

Quantum Living

Dr. Juergen G. Winkler

Third Quarter, 2014



Living Scripture

“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore, glorify God in your body?”
1 Corinthians 6:19-20

“Let us run with endurance the race God has set before us.”
Hebrews 12:1



Exercise: PACE

Are you obtaining the maximum benefit from your exercise regimen? On many occasions, I have found myself sitting next to someone riding an elliptical machine or stationary bicycle. In spite of the fact that they were pedaling furiously, they were not even breaking a sweat, because they were spinning without resistance. In that case, were they really gleaning any health benefits from their workout? Perhaps we should begin by exploring the reasons why we exercise. Most of us exercise to increase our endurance, to keep our hearts and bodies healthy, to control our weight, and to feel healthier and more youthful. These objectives are attainable, but not likely unless we exercise correctly. For the purposes of this article, we will be discussing the benefits of a fitness revolution called PACE, or Progressive Accelerated Cardiopulmonary Exertion.

Before relatively modern times, there was not a need for exercise equipment. Whether it was hunting and conducting other physically demanding chores thousands of years ago, or working in physically challenging jobs on farms and in factories more recently, physical labor was simply a way of life. Our society dictated that we expend maximum physical effort to perform these duties. Physically exhausted by the end of the day, people returned home to rest and relax before returning the next day to begin the process again. Without even being aware of it, their “exercise” was, in fact, the very definition of strength training. With the advent of advanced technology in the 21st century, the need for jobs involving physical labor diminished greatly. In today’s society, we must make a conscious effort to obtain the exercise and physical stimulation our bodies require to function optimally. If we desire to attain our goals of losing weight, increasing stamina, preparing for athletic endeavors, or just becoming healthier, we must make time to follow an exercise regimen, such as that of Al Sear’s PACE fitness program.

Before beginning any exercise program, be advised that it is imperative to see your doctor to determine what type of exercise program is right for you, especially if you have not exercised regularly in recent years. With that stipulation in mind, PACE works by beginning with low intensity workouts and progressively increasing exercise levels to the point of fatigue. As an example, bicycle riding is a great exercise, which does not unduly strain the joints. Begin your workout with low intensity and low level pedaling in order to get the blood flowing to the muscles.

Thereafter, gradually increase the resistance to the maximum level you are able to tolerate. At that point, pedal as long and as hard as you are able. At the point of fatigue, when your legs are burning and you feel your heartbeat increasing, stop for a period of time. Then, repeat this process until you reach 12 minutes of PACE, or until you are tired. If you are just beginning the exercise process, you may need to slowly work up to the 12 minute PACE. Continuing this regimen every other day will quickly improve your endurance and will help you gain maximum cardiovascular benefits. As your body acclimates to increased exercise, you will notice a shortened recovery period between intervals. Additionally, your body will begin to burn more calories, even while at rest. Your metabolic rate will naturally increase, you will experience improved lung function and you will experience increased energy. Sound good?

Then, let's get started! What types of exercises do you enjoy? Swim in PACE intervals. Or, you may choose to run up hills, climb stairs, jump rope, row your boat. Whatever exercise program you choose to pursue, follow the same rules of expending maximum effort. Then, rest and repeat. Make sure you are using the larger muscles in your body and incorporate as many of your body's smaller muscles as possible in order to increase your heart rate and to achieve maximum physical benefit. For the real beginner, who is currently doing little or no exercise, it is best to start more slowly. For instance, you may want to do a two minute warm-up in your chosen exercise. Then, work out hard and fast with increased resistance for 30 seconds. Rest for one and one half minutes before resuming the cycle again. Gradually, increase the interval time in PACE mode. We all seek to obtain maximum results from our exercise routines in the least amount of time, and the PACE workout accomplishes both.

Finally, I would like to address the issue of endurance training, such as running marathons and training for and/or participating in triathlons. Dr. Sears makes many convincing arguments against this type of exercise, and I concur with his assessment. There are some legitimate concerns that this type of exercise may cause undue stress on your body. If you

choose to participate in endurance training, be sure that you consult with your doctor to determine whether or not you are getting the right nutrients for the excess stress on your body. Likewise, check with your doctor before beginning weight training and body-building workouts.

For more information on the topic of PACE and various forms of exercise, visit Dr. Sears' website at <http://www.paceliving.com/resources>.

Did you know?.....

FDA WARNS OF RISKS TO CORTISONE INJECTIONS IN THE SPINE LOS ANGELES TIMES - The FDA has warned that Corticosteroid injections into the spine's epidural space that are often used to treat radiating back pain carry rare but serious risks. Physicians should discuss those risks with patients who are considering getting the injections. (Jay L. Clendenin / Los Angeles Times / October 24, 2011)

Recipe: Gluten Free Chicken Fajitas

Ingredients:

4 teaspoons extra olive oil, for pan
1 lb. boneless, skinless chicken breasts
1 medium yellow onion, thinly sliced
1 large green bell pepper, thinly sliced
1 large red bell pepper, thinly sliced
2 Tablespoons lemon juice (or white distilled vinegar + pinch of sugar)
2 Tablespoons water
2 Tablespoons extra virgin olive oil
4 cloves garlic, grated
2 teaspoons gluten-free tamari or soy sauce (or soy-free substitute)
1 teaspoon gluten free liquid smoke (Wright's brand)
1/8 teaspoon cayenne pepper
Fine sea salt and fresh ground black pepper, to taste

Instructions: Preheat skillet on medium-high to high heat. Add oil and swirl around the pan. Immediately add chicken and cook until for about 6 minutes, past the point of no longer pink. Add bell peppers and cook, stirring occasionally, until tender or until they reach your desired tenderness. (You will be cooking them in the liquid for about 2 more minutes.) While the vegetable are cooking make the sauce: In a small bowl, whisk lemon juice, water, oil, garlic, soy sauce, liquid smoke, cayenne, salt, and pepper together. Add sauce to pan, cook until sauce is heated, about 2 minutes, stirring occasionally. Serve in a gluten-free tortilla or over/along side rice.