

5 ways to get back on track

By Eric Falstrault

This one is not for the beginners, it's for those who start and respect their commitment for a couple of weeks and then crash and burn. It's psychological, we do everything right and for some reason, whether it's an office party, a friend's wedding, or just a simple outing with friends, one thing leads to another and you end up eating the biggest piece of cake to show your friends that you can eat bad once in a while. Then the next morning you feel like crap and you say to yourself ``I'll start over next week`` and to feel better you start the day with a big bowl of captain crunch and 2 nutella toasts.....

The fact of the matter is that you are only one meal away from getting back on track. The tough thing after a cheat 'night' (that should have been a cheat meal) is that you tell your body, hey, that's what I was looking for, and here's a lot of it, sugar or carbs that is. Your body reacts as if you threw a big open house party. The party is at 7, you open the door and there are about 100 people (carbs or sugar) that comes in. Everything goes good for a couple of hours, but then the party gets boring (your insulin goes down and you start feeling blaaaaa). All your friends decide to call up their friends (After a meal, your blood sugar drops way down, the first thing your system tells you to do is to eat more, but you won't go after a good green salad, you go more towards a big piece of cake to bring your insulin back up, much more satisfying) so the party gets going again until everybody falls on their face (time to go to bed). In the morning, you go in the living room (your liver) and you see what the damage is. Since you don't want to start cleaning again (you don't feel like eating egg whites and nuts to take it easy on your liver) you tell your friends that slept over to help you clean up. Since your friends aren't on a diet, you eat a shitty breakfast and it goes on and on. I think you get the picture by now.

Here is a list of 5 things that will help you get back on track in a matter of minutes after a cheat Meal.

1- Do not stop taking your supplements: Vitamins are responsible



for the elimination of free radicals and a lot of chemical process in the body. They will help in the process of getting rid of those toxins. They will also assure that your liver, pancreas and every organ in your body will function optimally since you gave them a small beating. Another essential supplement you should make sure you don't stop is fish oils. They are responsible of the good health of your cellular membrane. A good membrane is a good team player when you try to burn those excess calories by transporting them into the mitochondria as a source of energy.

2- The day after, cut down on carbs: Usually, after a night of drinking and eating, you should look as puffy as the Pillsbury dough boy. To get rid of the water you have to force your body to eliminate it. My trick is to

drink at least 2-3 gallons of water and completely cut carbs out of the diet for the following days. Don't forget, if you take something out, you have to add something in, which is Protein. By lowering your carb intake and increasing protein, you push your system to be in a fluid flushing state. It won't give you a six pack but it will help you get rid of excess water.

3- **Go train:** If you want to get rid of your excess calories, go do a



Jamie Eason, a lot of dedication behind that kind of shape.

full body workout, it will use your excess sugar as energy and help with your insulin levels. A good early workout and a post workout shake will put you back in the right set of mind.

4- **Use enzymes:** After cheats and big meals, even after regular meals, almost everyone should use digestive enzymes. With the use of the bio-signature, I know if someone should take enzymes. They are protein molecules that help break down the foods in more usable forms for the body to assimilate. They are secreted by glands, in the mouth, pancreas, and small intestines. There are also some forms of enzymes in the food we consume, but due to the way we cook it, we destroy the naturally occurring enzymes that we used to get. On top of aging and refined foods, alcohol intake and eating too fast, we had to figure out another way to help with digestion. Our bodies are in constant breakdown and repair state so better digestion is the key to better nutrient digestion.

5- **You are only one meal away:** The faster you get back in the game, the better you'll do. There is no substitute to dedication and greatness. It's not an easy road to the top, but once you reached it, you'll see and feel the reward....

Eric Falstrault is a Montreal based strength and conditioning coach, Naturopath, Sport Therapist and founder of BODHI Fit. Certified level 3 in the PICP (Poliquin International Certification Program) a high level certification program that has proved its grounds on every aspects of the iron game. With numerous internships done with Charles Poliquin (founder of the PICP and world renown Strength Coach) and Nelson Ayotte (strength and conditioning coach of the St-Louis Blues) to name a few. Eric has worked with athletes of all levels, from youth sports, professionals, Olympians to the business professionals. To have a private consultation or have personalized program, you can reach him by Email: falstrault@gmail.com or he can be reached at the Leonardo DaVinci Center 514-955-8370