

Welcome to the June Newsletter!

YOUR BODY CODE JUNE NEWSLETTER



WELCOME TO THIS
MONTH'S NEWSLETTER



Happy Father's Day to all the Dad's and to all the women who act as both the mother and father. This month is about you. In this month's newsletter, we focus on building muscle, how you can take care of your muscle and nutrients to help nurture your muscles to achieve the personal exercise goals you want to achieve. Let's begin with how you can build muscle.

BUILDING MUSCLE

Nutrition & dietary supplements have become a focus of serious attention from athletes of all types, especially body builders. Many of them have found that the combination of proper diet, appropriate supplements, and a good comprehensive workout plan work together to help them achieve their personal goals. There are three basic approaches to the use of supplements to build muscle:

- providing the body with the protein that it can use to make the muscle
- promoting the body's production of androgenic hormones such as testosterone so that it is inclined to build itself up in response to exercise
- providing nutrients that increase endurance, so that more and more strenuous exercise is possible.

Eating for muscle is just as important as lifting for muscle. The foods you grab in the morning on the way to work, the meals you pack for lunch and mid-afternoon, what you put into your body immediately following your workout, and your final meal of the day impact your results as much as, if not more than, the number of reps you squeeze out at the end of a set.

The more serious you are about your nutrition, the more serious your gains will be. In fact, if you combed the literature on weightlifting, you'd quickly learn that relatively little research has been done on training techniques for boosting muscle mass and strength compared to the tons of studies on the effects of nutrition and dietary supplements. Said research shows that paying attention to **macro-nutrients (protein, carbohydrates and fat)**, calories, meal timing and certain supplements will have a huge impact on your results.

Example day of a 2500 calorie diet

BREAKFAST

1 cup cooked Oatmeal
1 medium Banana
¼ cup Walnuts or Almonds
1 cup Almond Milk
Cinnamon to taste

SNACK

1 Clif Energy Builder Bar

LUNCH

Tuna Sandwich:

6 ounces Tuna –canned in water
2 cups tossed large green leafy veggie salad
1 tsp. Olive oil
2 Tbsp. Bragg's Apple Cider Vinegar
2 slices low gluten wheat bread such as Ezekiel or Genesis or Dave's

SNACK

Shake:

1 serving of a quality protein powder such as Jay Rob, MRM, Plant 22, OFB
1 serving of Ultimate Meal powdered shake mix
1 medium Banana
½ cup of Blueberries or Cherries
1 cup Almond Milk
1 Tbsp. Almond butter (raw/organic)
Water & Ice

DINNER

Chicken Stir Fry:

6 ounces Organic Chicken breast cooked –no skin
1 Cup cooked brown rice
2 Cups Green veggie (Broccoli, Green Beans, Asparagus, Zucchini etc...)
1 tsp. Bragg's Amino Acid

Snack

1 serving Raw Chocolate Pudding (see recipe below)

RECIPE

Raw Chocolate Pudding

1 avocado (0 sugar)
8 medjool dates, remove pit (42.4g sugar)
3 TBSP. raw cacao powder (0 sugar)
1 tsp. vanilla powder (0 sugar)
Water as needed to blend

Blend in vita mixer until smooth on low speed

Makes 6 - 1/4 cup servings at 81 calories each, fat 4.9g, carbohydrates 9.8g, protein 1.2g,
sugar 7 g

SUCCESS STORY

Below is the 6 month results story by my own son, Keith McGowan



BEFORE



AFTER

When I was younger I rebelled against my mother's judgment on quality food and headed for the "Hot Cheetos" and red meat! I had made the decision I wanted to gain muscle mass and after not getting the results I was hoping for, I asked my mother or better known to you as Dr. Amanda Beckner, owner of Your Body Code for advice.

I was small and I wanted to be muscular and I figured that by junior year in high school, I would start my goal setting. I went on a strict menu program and started working out regularly in the gym. In 6 months I had gained 30 pounds of muscle mass, lost unwanted fat and started to reach the goal I had wanted. My bench press with weights went from 150 pounds to 250 pounds in 6 months!

I have found that if you stay dedicated and really want something – It can and will happen. That entire 6 months I was on a strict Your Body Code diet and my calories kept increasing – my mom started me at 2000 calories and at my goal weight I was eating 4000 calories. I was eating 6 meals a day, never hungry, lots of energy and reaching my goal -I was impressed!

Most body builders make the mistake of doing high protein and cutting out all carbohydrates and find they do not get anywhere – also energy will stay low and you will put muscle on top of fat. Once I kicked in the diet with my gym routine with adding a correct balance of complex carbohydrates, proteins and fats – I was seeing crazy change in the right direction week by

week.

My advice – stay focused on your goals and it will happen – Thanks Mom!

CONTACT US TODAY!

We want to help find YOUR BODY CODE! We currently have two walk-in locations in Palm Springs and Palm Desert. We also have an online program and are available throughout the world to help you with your health and wellness goals. Don't hesitate to contact us for a free consultation as we can work with you to meet any budget. www.yourbodycode.com

We also offer personalized retreats for your best Health and Wellness in the following areas:

**INTENSIVE WELLNESS & FAT LOSS
FAT LOSS/ ENERGY AND PREVENTION:
AFTER SURGERY DOWNTIME AND HEALING**

To learn more about our HOLISTIC DETOX & "RAW" RETREAT and to sign up, visit our website: <http://www.yourbodycode.com/detox> or contact us at: (760) 341-BODY (2639).

YOUR BODY CODE: PERSONALIZED NUTRITION WELLNESS PROGRAM BOOK

In my career I've learned so much and worked with so many people to help them achieve their nutrition, health and weight loss goals. The book includes descriptions of vitamins, minerals and the common imbalances that could affect health and wellness. The book also contains 11, seven-day menus that address a variety of disease and health conditions along with a full colorcookbook with more than 50 'chef-tested' healthy recipes. Click here (<http://www.yourbodycode.com/book/readonline>) to preview the first chapter and how you can order your copy!

Thank you for checking out our monthly newsletter! We are in this together and want to help you with your path to health and wellness. For more information on how you can start your change, visit our website at: www.yourbodycode.com or contact me at: 1-760-341-BODY (2639)! Also we'll keep you updated with the latest specials and news! Thank you and we look forward to working with YOUR BODY CODE!!!

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Happy Father's Day!

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