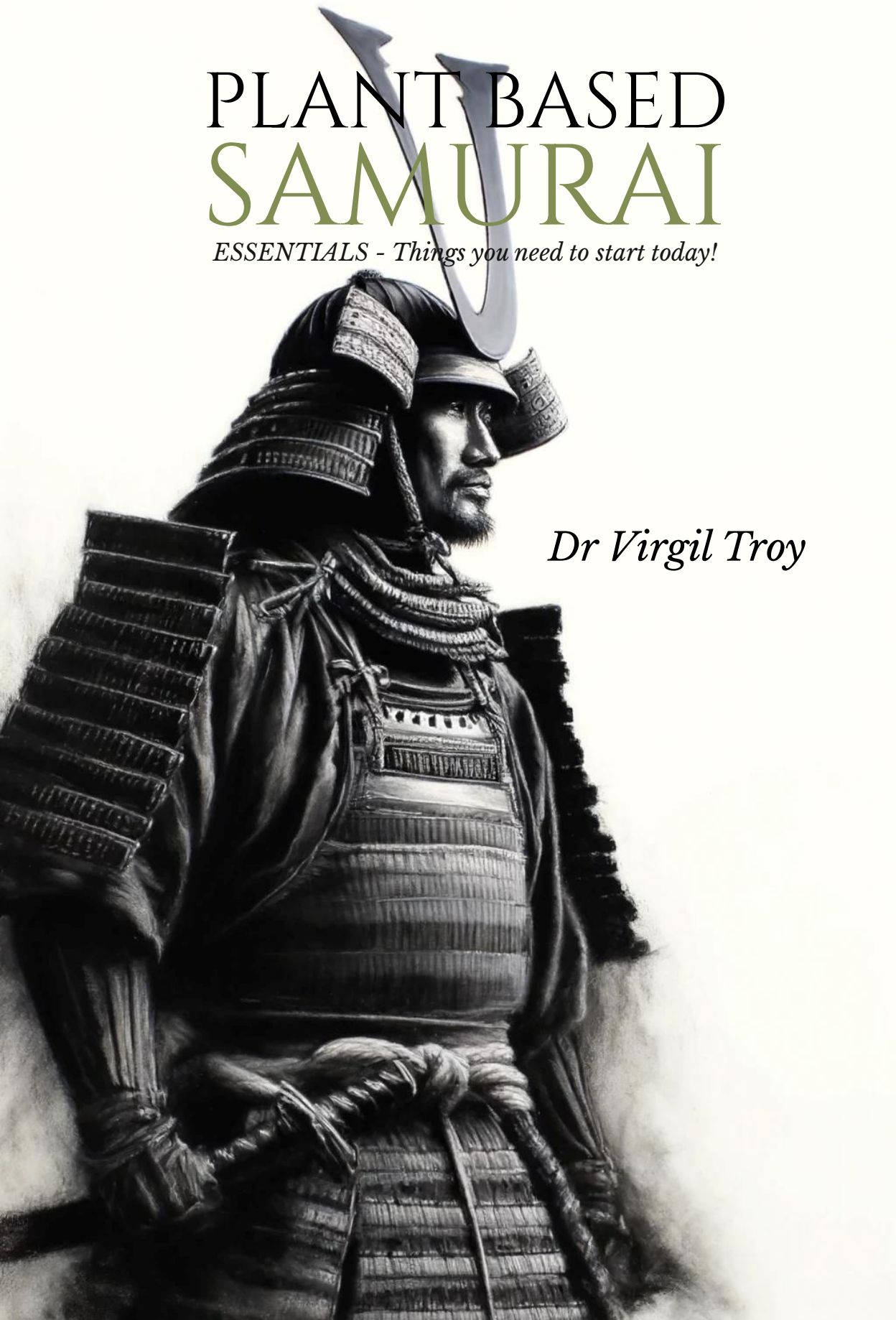


PLANT BASED SAMURAI

ESSENTIALS - Things you need to start today!

Dr Virgil Troy



Plant Based Samurai: ESSENTIALS – Things you need to start today!



ESSENTIALS – Things you need to start today! from the book 'Plant Based Samurai': An absolute beginners guide to evidence-based nutrition for healthy weight loss and improved martial arts performance.

By Dr Virgil Troy

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Plant Based Samurai: ESSENTIALS – Things you need to start today!

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PLANT BASED SAMURAI BOOK: Embark on a transformative evidence-based journey to wellness without giving up your favourite foods and treats. Discover the key to effective weight management and explore the world of chronobiology. Say farewell to inflammation and uncover the truth about nutrition. With a focus on fibre, healthy eating, and avoiding common pitfalls, "Plant Based Samurai" equips you with the knowledge to make informed choices. From meal planning to delicious recipes, success is yours to seize. Stay motivated and empowered as you unlock the secrets of the plant-based lifestyle with "Plant Based Samurai."

6-WEEK RESET: Join the 6-week reset programme and kickstart your journey to a healthier, happier you! With a comprehensive approach to nutrition tailored for optimal performance in martial arts, sports, and exercise, our evidence-based strategies will debunk common fitness myths and empower you to fuel your body effectively. Embracing whole, plant-based nutrition, we steer clear of unsustainable diet trends, offering practical tips to make informed choices about your diet. Whether you're aiming to reset your nutrition, shed excess weight, or simply adopt healthier habits, our detailed 6-week programme supports your holistic wellness journey. Invest in your well-being today and experience the transformative power of the 6-week reset programme!

PLUS ONE A DAY: Your 31 Day guide to addressing the modern health crisis. From understanding the historical significance of excess weight to practical strategies for rebalancing your plate with plant-based foods, this guide empowers you to make gradual dietary transformations. By adding one new plant-based food each day while still enjoying your favourite treats, you'll embrace the philosophy that "food can be thy medicine." Join us on this journey towards a healthier, happier future, where each small change is a powerful act of self-care. Start your Day 1 today and take the first step towards a revitalised you!

COMPANION COOKBOOK: With over 100 delicious recipes, this cookbook has been thoughtfully designed to seamlessly pair with "Plant Based Samurai: an absolute beginner's guide to evidence-based nutrition for healthy weight loss and improved martial arts performance".

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Welcome

Embark on a transformative journey with our guide, "Essentials - Things You Need to Start Today!", designed to usher you into a healthier and more sustainable lifestyle. Our comprehensive guide is structured around six fundamental steps that serve as the building blocks for adopting habits that promote well-being, vitality, and environmental stewardship. Whether you're looking to revamp your diet, enhance your fitness regimen, or simply live more mindfully, this guide provides the essential knowledge and practical tips to get you started on the right foot.

The Six Essential Steps to A Healthier You:

1. **Hydrate Wisely:** Learn the importance of choosing water over soda to cut down on added sugars and salt, vital for hydration and overall health.
2. **Sugar Smart:** Discover the benefits of cutting processed sugar from your diet and how to satisfy your sweet cravings healthily with whole fruits.
3. **Oil Overhaul:** Find out why reducing processed oils in favour of air-frying can lead to better health outcomes and less calorie consumption.
4. **Meat Moderation:** Understand the significant health advantages of reducing animal meat consumption and the environmental and health benefits of plant-based alternatives.
5. **Dairy Detox:** Explore the reasons to minimize dairy intake and how plant-based alternatives can reduce the risk of chronic diseases.
6. **Alcohol Awareness:** Uncover the truth about alcohol's impact on your health and why limiting its consumption can be beneficial for your fitness goals and overall well-being.

Your Journey Starts Here

We encourage you to integrate these steps into your life progressively, starting with step one and adding an additional step each week. This gradual approach ensures a smooth transition, allowing your body and palate to adjust to new tastes and habits, setting the foundation for lasting change.

Building Habits That Last

Forming a new habit isn't always straightforward; it requires clear goals, incremental steps, and consistency. Our guide not only lays out the essential steps but also provides a practical framework for habit formation, ensuring that you have all the tools necessary to succeed.

Additional Insights for a Healthier Lifestyle

- Emphasizing the importance of water, especially when adopting a plant-based diet.
- The benefits of reducing salt and processed ingredients from your diet.
- Practical tips for transitioning to a diet dominated by whole, plant-based foods.
- Creative alternatives to traditional dietary staples that promote health without sacrificing taste.

Embark on Your Path to Wellness

As you venture through each chapter of "Essentials - Things You Need to Start Today!", you'll find yourself equipped with the knowledge, strategies, and motivation to make impactful changes. Our guide is more than just a set of instructions; it's a roadmap to a healthier, happier you. Welcome aboard, and let your journey begin!



THE SIX ESSENTIAL STEPS

Step 1: Drink water to replace soda and cut the added salt.

Replacing soda with water is a simple yet effective way to improve your overall health. Soda is loaded with added sugars, with as much as nine teaspoons in just one 330ml serving. Drinking an adequate amount of water is also crucial for maintaining good health. Women should aim to drink 4 to 7 cups of water per day, while men should aim for 6 to 11 cups. Water is essential for proper hydration and helps regulate various bodily functions.

In addition to cutting soda and increasing water intake, reducing salt consumption is also important for a healthy lifestyle. Salt is known to contribute to high blood pressure. Instead of relying on salt to flavour your meals, opt for herbs and spices. Not only do they add delicious flavours to your food, but most herbs and spices also come with proven health benefits. Using herbs and spices as a healthier alternative to salt can help you maintain good heart health and overall wellbeing.

Step 2: Cut processed sugar.

There's no dietary requirement for added sugar at all. The science shows that increasing sugar intake increases calorie intake and this leads to body weight gain in adults. Instead replace with whole fruit: Increasing your fruit intake can satisfy your sweet tooth. Also, the sugar in whole fruit comes packed with the fibre necessary to allow the body to process fruit sugars without adverse effects on weight, blood pressure or triglycerides*.

*Triglycerides are a type of fat (lipid) found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. These triglycerides are then stored in your fat cells and later released for energy between meals.

Triglycerides are important for health because they serve as a significant energy source. However, high levels of triglycerides in the bloodstream have been linked to an increased risk of heart disease and other conditions. This can occur from eating more calories than you burn, consuming large amounts of alcohol, or having certain types of metabolic disorders.

Step 3: Cut processed oil.

Avoid the processed oils: Using refined vegetable oils or animal fats in your cooking adds unnecessary calories without providing significant nutrient benefits. These oils and fats are high in calories but low in essential nutrients. Studies suggest that frequent consumption of fried foods may increase the risk of chronic diseases and deteriorate cardiovascular health. Instead, try using an air fryer. With an air fryer, you can make delicious fries and other recipes without adding any cooking oil. It's a healthier option that still gives you the crispy texture you crave without the excess calories from added oils.

Step 4: Reduce animal meat.

I'm not suggesting a shift to veganism, but the scientific evidence is clear - reducing the consumption of red and processed meats can significantly lower the risk of premature death, cardiometabolic diseases, and cancer-related mortality. Animal meats, including chicken and pork, contain harmful substances like heme iron, dietary fat, cholesterol, hormones, and carcinogens. Thankfully, there are plenty of plant-based alternatives that are not only healthier, but also better for the environment.

When it comes to seafood it's advisable to reduce fish consumption to a minimum and explore plant-based alternatives. These alternatives eliminate the intake of microplastics, mercury, and lead commonly found in fish, making them a healthier choice for both you and the environment.

Step 5: Reduce dairy.

Dairy is a significant source of saturated fat in the diet and has been linked to a range of negative health outcomes. Not only does it interfere with our endocrine regulatory network, but it can also contribute to inflammation in the body. Inflammatory markers can skyrocket within hours of consuming an unhealthy meal, and excessive inflammation is associated with some of the leading causes of death and disability, such as type 2 diabetes, obesity, and heart disease. Despite this, many people continue to consume large amounts of dairy products.

I encourage everyone to reduce their intake of dairy to a minimum and try plant-based alternatives instead. Not only are there many delicious and nutritious plant-based alternatives to dairy, but they also eliminate the intake of dietary fat, cholesterol, and hormones commonly found in dairy products.

Step 6: Reduce alcohol.

Despite its ability to make you feel good temporarily, alcohol is actually a harmful substance that can have many negative effects on your body, both during and after consumption. It's widely recognised that consuming alcohol in large amounts or binge drinking, even if it's infrequent, can be detrimental to your health. Additionally, drinking alcohol during pregnancy is universally considered harmful.

If you drink alcohol before exercising, it can impair your motor skills, coordination, reactions, judgment, and balance due to its impact on the central nervous system. Even after exercising, alcohol can interfere with the body's recovery process and inhibit protein synthesis, even if you consume enough protein. Therefore, if you're committed to achieving your weight loss, fitness, or health goals and want to adopt an optimal diet for peak performance, alcohol has no place in your nutrition plan.

Putting the six steps into practice.

I recommend you start at step 1 and commit to adding, in order, one additional step each week (so at the start of week 2, you'll be drinking more water, cutting back on salt AND starting to reduce added sugar). By the end of six weeks, all six habits will be operating simultaneously. Remember, you are aiming to establish new eating habits while giving your body time to adjust to new tastes, energy levels, and weight loss.

Forming a habit typically takes anywhere from 18 to 254 days, with an average of 66 days (so you should almost be there after adding one step a week). However, the duration varies depending on factors such as the individual, the habit, and the circumstances. To create a habit, follow these five steps:

- 1. Set a clear, specific goal:** Identify the habit you want to establish and the desired outcome (weight loss, improved martial arts performance etc.). Make your goal achievable, measurable, and time bound.
- 2. Break it down into smaller steps:** Break the habit into smaller, manageable tasks, making it easier to track progress and maintain motivation (one step week)
- 3. Create a trigger or cue:** Designate a consistent reminder or prompt that initiates the desired behaviour. This can be a specific time, location, or event that signals it's time to perform the habit.

4. **Practice consistency:** Repeat the desired behaviour daily or as often as required. Consistency is key to habit formation, as it helps reinforce neural pathways in the brain, making the habit automatic over time.
5. **Monitor progress and adjust:** Keep track of your progress and celebrate small successes. If you face challenges, reassess and adjust your approach to overcome obstacles.

Remember, patience and perseverance are essential when forming a habit. You may experience setbacks, but it's important to stay committed and focused on your goal. With time and consistent effort, your desired behaviour will become an ingrained habit.

A few additional points:

- Drinking water, is probably the easiest but also one of the most important steps in adopting a plant-based diet. Plant foods are generally high in healthy fibre, and you need water to process the fibre through your system. Don't worry, your bladder will adjust in a few days.
- Cutting salt is vital for heart health. The good news is that after a few days, personal experience and research show that your taste buds will readjust to the natural taste of the foods you are introducing. Healthy food will just taste better!
- Processed sugar and oil should be significantly reduced or eliminated. If you eat bread, stay away from white refined bread and swap it out for whole-grain variety. The same goes for pasta; there are plenty of whole-grain options available at most supermarkets.
- Use an air fryer for frying, and you'll be amazed at how good fries taste when not cooked in oil.
- Progressively transition towards 85-95% of your weekly/daily calories coming from whole, minimally processed, plant-based foods.
- Animal meats, fish, poultry, and dairy products and other treats/ultra processed foods ideally should be reduced to no more than 5-15% of weekly/daily food calories.
- In coffee/tea, replace sugar with Date Syrup, it contains fibre to regulate blood sugar.
- Cut back on the booze and save the occasional tipples for special, less frequent events.



About the Author

Dr Virgil Troy is a seasoned karate instructor and passionate researcher with a unique understanding of the intersection between martial arts and nutrition. With over half a century immersed in karate, including 23 years coaching, he has watched countless students of various abilities, body types, and backgrounds enter his dojo. Their aspirations ranging from self-defence and confidence building to fitness and weight loss, they are all united in the belief that martial arts can contribute significantly to their personal goals.

Through his extensive experience, Dr Troy observed a pattern: many promising students lose interest once the intensity of the training escalates. Curiosity piqued, he probed further, leveraging his expertise in research to understand this phenomenon. The discovery was illuminating: much of the time, students were simply not fuelling their bodies properly to handle the increasing physical demands of martial arts.

In response to this finding, Dr Troy developed this guide. It is not merely a book, but a comprehensive resource aimed at empowering martial arts students—and anyone interested in optimising their health through diet—to understand the power of nutrition. Driven by robust scientific research, his insights offer a practical, achievable approach to a balanced diet focused on natural, whole, plant-based foods.

Throughout this guide, Dr Troy emphasises the importance of small daily changes in eating habits, underlining how these changes can lead to significant health improvements in the short, medium, and long term. With his guidance, you'll navigate the murky waters of ultra-processed foods and discover the potential benefits of an 85-95% plant-based diet.

Dr Troy's approach to nutrition is rooted in the idea that we can harness the power of our evolutionary predispositions to thrive on plant-based diets, supplemented, if desired, with a modest amount of animal-based protein. The intention isn't to enforce drastic dietary changes, but to gently guide readers towards more informed, healthful choices that enhance their martial arts performance and overall wellbeing.

This guide encapsulates Dr Troy's lifelong passion for karate, a fervour that is now supplemented by his dedication to evidence-based nutrition. As you read, you'll embark on a learning journey, equipped with the knowledge to improve your overall health and become the best martial artist you can be. So, Gambatte Kudasai - good luck, and please do your best.