce these things up with other healthy items that make you look forward to eating. If you have a desire for a certain food or meal, enjoy that food or meal. Don't make it a habit and try to hold the meal off as a reward. The longer you postpone your craving the more intense it becomes. You then engulf yourself with poor food choices then starve yourself to make up for this splurging. Both of which we know is poor for our health.



## SUPPLEMENTS and ADDENDUMS

Before beginning any program one should consider purchasing the correct supplements. Supplements are just that, products designed to supplement one's current eating habits to maximize intake of needed nutrients. Supplements are not intended to substitute. Recommended supplements include:

1. **Protein Powder:** Protein is required for muscle regeneration after a workout and is part of our immune system. This is one of the most important supplements one should consider. Many proteins are out there. Soy protein is good for weak stomachs but a whey protein is more beneficial to a fitness program.
2. **Multi-Vitamins:** If you were to take one type of pill this is it. Multi Vitamins help boost the immune system, help with eye site, our nervous system, our muscular system, etc. Just about every system in the body is supported by the use of a multi vitamin. I do not support one a day vitamins. Once in our system, the pill is past its points of absorption within twelve hours. If you are taking a one a day vitamin I suggest going to your personal physician for a higher quality multi vitamin.
3. **Juice Plus:** Provides daily nutrients our bodies need from fruits and veggies (10-12 servings in two pills or gummy bears). Not needed if you can eat all recommended servings and only half the dosage needed if eating half the recommended servings.
4. **HCG:** Not my favorite product but very popular. Many people are taking HCG and ordering from poor quality websites. I sell HCG, only to provide a high quality product for those in my community. HCG is produced in a woman's body when she is pregnant. When pregnant, a lady's nutritional demands increase. Even though most ladies' feel they eat more they actually eat less. The increase in the feeling of eating more comes from an increase in portion sizes and weird cravings. This phenomenon is similar to one's nutritional intake needs when a fitness program is begun. When we lift weights, or begin a cardio routine, our caloric needs go up but we tend to eat less, in an attempt to lose weight. When our caloric needs increase our body stores food as fat, not knowing if the proper caloric intake will be provided. HCG drops help to utilize the energy we put into our body instead of it being stored as fat.

Along with supplements, one's health and fitness program could benefit from the following:

1. **Blood test.** Establishing a blood sugar, cholesterol, and organic baseline specifically defines improvements at unseen levels.
2. **Chiropractic Physician:** Establish current blood pressure levels, practice natural healing in personal lives, drugless approach to healing musculoskeletal injuries, and a source of information.
3. **Gym:** Many home exercise units exist and many are affordable. Joining a fitness center provides motivation, professional guidance with personal trainers, decreased economic strain, advanced equipment, and a greater variety of equipment.
4. **Accountability Center:** This is another key in weight loss. If one is not held accountable one will not succeed. Today a New York City pace is beginning to cover us Nationwide. It is much easier to skip meals, skip the gym, and begin to falter on our health than it was before. Time passes and before you know it, the year is ended and you are now again planning your New Year's Resolution to lose weight again. Whether it is a group of individuals meeting at someone's house or in a physician's clinic, an accountability center is needed.



## KEYS TO SUCCESS

Here we go. As long as you utilize ALL of the following EASY steps you can begin to lose weight and feel better about yourself.

1. Eat every 2 – 4 hours. Yep, you heard it right. You need to eat more. We are going to have our Elite Meals (breakfast, lunch, and dinner), every day. For those in the South, who are confused, this is the same as (breakfast, dinner, and supper). We are also going to have Elite Snacks. The key is to start with an Elite Meal then 3 – 4 hours later eat an Elite Snack then 2 – 3 hours later repeat. The type of Elite Meal one begins with depends on your work schedule and the time of consumption. This is the most important aspect in weight loss, weight maintenance, and proper nutritional intake. Proper portions should be consumed. If you think of the amount of food you get in a Piccadilly meal they are pretty close.
2. Common Sense. I shouldn't have to tell you but eliminate fried food, carbonated drinks, sugar, and other foods common sense tells you are harmful for your body. When it comes to white vs wheat bread, this could be a complete lecture in itself. Many times the carbohydrates (sugars) in wheat bread are as plentiful as those in white bread. Until you master the things posted here, continue to eat foods that provide a sense of satisfaction. As your knowledge base increases begin to eliminate or substitute as your comfort grows. Just eat white breaded foods closer to waking than sleeping.

We could stop here but let's continue

3. Drink water. Proper water intake is very critical. Water constitutes over 75% of our body's make up so it makes sense to take in additional water. Water is very important to for our kidneys so an increase in water intake helps our kidneys. For those who have an issue with their body holding water could benefit from an increase in water intake. Many people hold water in their lower legs and drinking fresh, clean water could help flush it out.
4. Do NOT eliminate carbohydrates. This is one of the most critical points in weight loss. Carbohydrates are our main source of energy and are protein sparing. When you decrease your carbohydrate intake our body must turn to protein and fat for energy. Without aerobic exercise we do not hit the fat stores. If we don't take in enough protein our body begins to break down healthy muscle cells to extract protein; thus carbohydrates are protein sparing.
5. Stay Healthy. Don't fall fancy to weight loss gimmicks. Weight loss plans are designed to WOW the public and do not focus on a healthy future. Advertisers want us to lose as much weight as fast as we can. The greater the weight loss pictures in a short amount of time an ad shows the more impressed the public becomes. Healthy weight loss is 1 – 3 pounds per week. Some may lose a larger amount in the beginning due to water weight loss.
6. Lifestyle Change. If you can't see yourself on a weight loss program for the rest of your life then it is not a good lifestyle change. If you feel you can order specific protein bars, mail order meals, and other program specific supplements for the rest of your life then have at it. My program teaches you how to cook healthy and enjoy every meal. Not only do you benefit but your family will also. Most families will not even realize you are on a diet program.



## Energy Systems

On a cellular level Adenosine Triphosphate (ATP) is the main energy source and is produced via three energy sources. These energy sources are relied upon to fuel activity. The systems are the Creatinine, Glycolytic, and Oxidative Systems. Each system is responsible for providing energy that last from a few seconds to several hours. Each system can generate multiple ATPs allowing activity, of its kind, to last longer. ATP explodes producing energy needed for activity.

The first system, the Creatinine System, provides for activity of short duration. This system can produce enough activity to sustain maximum performance for up to twenty to thirty seconds. Past this point the system is still producing but at a much less efficient rate. Activities using this system are short sprints, low to moderate rep range when lifting weights, and short burst activities. Creatinine phosphate is the major source of energy in this system.

The second system, the Glycolytic System, provides for activity of short duration also. However, this system is most efficient from thirty seconds to two minutes. Moderate production of this system is seen up to five minutes after activity begins but shows significant drops in production after. Activities using this system are longer sprints / runs, higher rep ranges when lifting weights, and longer duration activities. Glucose is the major source of energy for this system.

The third system, the Oxidative System, provides for activity of long duration. This system kicks in up to twenty minutes after activity begins. The time this system kicks in and how long it last depends on the individual health and condition of the athlete. Activities using this system include long events like marathons, triathlons, etc. The main source of energy of this system is oxygen.

## 2<sup>nd</sup> CHANCE

Just because a low fat product didn't taste good ten years ago doesn't mean it can't taste good today. Modern advancements in food have helped shape our world of low fat and low sodium foods. Remember taste only stays with you for a moment so if a low fat product doesn't taste exactly like the original, does it really matter. Also remember, just because one low fat product doesn't taste well doesn't mean others near it don't. Take the low fat / light salad dressings for example. Low fat ranch is not too far off of regular ranch. If you want a different taste try one of the many other dressings that are low fat / light. Many of you grew up on real milk so skim taste like water. To me regular milk is too thick. If you don't like skim try going to low fat. Don't go with your first instinct; give the other healthy items a chance.

Remember:

1. Be creative: if a recipe substitutes an item then do the same for other recipes. For instance use chicken broth instead of water in different recipes
2. Extra Taste: When you grill, pour some over the top. Figure out which flavors taste best with which meats. Keep a chart and mark results.
3. Flavor Up: If you are getting bored with this diet you are not utilizing it to its fullest. Hit the drawing board again. There are too many good flavors to become bored.
4. Seasonings: Try different seasonings over different meats such as tarragon, dill weed, celery salt, etc. Again, keep a chart
5. Make Discoveries: For those with a sweet tooth. I have discovered a cookie that taste just like homemade, except, it is all natural, vegan, good for you, etc.



Elite weight loss gym routine

(rep range of 10 – 15)

**Week 1 (longest night)**

Whole body: Gym Orientation / Etiquette / Peg machines – low weight / high reps

Sets: 1 – 2

Reps: 10 – 12

Cardio: 15 min 3x/wk

**Week 2**

Whole body: Stretching / Cable routine

Sets: 2 – 3

Reps: 12 – 15

Cardio: 20 min 3x/wk

**Week 3**

Whole body: dumbbell / barbell routine / squats (or sit/stand)

Sets: 3 – 4

Reps: 10 – 15

Cardio: 25 min 3x/wk

**Week 4**

Whole Body: Super Sets using all of the gym

Sets: 4

Reps: 10 – 15

Cardio: 30 min 3x/wk

**Week 5**

Balance: Exercise on BOCE ball or single leg → make um sweat day 2, 4, 5 / Off day 3

AMRAP: 5 –db shoulder press (10 lbs) , 10 – lat pulls (40 lbs), 15 – pushups, 20 – air squats → day 1

Time: 10 minutes

Sets: 4

Reps: 10 – 15

Cardio: 15 minutes each day



### **Week 6**

Split Routine: Upper Extremity day 1, 3 / Lower Extremity day 2 / Off day 4 → Add Power

Sets: 4

Reps: 10 – 15

Cardio: 45 Minutes

AMRAP: 5 –db shoulder press (10 lbs), 10 – lat pulls (40 lbs), 15 – pushups, 20 – air squats → day 5

Time: 15 Minutes

Cardio: 15 Minutes

### **Week 7**

Split Routine: Lower Extremity day 1, 3 / Upper Extremity day 2 / Off day 4 → Increase Power

Sets: 4

Reps: 10 – 15

Cardio: 45

AMRAP: 5 –db shoulder press (10 lbs), 10 – lat pulls (40 lbs), 15 – pushups, 20 – air squats → day 5

Time: 15 Minutes

Cardio: 30 Minutes

### **Week 8**

Plyometrics: Plyometrics day 1, 3 / Circuit day 2, / Off day 4

Sets: 4

Reps: 10 – 15

Cardio: 30 min 4 x /wk

AMRAP: 5 –db shoulder press (10 lbs), 10 – lat pulls (40 lbs), 15 – pushups, 20 – air squats → day 5

Time: 20 Minutes

Cardio: 30 Minutes

### **Week 9**

AMRAP: 5 –db shoulder press (10 lbs) , 10 – lat pulls (40 lbs), 15 – push ups, 20 – air squats → day 5

Time: 10 Minutes

