HOW TO LIVE A BONE-SMART LIFESTYLE

GO FOR VITAMIN C's PERFORMANCE PUNCH

A BODYBUILDER IS BORN: GENERATIONS Episode 1

CHECK OUT DAVE'S INTENSE BOOTCAMP,

DYNAMIC SEMINARS & CONTEST PREP

Photo by: Mark Mason

DAVE PATTERTON
Pacific Northwest's Bodybuilding Fixture
In the Pacific Northwest David Patterson has been a bodybuilding fixture for decades. He is unique in every way. Here is a man in his mid-fifties who has the physique of a man in his twenties. Dave still competes and carries a 5-6% body fat percentile when he steps onstage. His approaches toward all things training and nutrition-related are pure Parrillo, and his gym in Tacoma, Washington, Personal Training Systems, has been an epicenter for natural bodybuilding for many years. Dave is one of those rare few bodybuilders who combine a serious academic background (Master’s degree in Kinesiology and Biomechanics) with a serious competitive resume: Dave has competed in over 100 physique contests. It is therefore only natural that bodybuilders, male and female, young and old, those looking to take their physiques to the next level, gravitate towards DP like iron filings drawn to a jumbo magnet. Over the past five years David has developed a series of seminars and weekly boot camp workshops designed to assist individuals at all levels. Attendees range from wide-eyed beginners entering their first competition to the serious seasoned competitive bodybuilder seeking polish and refinement. Dave is candid and articulate and relates that the response to his bi-annual two day intensive seminars and his weekly weekend workshops has been overwhelming. “I have, over the years, been approached by hundreds of competitive bodybuilders seeking my council. Initially these requests were sporadic and piecemeal but over time the informal consultations morphed into two distinct, formalized formats. Twice a year I run a two-day seminar that focuses on nutrition, posing and weight training. Each seminar is purposefully staged 12 to 14 weeks before the two biggest physique competitions held in the Pacific Northwest: The Emerald Cup and the IronMan Natural Bodybuilding Championships. My idea was to relate all the information to everyone at once and this, in turn, would preserve my sanity. I routinely was getting barraged by bodybuilders seeking my ‘dial-in’ council before these shows and eventually it struck me that, ‘hey – rather than have the same conversations over and over and over with different bodybuilders why not talk to everyone at once in a formal seminar setting?’” To say the response was overwhelming would be a massive understatement.

Bi-annual Seminars: “The seminars are broken up into four components or sections. The first day is dedicated to nutrition and training. In the first half of this eight hour session I cover pre-contest weight training and cardio. I relate to the participants how to use exercise to ‘dial in’ a physique dependant on how much time remains until the competition. As Parrillo adherents recognize, off-season weight training and cardio are entirely different than pre-competition weight training and cardio. To put a finer point on it, the closer the competition draws near the more changes are required to the exercise portion. An intelligent pre-competition exercise regimen shifts and changes weekly. I tell seminar participants ahead of time: ‘Be ready to bust butt. Be ready to actually train with top-level physique competitors at your side!’ I want to expose them to the intense physical effort needed to generate real change. I work with them directly and I have other advanced bodybuilders helping me. We have one purpose in mind – to destroy the students! Not in a mean or sadomasochistic way but in a positive way; in a way that shows them the level of effort needed in the gym in order to cause real improvement. In the second half of Day 1, after the participants eat a Parrillo-style bodybuilding meal and have recovered somewhat, I go over the fundamentals of sound nutrition. Basic and advanced techniques of contest dieting are discussed in great detail and eating strategies in the final days leading up to the competition are shared. If you’ve never competed before but are considering it, attending this seminar is an ideal jumping off point. The second day of our two-day seminar is focused entirely on posing. This is another eight-hour session and is interactive and hands-on. The first half of the second day is devoted to mastering the ‘½ turns’ and mastering...
“Most regular people attending their first Saturday Cardio Boot Camp are flabbergasted at how hard he requires they push themselves.”

the mandatory poses. The second half of the second day is dedicated to creative posing and learning how to construct a truly superior and customized posing routine. By the end of Day II the attendees have learned the critical quarter-turns, all the mandatory poses and are given tips and ideas on how to develop a truly unique and individualized posing routine, one that highlights their physique. We ask the participants to bring music – at least three songs are recommended. The seminar participants are amazed at how hard and intense posing can be. People are sweat drenched, exhausted and shaking by the end of the posing seminar.” Posing to Dave is no joke. “Posing is the art of physical display with truly intense cardio training their perspective is changed forever. “After Cardio Boot Camp participants are exposed to how much they are really capable of, once they realize down to how they have been subconsciously or unconsciouslybabying themselves, their cardio perspective is forever altered.” For better or worse, all previously held training beliefs and values are shattered. “After a person is exposed to ‘the real deal’ they never look at cardio the same way again. By the way, no one has ever died, experienced a heart attack or been put in any danger undertaking a Cardio Boot Camp workout – to the contrary my repeat attendance rate is phenomenal. Most people ‘get it’ and sense the truth of my contention that there are no shortcuts. Those exposed to really hard cardio training almost always take away the essence of my Boot Camp message: you are capable of far, far more physically than what you thought of thousands of people who use to push hard.” And Cardio Boot Camps are a runaway hit. Dave is known as Dr. Buff and the Saturday morning sessions are known as “Dr. Buff’s Butt Bustin’ Boot Camp.” “The goal is to take their training way past current comfort zones. This program is not for the faint of heart or those who do not truly want to push hard.” Physical and mental limits are tested each and every Saturday. Dave makes sure the Boot Camp participants understand exactly what they are in for and alerts them ahead of time. “You will work harder on cardio than you ever have worked before. We’ll be doing both steady-state and interval cardio training. This training will take you up and past your current mental and physical limits! So be prepared for the pain!”

After a quick shower and breakfast, Dave switches gears and puts on his ‘con/pro’ approach and tear them apart where necessary… “My pose coaching philosophy is simple: perfect practice makes perfect posing! We warm-up for 3 to 4 minutes and then we push! All muscle groups are locked down tight, every fiber is tensed.” After 30 minutes of this brutally intense posing, Dave relates that “Now the really hard work starts!” My weekly protocol is to begin 20 minutes of ‘cardio posing.’ This is a technique I developed years ago that involves continuous posing to music. With each rotation I demand the posers flex harder and harder…they learn to contract target muscles more and more intensely. By the time the cardio posing is over participants are sucking wind like basketball players in the 3rd overtime of a championship game.” After a quick drink of water Dave takes them into the final stage, affectionately known as “nine minutes of living hell.” Each mandatory pose is held for one solid minute; every five seconds during that time he insists posers contract muscles, “hard, HARDER, HARDEST!” The last minute of 9-minutes of hell is called the “widow-maker.” This is a total body, hands-on hips, heels together flex-a-thon that drops even the biggest of them to their knees! “After this final phase, most of the posers fall to the floor whimpering, shuddering and convulsing.”

Parrillo Products: “What can I say about John Parrillo and Parrillo Performance Products? Can I relate that I have used John’s products since 1989? Can I relate that they are what I sell and recommend to my clients and staff and that I use these incredible products myself every single day? Can I relate how incredibly helpful, insightful and instructive John has been whenever I call him? Can I relate that his products are the industry standard setters for potency, taste and effectiveness? Can I tell you that I unreservedly recommend all his products – every single one – and get excited as a kid at Christmas when I find out he’s developed a new product? Can I tell you that I sell tens of thousands of dollars of his products annually and that once clients are introduced to Parrillo Products they never stray? Can I relate how John’s products have helped me in my own quest to build the best body I possibly can? Can I finally relate that I cannot conceive of a single day for the rest of my life when I won’t use one Parrillo Product or another? Can I relate to you how much I value and trust John Parrillo’s advice, consuls and knowledge? Can you understand how significant his approach to bodybuilding and fitness is and how much he’s influenced my own training and nutrition? Can I tell you how indirectly every single client or gym member uses the Parrillo Philosophies? I may sound like I’m on the Parrillo payroll but nothing could be further from the truth: my allegiance to John and his products is based on one thing and one thing only….RESULTS!”

* * *

**JOHN PARRILLO’S PERFORMANCE PRESS**

**DAVE PATTERSON**
from as far away as Canada, Alaska, and Idaho seek out his guidance and council on competition preparation. “I still compete. I’m in the game and have been for 30+ years. I’ve accumulated a storehouse of empirical data on what works and what doesn’t. Bodybuilding isn’t magic; it’s in knowing what precise procedures to enact and when to enact them. One real area of confusion is that critical final week leading up to a competition. Handled properly, the physique competitor can look 10% better with seven days of perfect preparation – handled improperly and the competitor can end up looking 20% worse! I’ve improperly and the competitor can of perfect preparation – handled properly, the physique competitor leading up to a competition. Handled properly, the physique competitor can look 10% better with seven days of perfect preparation – handled poorly, the competitor can end up looking 20% worse! I’ve developed an effective, boil-down set of procedures for that critical final week.”

**MONDAY & TUESDAY**

**Food:** Eat a minimum of 6 small meals. All meals will contain protein and fibrous carbs only, except for oatmeal in the morning with breakfast. If you need to come down a bit more, eat protein only from 3 pm until bedtime. Eat every 2-2.5 hours.

**Water:** 1-2 gallons of distilled water – no Crystal Light or any other artificial oxidant. The body needs to consume to ensure that they are low-sodium. Use no condiments that contain sodium/salt. Some people may get to start carbing-up on this day, depending on their leanness, flatness and muscularity. Not everyone will get to carb up!

**Supplements:**
- 3-5 grams of L-Glutamine 4 times daily, 1 550 mg Potassium Gluconate tablet 4 times daily
- Parrillo vitamin & mineral, anti-oxidant tablet with every meal, 5-10 Parrillo Liver Amino tabs with every meal, 3-4 Muscle and Ultimate Aminos™, Enhanced GH™ first thing in the morning and before bed.

**Weight Training:**
- Monday & Tuesday: 2 sessions of 45-60 minute cardio sessions.
- Practice your ¼ turns, mandatories and go over your routine 4-5 times during the day after pre-judging. In general, pancakes, sausage/bacon make a great breakfast – protein, carbs/sugars, fat, and salt. Backstage, rice cakes, peanut butter, and honey work well for most competitors. My favorite is sweet potato pie – yummy!

**Water:**
- Sip only as needed, especially with breakfast. You don’t want to blow your look by drinking too much water with the carbs, fat, and sodium you just took in. Don’t guzzle or gulp. You’ll have cotton mouth, but you’ll look great! Abs should be well defined and you should be lean with great muscular definition and vascularity. Don’t do anything stupid at this point – continue to listen to your trainer – let him or her take the responsibility for your look!

**Supplements:**
- 3-5 grams of L-Glutamine 4 times daily, 1 550 mg Potassium Gluconate tab 4 times daily
- Parrillo vitamin & mineral, anti-oxidant tablet with every meal, 5-10 Parrillo Liver Amino tabs with every meal, 3-4 Muscle and Ultimate Aminos™, Enhanced GH™ first thing in the morning and before bed.

**Weight Training:**
- None

**Posing:**
- Practice your ¼ turns, mandatories, and go over your routine at least 20 times today. Pose hard – flex harder. See yourself onstage at your best. Use that nervous energy, anxiety, even fear, to your advantage to pose harder…HARDER…HARDER!!

**THURSDAY**

**Food:** Same as Monday, Tuesday, and Wednesday, except sodium should be very low. Read all labels! Know in advance what foods you are going to consume to ensure that they are low-sodium. Use no condiments that contain sodium/salt. Some people may get to start carbing-up on this day, depending on their leanness, flatness and muscularity. Not everyone will get to carb up!

**Supplements:**
- 3-5 grams of L-Glutamine 4 times daily, 1 550 mg Potassium Gluconate tab 4 times daily
- Parrillo vitamin & mineral, anti-oxidant tablet with every meal, 5-10 Parrillo Liver Amino tabs with every meal, 3-4 Muscle and Ultimate Aminos™, Enhanced GH™ first thing in the morning and before bed.

**Weight Training:**
- Same as Monday.

**Posing:**
- Same as Monday.

**FRIDAY**

**Food:** Today depends on what the mirror reveals! Some may get to carb up, some may not. If possible have a qualified trainer talk to you, or look at you, every few hours to determine what you should eat for your next meal. There is no formalized food plan. You are an individual, and as such will need to have your Friday foods individualized. Generally speaking, if you’re lean cut protein and veggies and increase starch carbs. Parrillo Bars™ work great for carbing-up; the bars are low in sodium and high in potassium with lots of high quality complex carbohydrates.

**Water:**
- No more than ½ gallon: 24 to 32 ounces is the recommended amount. Drink 4-6 ounces with each meal to down your supplements. All of your water should be gone by 8 pm.

**Sodium:**
- Eliminate as much salt from foods as possible. Rinse everything thoroughly: use distilled water.

**Supplements:**
- 3-5 grams of L-Glutamine 4 times daily, 1 550 mg Potassium Gluconate tab 4 times daily
- Parrillo vitamin & mineral, anti-oxidant tablet with every meal, 5-10 Parrillo Liver Amino tabs with every meal, 3-4 Muscle and Ultimate Aminos™, Enhanced GH™ first thing in the morning and before bed.

**Weight Training:**
- None

**Posing:**
- Practice your routine several times during the day after pre-judging – it will help burn off nervous energy. By this point your routine should be so down that you can listen to your song at any point and start posing from that point. I usually will practice 4-5 times during the day, with each practice consisting of going through my routine 4-5 times.

**Good Luck!**

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*“Bodybuilding isn’t magic; it’s in knowing what precise procedures to enact and when to enact them.”*
A BODYBUILDER IS BORN: Generations

Episode 1: Old Dogs and New Blood
Ron Harris - www.ronharrismuscle.com

It had now been over three months since my protégé Randy had won his first bodybuilding title. Since then, I hadn’t seen much of the guy. He was training with Tony, the 19-year-old that had also been in the contest. There were no more contests on the horizon for him any time soon, but I was getting ready to come out of retirement for the third or fourth time in my competitive career in a few months. Honestly, it’s rare that competitive bodybuilders truly retire – they just go away for a while. Sometimes they stay away for good, at least the smart ones. They finally figure out that spending anywhere from ten to twenty years on a strict diet in an attempt to battle a bunch of other guys pose for pose all for a trophy worth about forty bucks just doesn’t make a whole lot of sense. Of course, bodybuilding never makes logical sense to rational outside observers. Why on earth would anyone spend so much time and effort lifting weights and eating nutritious food just to have a muscular physique that looks good? We bodybuilders couldn’t imagine why anyone wouldn’t do what we do. Why would someone let his or her body get fat and unhealthy, or choose to be skinny, flabby, and weak? Why, when it’s all under our control to build and sculpt our bodies into something strong, something powerful, something beautiful? Eh, but what do I know – I’m just a big meathread.

Occasionally I had been taking my daughter to the gym to train her. She was about to turn thirteen, and had enough sarcastic attitude to send the Devil himself running away with his tail between his legs. Marisa played softball, and had finally relented to start a bit of weight training to get stronger for that. Unfortunately, she would only do this when she was in the mood for it, and only then until she grew tired of it, which was often fairly quickly. Marisa harbored the fear, as many females do, that they will accidentally build huge ‘bulky’ muscles. She might do a few sets on a couple machines, go to sleep, and wake up looking like a Ms. Olympia contender.

At times Marisa would only do abs and cardio, which left me hanging around for a while waiting to drive her home. I usually filled this time amusing myself watching the antics of the late afternoon/early evening crowd, which was made up of an eclectic mix of members. My attention drifted over to Jeff and his son Jared. Jeff was around 50 years old, and his boy was 14. Jeff had been training off and on for about as long as I had been alive, 37 years, and had even competed a few times in the late Seventies. Once he told me that, I had bugged him to find a photo from those days, and eventually he had brought in a faded shot from some regional show he had won that appeared to have been held at a county fair. He had the feathered Disco hair and mustache that was in style at the time, as well as a respectable build – from the waist up, anyway. I don’t know if he hadn’t trained his legs at all, or just hadn’t trained them hard enough, but they weren’t very developed. Jeff was a successful building contractor in my town and lived in quite the McMansion.

His son Jared thus enjoyed favored status in our town’s middle school, as any well-off kid anywhere does. I knew him because he had gone to my martial arts school for a while, and he also happened to run in the same clique as my daughter. Jared was a bit short for his age, but was a pretty good football player. His dad harbored hopes of NFL stardom for him. In our area, every kid that played quarterback for his local Pop Warner team dreamed of being the next Tom Brady – complete with Supermodel girlfriend.

Jeff had apparently taken it upon himself to beef up his boy for the next season. Right now he had Jared doing lat pulldowns behind the neck. This is an exercise I really don’t like seeing anybody do, because it’s potentially hazardous to the rotator cuffs. On top of that, Jared was yanking the bar down much too fast, with the left side of the bar higher than the right. Jeff was doing nothing to correct him, probably because he didn’t know anything was amiss with his son’s technique. In the old days, I used to be a Form Cop, on a crusade to help inform the uniformed. Eventually I figured out that the ignorant didn’t take kindly to being corrected in such an unsolicited manner. The men always took it as an affront to their manhood, and the women always assumed I was trying to hit on them. After a couple dozen hostile reactions, I gave up. Right now, part of me wanted to go over and offer my expertise, but I stood my ground. One thing I wasn’t about to do was make a father look foolish in front of his own son. Even though I knew Jeff a little bit from the gym, I still didn’t feel comfortable in usurping his authority. As far as his kid knew, pops was Joefricking Weider. That’s fine – a son should look up to his dad. As I was leaving the gym, carrying the water bottle and headphones for my princess daughter (at least I didn’t have to sprinkle rose petals for her to walk on – anymore), Jeff called out to me from the juice bar.

“Ron! Can you come here for a second?” My daughter sighed and rolled her eyes. She was used to people in the gym stopping me to talk, but it still irritated her. Marisa had homework, and more importantly, instant messaging, to get to at home. Whenever one of her little group wasn’t online for a while, the others would start viciously attacking and start rumors about them. And you thought the movie Mean Girls was a work of fiction? “Hey,” Jared said to her. “Hey,” she replied, in typical middle school age eloquence. “Ron, what’s a good weight gainer for Jared to take?” Jeff asked.

“Randy had graduated, but was I really done coaching?”
“Food,” I said.

“No, no, what are those shakes I see you drinking after you work out?” he demanded.

“Those are post-workout shakes that I make with Parrillo Optimized Whey™, Pro Carb™, and creatine, but they are specifically meant to help me replace nutrients I lose during the workout and start recovering. Your kid needs good food, and a lot of it, four or five times every day.”

“Yeah, but it doesn’t really matter what you eat as long as you work out hard, right?” he said. Oh boy, I thought to myself, here we go. This guy was really old school and was still perpetuating a lot of myths and misconceptions that had been lingering around like fungus for decades. The last thing I wanted to do now was to step on his toes and call him on this, but he wasn’t really leaving me any choice.

“Actually, what you eat plays a very big role in the results you get. Without the right fuel, you can’t really build much muscle mass at all.”

Jeff’s brows knit.

“But of course, they only really figured that out fairly recently,” I lied. The importance of nutrition had been common knowledge in bodybuilding for well over two decades, and the elite bodybuilders had always had an instinctive grasp of it. When the old-time champions were putting away loads of steak, eggs, and whole milk, they were taking in a lot of high-quality protein to grow on. Unfortunately, they also were getting a whole lot of unnecessary fat along with it.

Modern bodybuilders tended to make leaner choices like chicken breasts, turkey, egg whites, and whey protein. “Really?” Jeff queried. He patted his belly, which was creeping out a bit further than his chest. “Because I have been thinking about getting rid of this gut and getting in good shape again, and my kid needs to put on about fifteen pounds by the end of this summer.”

I thought back to my own teenage years, when I had been so skinny the coach of the high school chess team told me I was too small to play and told me to go out for something I was more suited for, such as playing the leprechaun in the town’s St. Patrick’s Day parade. I still had the suit somewhere. And I’m not even Irish.

“Maybe you could help me put a little diet together for us.”

Marisa sighed loudly behind me, and I heard her foot tapping impatiently. Jared smiled at her, flashing his shiny braces. She scowled back, not showing her own braces. Between the two of them, there was enough money spent on orthodontic work to pay for a Cadillac. “I tell you what,” I said. “The next time I see you in here, we can talk more.” And with that, I was gone.

What was I getting myself into now? I thought that once I had passed the torch on to Randy, my coaching days were over. It looked like they had only just begun. Just when I thought I was out, they dragged me back in!

“It was starting to look like class was in session again.”
Why purposefully starving to lose body fat is always a bad idea!

By Duke Nukem

My friend Tom was a smart, aggressive guy whose good looks and smooth talk made him a Big Man on Campus all during his high school and college years. When he turned 30 he went through a metabolic slowdown that hits men around that age and Tom started gaining bodyweight faster than anyone thought possible. Never athletic, Tom was lean, trim and a natural blond. He had a heavy skeletal structure but looked great and could eat anything he wanted back then and never gained a single pound. He married a local beauty queen and his uncle got him a job. He took great joy in entering any restaurant in the county and making him the perfect jerk for the job. Tom became a food Nazi. Suddenly he began preaching to anyone and everyone about the evils of food. He’d pontificate about the right way (his way) and wrong way (your way) to eat. He’d lecture and pry and prod, regardless if anyone asked him to or not. He would lecture like Fidel Castro and thought nothing of dominating a dinner or social conversation with the, “incredible tale of my transformation.” He carried pictures of his former self in his wallet and had an entire lecture ready to deliver at the slightest provocation. His weight loss eventually got him into trouble at the Department of Health. He began flunking restaurants for no real reason, shutting them down right and left for the pettiest and tiniest of infractions. He was out of control and eventually reprimanded by the Mayor himself. He came within a millimeter of being fired and was unceremoniously jerked off the street and kicked upstairs. Tom looked terrible. The crash dieting had turned him into a human bloodhound, loose skin (until recently stretched to the bursting point) hung off his former hunk to horrific in such a short time. He was a prematurely aged young man. As a self-proclaimed dietary expert and weight loss prophet, he sincere felt his expertise and was a unwitting victim of the skinny/fat crash diet syndrome. Although the individual may lose an incredible amount of body weight they still look terrible because they are still fat.

To avoid Tom’s dilemma is quite common among “successful” crash dieters. The low calorie/moderate exercise approach can careen into physiological disaster if the body goes catabolic. The human body will eat its own muscle tissue if it perceives starvation. People like Tom can lose massive amounts of body weight – yet still appear fat for a simple reason that they still are fat! The complete opposite of this low-calorie starvation diet approach is the high-calorie Parrillo Nutritional System approach. It is a huge mistake for people seeking to lose body fat to slash calories. This stuunts the metabolism. Certain eating and lifestyle choices slow the metabolic burn rate down to a bare flicker. Certain eating and lifestyle choices accelerate the metabolism. Optimally the metabolism should rage and roar like a toning. Tom’s dilemma was about extinguished, rage and roar like a bonfire. Tom’s rage and roar like a bonfire. Tom’s dilemma was about extinguished, rage and roar like a bonfire.
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If you want to lose body fat and maintain or increase muscle mass, don’t starve yourself!

Tom ignite the dying embers of a slowed metabolism into a metabolic bonfire! The human body can actually reset the rate at which it burns calories. Think of the metabolism as a fire. The best way to boost the heat output of any fire (and burn more calories) is to periodically throw just the right amount of cored logs (quality food) onto an already raging blaze. Be selective in the fuel selections: make sure the wood used is seasoned hardwood and the heat output will be maximal.

Quality nutrients accelerate the metabolism: Food should burn completely and thoroughly. In about the time the energy from the food/fuel is exhausted, another meal should be eaten. Don’t let the metabolism go out by neglecting to feed the fire. If you throw logs sporadically on the metabolic fire, if you overload the metabolism by throwing too much food-fuel onto the fire at any one time, the fire will burn unevenly and inefficiently. Lots of partially burned food will be left over and stored as body fat. Tom’s massive ingestion of the wrong foods in overwhelming amounts overwhelmed his already sluggish metabolism. Every day he allowed his metabolic fire to go completely out. Then twice a day he would overwhelm it and the excess food/fuel was turned into new body fat. Tom had successfully converted his body into a body fat-producing machine. Then when he decided to do something about it, he was steered in the wrong direction by medical people who should know better. In the Parrillo nutritional approach, quality food, lean protein and natural carbohydrates, are eaten to near exclusion. These foods burn completely. The Parrillo bodybuilder refuels the body every couple hours to keep the metabolic fire raging. The digestion of food requires energy and has a thermodynamic (calorie burning) effect. In the Parrillo Methodology certain foods are selected because they are nutrient dense. The same foods cause the metabolism to accelerate in order to digest and make them perfect for nutritional purposes.

Balanced meals eaten often: The metabolism has to work hard to burn lean protein and fiber carbohydrates. The calorie energy from the consumer part of these foods is released slowly because they are difficult for the body to break down and distribute. The release of their fuel/energy happens in a sustained fashion. Lean protein and fibrous carbohydrates, like quality hard-wood logs, burn thoroughly and completely. Here is an interesting food fact: in order for the body to digest a barely cooked green bean, nearly as much caloric energy is expended breaking down and digesting that green bean as is contained in that green bean. In the beginning of the Parrillo nutritional approach, fiber carbs are used to dampen insulin spikes associated with natural starch carbs. In the Parrillo approach, eating a starch carb is always accompanied by consuming fiber carbs. The classical Parrillo bodybuilding meal consists of a portion of lean protein, a fiber carb and a starch carb. These foods are selected for both nutrient density and for the elevating effect they have on the metabolism.

Supplements are the final piece of the nutritional puzzle: The Parrillo Nutritional method is subtle and multidimensional. The core element is the scientific use of regular food to form a nutritional foundation. To build the proper nutritional foundation, the Parrillo trainee institutes a multiple-meal-eating plan. 5-6 or more daily meals consisting of a serving each of lean protein, starch and fibrous carbs are eaten in balanced combination. The food foundation is based on the use of nutrient-dense foods that cause the metabolism to elevate. The food foundation is augmented by Parrillo nutritional supplements.

John Parrillo has an extensive line of supplements and they all have one thing in common: each supplement grew out of a specific need on the part of champion bodybuilders and athletes. Each of John’s supplements has a story behind its research and development. Elite athletes consult with Parrillo on a widespread basis and in the world of the elite and professional athletes, results are all that matter. Parrillo principles are not just for the elite and would have helped poor misguided Tom tremendously. Tom lost over 100-pounds of body weight – yet at the end of all his deprivation and starvation he still carried a 30% body fat percentile and was still considered clinically obese. His body ate what little muscle tissue he had to begin with. Had he been smart and used a slow sustained rate of body weight loss, he could have actually added muscle at the same time he was shedding fat. It is no big deal for an untrained person suddenly subjected to Parrillo methods to add 10-pounds of muscle in a month. Adding ten pounds of muscle cause the body to burn an additional 400-500 calories per day!

How much and how fast? John Parrillo recommends losing at the max rate of 1-pound per hundred pounds of bodyweight per week. In addition there is a “muscle add-back” factor that needs to be taken into account. If, according to the digital bathroom scale, you lose three pounds, what if you added a 5-pound muscle gain simultaneously? The true picture is you lost four pounds of body fat, added a pound of muscle and ended up with a bathroom scale net-net reduction of three pounds. Better to lose ten pounds of fat and add ten pounds of shapey muscle (with zero change as recorded by the bathroom scale) than to lose 20-pounds of scale weight that consists of a 10-pound fat loss and a 10-pound muscle loss. Tom achieved the worst of all worlds by losing significant amounts of his modest muscle mass. Had Tom been lucky enough to engage the services of a Parrillo Certified Personal Trainer, things would have turned out far better. No doubt a Parrillo Certified Personal Trainer would have started Tom off on a basic Parrillo multiple-meal eating regimen. A PCPT would have instituted a Parrillo-style eating and supplementation program that likely would have laid out as follows....

AVOIDING THE SKINNY/FAT CRASH DIET SYNDROME

If you are ignorant of your body fat percentile you are flying blind. It all can be revealed with weekly or bi-weekly skin-fold caliper testing. Could you imagine Tom’s shock and horror if he had been made aware of his shocking loss of muscle? It all could have been prevented with better planning. If you want to lose body fat and maintain or increase muscle mass, don’t starve yourself! Certain foods eaten at regular intervals have the same effect on the metabolic burn rate as throwing dry logs on a blazing bonfire. Parrillo-style bodybuilding meals need be combined with potent nutritional supplementation. Thus the metabolism is “built up” over time. Through the strategic use of certain foods and certain supplements, dying metabolic embers are coaxed into a small fire and eventually built into a full-fledged bonfire. Don’t fall prey to the lure of starvation dieting as it can turn into a nutritional nightmare. Parrillo methods are far more effective and far healthier than calorie slashing fad diets.

John Parrillo

Parrillo Certified Personal Trainer

AVOIDING THE SKINNY/FAT CRASH DIET SYNDROME

If you are ignorant of your body fat percentile you are flying blind. It all can be revealed with weekly or bi-weekly skin-fold caliper testing. Could you imagine Tom’s shock and horror if he had been made aware of his shocking loss of muscle? It all could have been prevented with better planning. If you want to lose body fat and maintain or increase muscle mass, don’t starve yourself! Certain foods eaten at regular intervals have the same effect on the metabolic burn rate as throwing dry logs on a blazing bonfire. Parrillo-style bodybuilding meals need be combined with potent nutritional supplementation. Thus the metabolism is “built up” over time. Through the strategic use of certain foods and certain supplements, dying metabolic embers are coaxed into a small fire and eventually built into a full-fledged bonfire. Don’t fall prey to the lure of starvation dieting as it can turn into a nutritional nightmare. Parrillo methods are far more effective and far healthier than calorie slashing fad diets.

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How To Live a Bone-Smart Lifestyle
Cliff Sheats, PhD, F.R.S.H., Certified Clinical Nutritionist

Osteoporosis is a bone-thinning disease in which vital minerals like calcium leach from your bones as you age. In its advanced stage, it causes debilitating hip fractures. Of those who suffer osteoporosis-related hip fractures, 20 percent die within a year, and half of those who survive are never able to walk independently again. What many people don’t realize is that osteoporosis is linked to 50,000 deaths annually, largely from complications of surgery or immobilization after hip fractures.

Although there are numerous medications that can treat it, osteoporosis is largely preventable. Building strong bones, especially before the age of 30, is your best defense against the disease. There are several steps you can take to prevent osteoporosis:

1. **Consume enough calcium each day.**
   Calcium’s best-known role in the body is as a builder of bones, particularly in the spine, hip, and wrist, and the risk of osteoporosis climbs.
   - **Building strong bones, especially before the age of 30, is your best defense against the disease. Be sure to take in enough calcium each day.**
   - **Ensure an adequate amount of vitamin D each day.**
     Vitamin D helps your body absorb calcium and is required for the breakdown and assimilation of phosphorus, another mineral involved in bone formation. Normally, our bodies make enough vitamin D from exposure to as little as 5 to 15 minutes of sunlight a day. If you don’t get enough exposure to sunlight, then supplemental vitamin D is a good idea. Try Parrillo Essential Vitamin Formula™ as a way to ensure that your body gets the vitamin D it needs. Take one tablet with each meal.

2. **Engage in weight-bearing and strength-developing exercise.**
   - **Weight-bearing and strength-developing exercise stimulates the formation of bone. It also improves strength and balance, thus reducing the risk of falls and fractures.**

3. **Avoid tobacco use.**
   Smoking interferes with your body’s normal use of calcium and vitamin D, increasing the risk of osteoporosis. In addition, smoking reduces your intake of oxygen, and oxygen is required for the proper functioning of all body cells. When oxygen is in short supply, bone cells can’t properly manufacture bone, and you’ll start losing bone as a result.
   - **If you’re a smoker, make a conscientious effort to quit. While there is no one tried-and-true method for quitting smoking, the decision to quit generally begins with a commitment on your part. Smoking cessation programs can be quite effective. Other supportive aids such as nicotine gum and a change in routine may help too.**

4. **Avoid alcohol.**
   Alcohol abuse endangers bone health – in numerous ways. For example, alcohol interferes with the function of bone-forming cells, leading to impaired bone strength. It can damage the lining of the intestines, interfering with the normal absorption of calcium, vitamin D, and other bone-protective nutrients. What’s more, alcohol washes bones-beneficial minerals (calcium, magnesium, and zinc) out of the body in urine. Alcohol abuse can lead to falls and accidents, as well as social, psychological, and emotional problems.

5. **Risk Factors for Osteoporosis**
   - **Women**
     - Family history
     - Age (bone loss increases with age)
     - Poor lifestyle habits
     - Race (Caucasian and Asian women have a higher risk)
     - Having a small-boned structure
     - Menopause
     - Prolonged exposure to certain medications such as steroids
     - Chronic diseases that affect the kidneys and thyroid
   - **Men**
     - Family history
     - Age
     - Poor lifestyle habits
     - Race (Caucasian men have a higher risk)
     - Undiagnosed low levels of testosterone
     - Prolonged exposure to certain medications such as steroids
     - Chronic diseases that affect the kidneys, lungs, digestive system, and that alter hormone levels

**Article References**
National Osteoporosis Foundation. Osteoporosis. Internet web site: www.nof.org
When you read about vitamin C, it’s usually in reference to its cold-fighting power. But did you also know that vitamin C – the most commonly supplemented nutrient in the United States – can perform some important performance-enhancing feats as well?

That’s right. Vitamin C, also known as ascorbic acid, contributes to athletic performance in at least three possible ways - as an antioxidant, a promoter of respiratory health, and a factor in endurance.

Antioxidant Action
With exercise, there’s a dramatic increase in the amount of oxygen used by your body. A fraction of this oxygen is converted into “free radicals.” Free radicals are unstable oxygen molecules that attack bodily tissues. Fortunately, the body is equipped with a mighty defense team of substances known as antioxidants, which neutralize free radicals and prevent them from doing harm. Vitamin C is one of these antioxidants. It keeps free radicals from destroying the outermost layers of cells and has the power to regenerate vitamin E, another antioxidant. Normally, free radicals don’t cause much of a problem. But during strenuous activity, free radicals can start outnumbering antioxidants - a condition called “oxidative stress.” It leads to muscle tissue damage and inflammation, increases the body’s consumption of antioxidants, and leaves you vulnerable to disease.

You may be able to ward off oxidative stress, however, by supplementing with vitamin C. In a recent experiment, investigators discovered that oxidative stress was highest when subjects did not supplement with vitamin C.

Taking vitamin C, along with vitamin E, has been found to help muscles recover and regenerate more quickly following exercise – which means you can get back in the game faster. In one study, researchers gave endurance athletes 1000 mg of vitamin C and 1000 IU of vitamin E a day, or placebos, in divided doses at lunch and dinner. The supplemented athletes showed about a 25 percent reduction in tissue damage.

Respiratory Health
If you work out regularly or train for athletic competition, you know that a cold or respiratory infection can sideline you pretty fast. Vitamin C to the rescue. When ultramarathon runners supplemented with 600 milligrams of vitamin C a day for 21 days prior to a marathon, they experienced fewer upper respiratory tract infections. This benefit may be due to vitamin C’s antioxidant effect, or to its overall immune-boosting capability.

Vitamin C also confers a heart-protective benefit, particularly if you’re a serious exerciser or endurance athlete. Free radical production during very-intense exercise tends to oxidize low-density lipoproteins, otherwise known as LDL cholesterol (dubbed “the bad kind”), leading to plaque build-up in the arteries. A study conducted with highly trained runners demonstrated that supplementing with 1 gram daily of vitamin C decreased the tendency of LDL cholesterol to oxidize.

Do you ever develop shortness of breath and wheezing after strenuous exercise? If so, you may have “exercise-induced asthma” (EIA). EIA affects an estimated 10 percent
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of all exercisers, and nearly all asthma sufferers. EIA symptoms typically occur after about six to eight minutes of exercise and can last 20 to 30 minutes. During an attack, tiny muscles wrapped around the outside of the bronchi (the two large tubes that branch out from the windpipe to the lungs), constrict in what is known as a “bronchospasm.” It’s difficult to breathe, your chest hurts, and you may wheeze.

There are numerous preventative treatments for EIA, and one of these is supplementation with vitamin C. Patients with asthma who supplemented with 500 milligrams of vitamin C daily experienced fewer spasms in response to exercise. A two-gram dosage taken one hour prior to exercise has demonstrated a protective effect too.

Endurance Factors

If you take vitamin C, will you be able to bike farther, work out longer, or get across the finish line faster? Possibly.

Scientists have discovered that hard-training athletes, specifically endurance and ultraendurance athletes, often have low levels of vitamin C circulating in their bodies. If you’re deficient in vitamin C, your endurance will suffer – a side effect confirmed by research. Deficiencies can be easily prevented by supplementing with vitamin C-rich foods.

The best sources of vitamin C in the diet are citrus fruits. Other foods, such as green and red peppers, collard greens, broccoli, Brussels sprouts, cabbage, spinach, potatoes, cantaloupe, and strawberries are also excellent sources.

Supplemental Vitamin C

To ensure that you get the vitamin C your body demands, supplementation is an excellent idea. Our Bio-C formula contains 1000 mg of vitamin per tablet, and is formulated with health-building Citrus Bioflavonoids (concentrate from lemons, oranges, grapefruit, limes, tangerines). Take one or more tablet daily, preferably with meals.

References

Hey Vic,
The young bucks here at the gym are always talking about genetics. They’re typical intermediate level competitive bodybuilders. These are the type of guys that compete but you never really notice them. They always enter the local bodybuilder competitions but about the best any of them hope for is to make the top five; this at the local drug free high school shows. Lately they are obsessed about genetics and will say all kinds of crazy stuff. One guy in particular, the genetic ringleader, lives in a vacuum. He has himself and those around him convinced that he is a genetic wonder destined to win the Olympia. This bonehead tells me, “It’s not a matter of IF he wins the Mr. O - but WHEN!” He’s serious - seriously deluded! These are average guys obsessed about genetics and will project what size and athletic attributes a player today would need to equal the size, strength and speed Brown had back in 59. To equal Jim Brown’s size and statistics nowadays a man would need to be 6-6, weigh 285 pounds with a 7% body fat percentile and capable of a 4.2 forty.

Hershel Walker: A football player and track athlete. At 6-foot even Walker weighed 232 pounds. Simultaneous to playing college football, he set several indoor world records in the 60-yard dash. He could leap over a six foot pile and never touched a barbell. Supposedly he could high jump 7-feet with terrible technique. He had strange ideas about fitness and no one ever held the balls to set the kid straight. In the end he never fulfilled his awesome genetic potential.

NBA Basketball Players: Height is an awesome genetic gift; it is quite another thing to meld height with athletic speed, grace, agility and endurance. All of which are routinely exhibited by NBA players. In addition to possessing great size, they have terrific cardio conditioning as a result of the speed with which the modern game is played. The apex of the basketball athletic pyramid is most exclusive: millions play basketball worldwide and only 300 players are in the NBA – average salary for a starter: $6 million per year.

When a genuine genetic wonder also has a savage work ethic you have an all-time great, such as:

Mark “The Hammer” Coleman: Mixed Martial Arts fighting legend and Parrillo-Powered for over a decade. The Hammer started out wrestling as a child and continued all through college at Ohio State. His career has spanned nearly three decades in an era where careers are measured in months, not years. Mark has an incredible physical arsenal: his savage work ethic and great wrestling genes provided him the base for a physical miracle: Mark is massive, powerful and has the endurance of a cross-country skier. He fights carrying a 6% body fat percentile and at age 44 is competing at the tip top levels of the most exclusive fight club in the world.

Brad Gillingham: Another unheard of powerlifter, Brad was the son of a hall-of-fame football player for the Green Bay Packers. His father was 6-4 and 270. The three Gillingham brothers are 6-3 110, 6-2 295 and 6-3 340-pounds, respectively. Brad high jumped 6-8 in high school – a sure tip off he’d have the explosiveness all great powerlifters need. Brad went to college on a basketball scholarship and twice won the biggest title in powerlifting, the IPF world heavyweight championships.

I could go on and on. Let us leave with a brief remembrance of Sergio Oliva. Sergio was a small boy in communist Cuba when government officials came to his grade school and administered a battery of athletic tests. As a result of his great athletic ability, even at age 9, Sergio was whisked away to Havana to train to become an international weightlifter. He was trained by Russian coaches. At age 22 he defected to America while competing in the Pan Am Games. He went on to win his two Olympia titles while holding down a fulltime job as a butcher in a Chicago slaughterhouse.

At his peak he stood 5-10, weighed 241, and had 20-inch arms to go with his 29-inch thighs and his 29-inch waist. Arnold said he was the only competitor he was ever afraid of. Now that’s genetics!

Hey Vic,
My wife is determined to join Curves, the chain of fitness facilities that cater exclusively to women. She has a million reasons for doing it but I think
So much of success depends on what you feed the body after you train it.


Ultimate Amino Formula ™: Shotgun amino acid crystalline free-form amino acids. Suggested usage: take two or more with each meal.

Enhanced GH Formula ™: The amino Arginine is used to trigger Enhanced GH Formula ™. The amino Arginine is used to trigger GH release. Suggested usage: take two upon arising, two after training and two before bed.

Liver Amino Formula ™: Heme Iron fights iron deficiency; highest quality beef liver. Suggested usage: take 5-8 with every meal or feeding.

Max Endurance Formula ™: A proprietary blend of aminos enhances cardio performance. Suggested usage: take 3-5 40-minutes before aerobic training or workouts.
What's Holding You Back?

Send Us Your Story!

Why are you hesitating? We know you're good enough. You know you're good enough! Send in some pictures, give us a little detail and one of our staff writers will contact you directly to shape your story into a masterpiece.

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