



*Sandy born 1957*

*Joe born 1944*

# Producing Peak Performance

regain your edge

310-740-2473

[TheJoeDillonDifference.com](http://TheJoeDillonDifference.com)

- improved blood panel
- Less or no Rx drugs
- More energy
- Less body fat / more muscle
- Sounder sleep
- Sharper memory
- Healthier back

# High Performance Lifestyle

- ❑ optimal animal protein
- ❑ optimal animal fat
- ❑ low carbohydrates

# measurable results:

- ❑ weight
- ❑ waist (tape measure at navel)
- ❑ navel skinfold (skinfold caliper)
- ❑ thigh skinfold (skinfold caliper)
- ❑ ketones (Ketostix)
- ❑ fasting glucose (home blood test kit)
- ❑ blood pressure (home b. p. cuff )
- ❑ comprehensive blood tests

# Hormonal Health

insulin

glucagon

cortisol

# insulin

- ❑ stores fat
- ❑ blocks fat burning
- ❑ raises inflammation
- ❑ raises LDL (bad) cholesterol
- ❑ raises blood pressure

# glucagon

- ❑ animal protein releases it
- ❑ burns fat
- ❑ builds muscle
- ❑ lowers inflammation
- ❑ lowers blood pressure

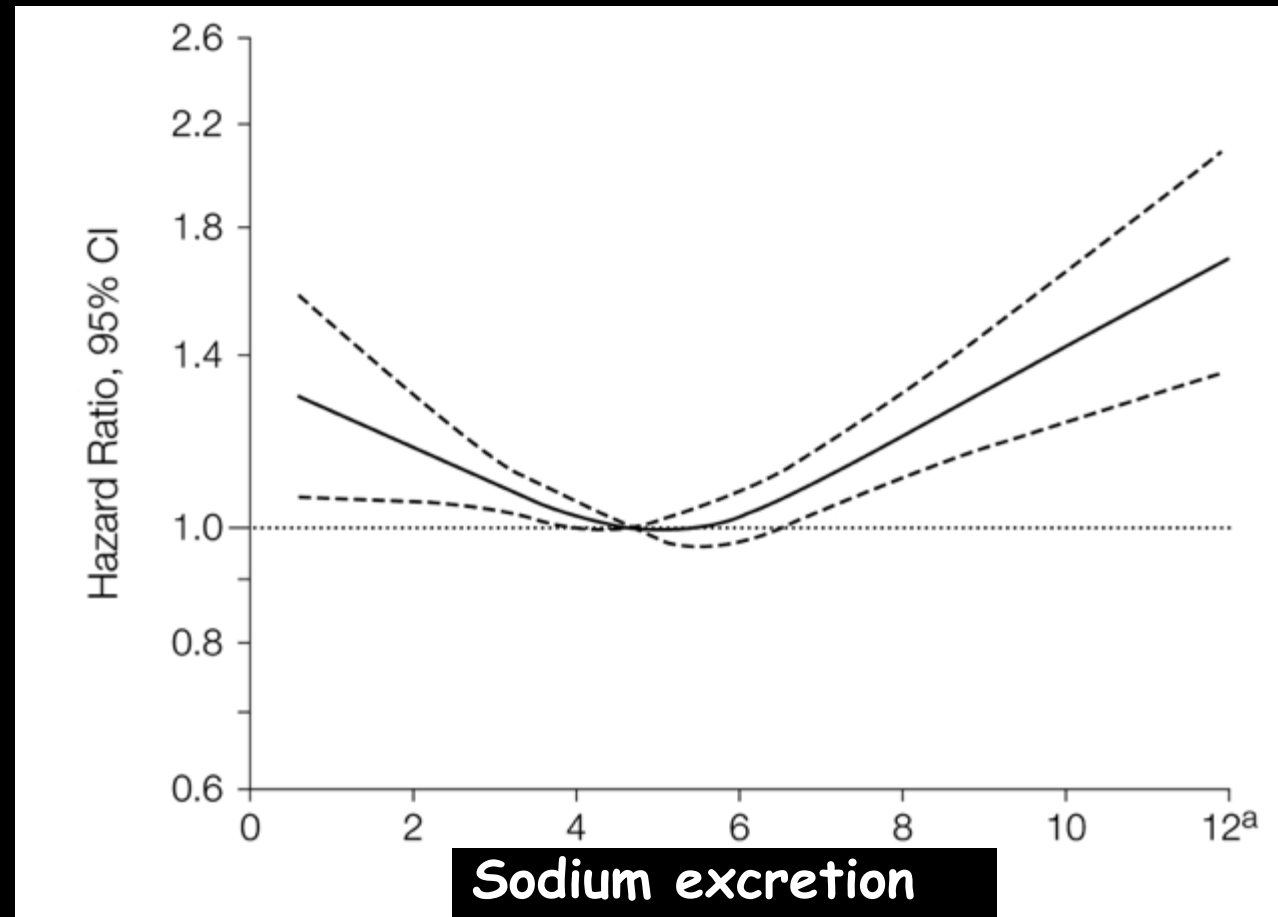
# cortisol

- ❑ stress releases it
- ❑ stores fat
- ❑ burns muscle
- ❑ raises inflammation
- ❑ raises blood pressure



# Sodium optimal 4-6gm

Risk of death  
or  
cardiovascular  
event



Study: 17 countries, over 100,000 people

# Cholesterol health (statin free)

- ❑ Total Cholesterol (180-220)
- ❑ HDL (> 25% of total, higher is better)
- ❑ LDL (<100, fluffy benign kind)
- ❑ VLDL (<20, function of triglycerides)
- ❑ Triglycerides (<100, lower is better)

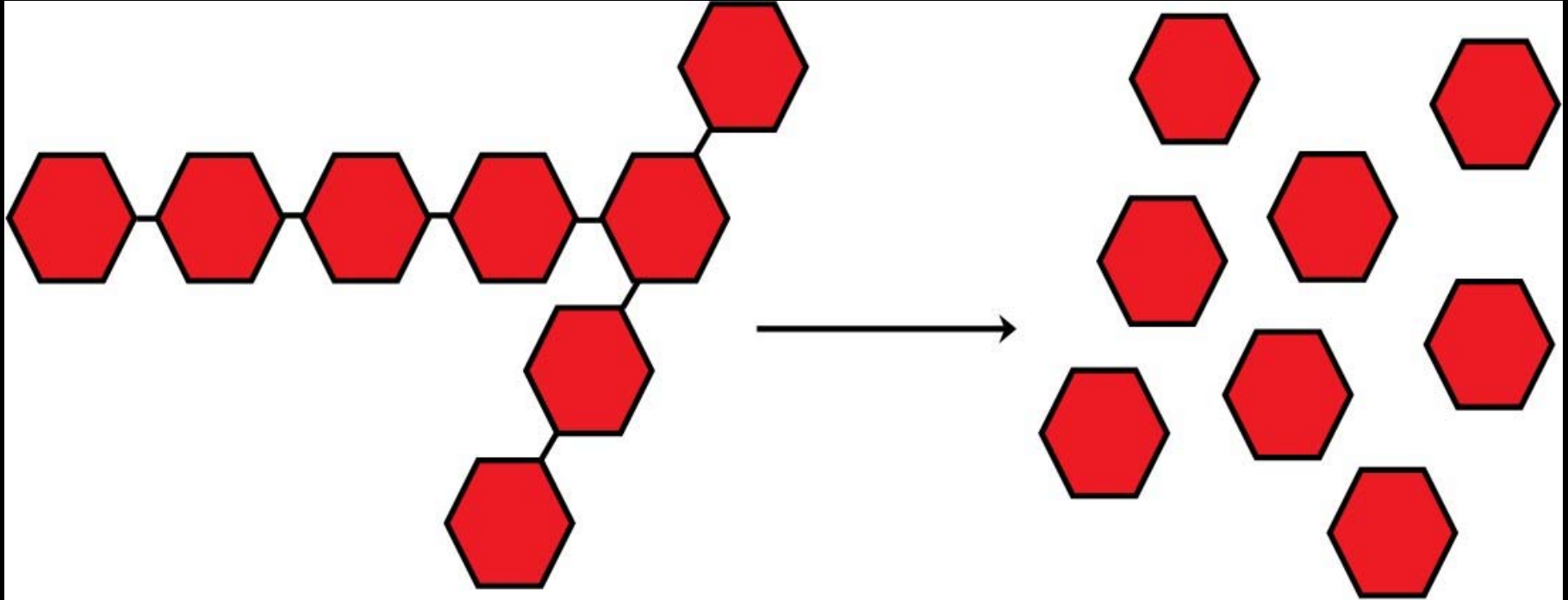
only 3 categories:

1. Protein

2. Fat

3. Sugar (carbs)

# All carbohydrates are Sugar



Bread, Rice, Beans = **Sugar**

# orange juice is pure sugar

## Nutrition Facts

### Orange Juice

Serving size = 8 ounces

Calories per serving = 110

Grams		% of Calories	
Fat	0	Fat	0%
Carbs	27	Carbs	100%
Protein	0	Protein	0%

## Nutrition Facts

### Coca Cola

Serving size = 12 ounces

Calories per serving = 140

Grams		% of Calories	
Fat	0	Fat	0%
Carbs	39	Carbs	100%
Protein	0	Protein	0%

# These hurt your performance

- ❑ Chronic inflammation
- ❑ Excess body fat
- ❑ Smoking
- ❑ Alcohol
- ❑ Chronic dehydration
- ❑ Unstable blood sugar / over-carbing
- ❑ Sedentary lifestyle / over-training
- ❑ Chronic exhaustion
- ❑ Andropause / menopause

optimize water intake

current body weight

divided by 2

= ounces per day

# Hydration suggestions

- Distilled water
- Filtered water
- Spring water
- Sparkling water
- Tap water
- Herbal teas
- Decaf coffee / Decaf tea



# hurts performance

alcohol

juice

sodas

sports drinks

excess caffeine

# animal proteins are essential for performance

I (Ile)



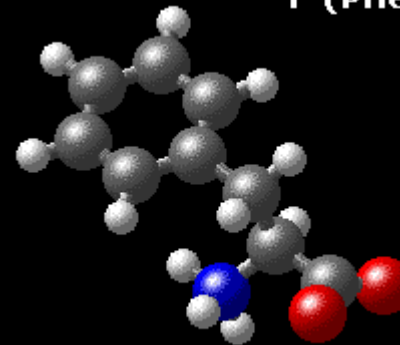
Isoleucine

L (Leu)



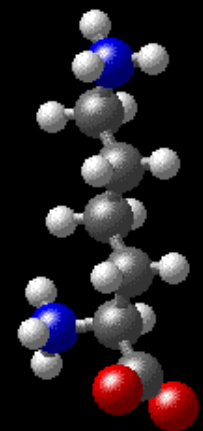
Leucine

F (Phe)



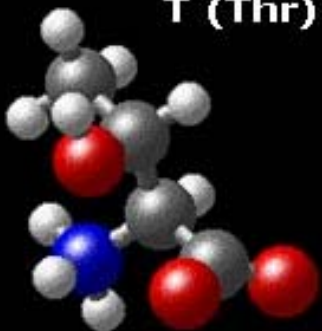
Phenylalanine

K (Lys)



Lysine

T (Thr)



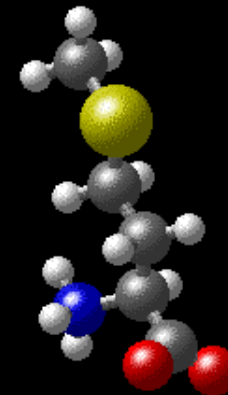
Threonine

W (Trp)



Tryptophan

M (Met)



Methionine

V (val)



Valine

# animal protein

one gram of animal protein  
per pound of body weight  
per day

# suggested animal proteins

- ❑ 100% whey protein isolate powder
- ❑ whole eggs (fried in butter)
- ❑ wild game (venison, buffalo, moose, elk)
- ❑ beef, pork, lamb, veal
- ❑ turkey & chicken (white meat, dark meat, skin)
- ❑ fish (including canned tuna)
- ❑ Hamburger
- ❑ shellfish

**Molecularly distilled**



**Omega 3**

**Fish oil capsules**

# Fats to Perform

- whole eggs (including yolks)
- butter
- saturated fat
- coconut oil
- full-fat dairy

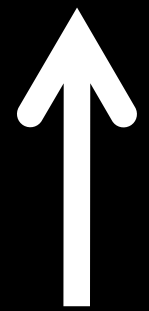
reminder

No

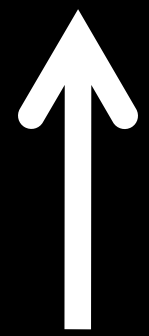
essential

carbs

C-Reactive Protein < .5



inflammation



insulin

sugars

grains

legumes

alcohol



# Inflammation markers

- C-Reactive Protein:  $<.5$
- Fasting Insulin: 6-27
- Fibrinogen: 200-300
- Hemoglobin A1c:  $<4.5\%$

sub-par low "T" performance

- loss of ambition
- loss of sex drive
- sad, depressed
- fatter, flabbier
- senior moments

# Hormone panel

- DHEA: 400-500
- Total Testosterone: 241-827
- Free Testosterone: 25-35
- Estradiol: 10-30
- Progesterone: 3.8-5.2

# Thyroid panel

■ TSH .35-2.1

■ T3 2.8-3.2

■ T4 4.5-12

# Male Body Composition Results

Average Male

Age = 55

Weight = 200 pounds

Body Fat = 26.49%

Fat Weight = 52.98 pounds

Lean Mass = 147.02 pounds

Ideal weight = 172.96 pounds

Metabolic Rate = 2021 calories

# Optimal body fat

■ Men = 15% or less

■ Women = 22% or less

# Body Fat for athletes

■ Men = 6-12%

■ Women = 12-18%

you might be over-carbing

- Diabetic

- Depressed

- Fat

- Tired all the time

- Hungry all the time



**Keep your house clean**



**Create a Peak Performance environment**

# Peak Performance lifestyle

75% Nutrition

20% Exercise

<5% Supplementation

high performance nutrition

45% animal protein

45% animal fat

10% slow carbs

eat

to

perform

nuts

fruit

vegetables

Avoid:

-sugars

-grains

-legumes

butter-animal fat-coconut oil

meat-fish-poultry-eggs



of animal protein  
& animal fat

+



of leafy green  
vegetables

# Healthy carbs (lowest glycemic load)

after  of animal protein  
& animal fat

■ leafy greens: unlimited

or

■ vegetables: 2 cups

or

■ whole fresh fruit: 1 cup

# Joe Dillon Shake

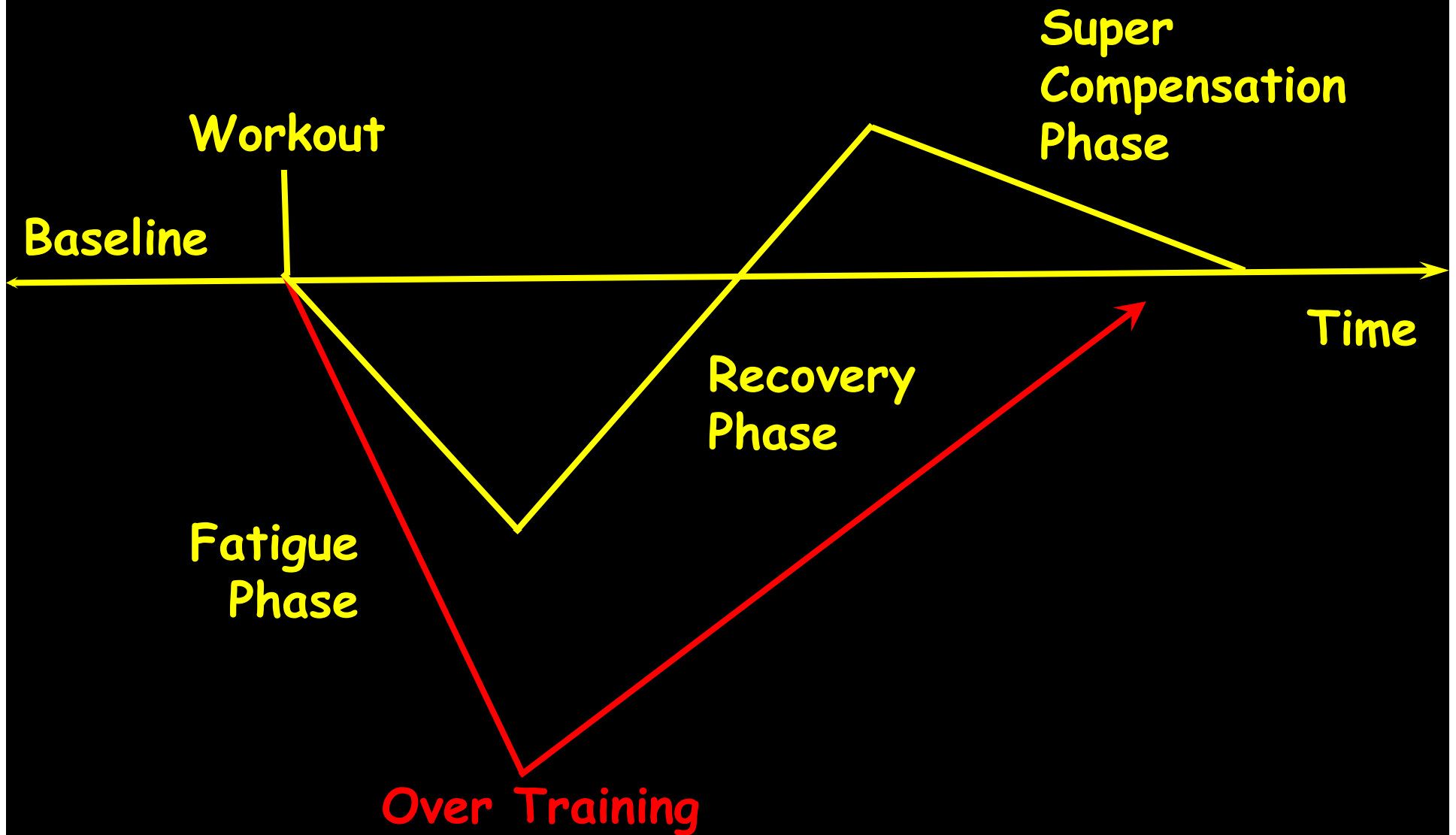
- 2 cups of coconut milk, or, whole milk
- 2 scoops 100% whey protein isolate

optional:

- 1 piece of fruit or 1 cup frozen fruit

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# Training Effect

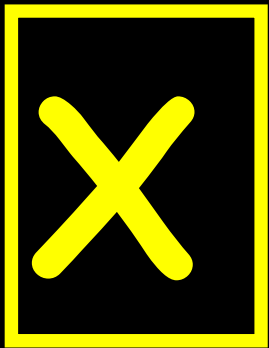




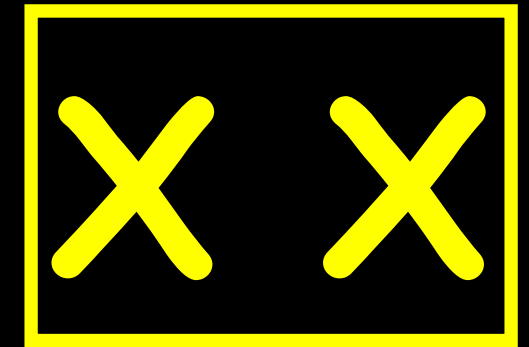
# Kick start recovery

pre-workout

post-workout



# Workout



$\frac{1}{2}$  shake

3 hour  
anabolic  
window of  
opportunity

Shake  
+  
meal

panting only burns muscle & sugar

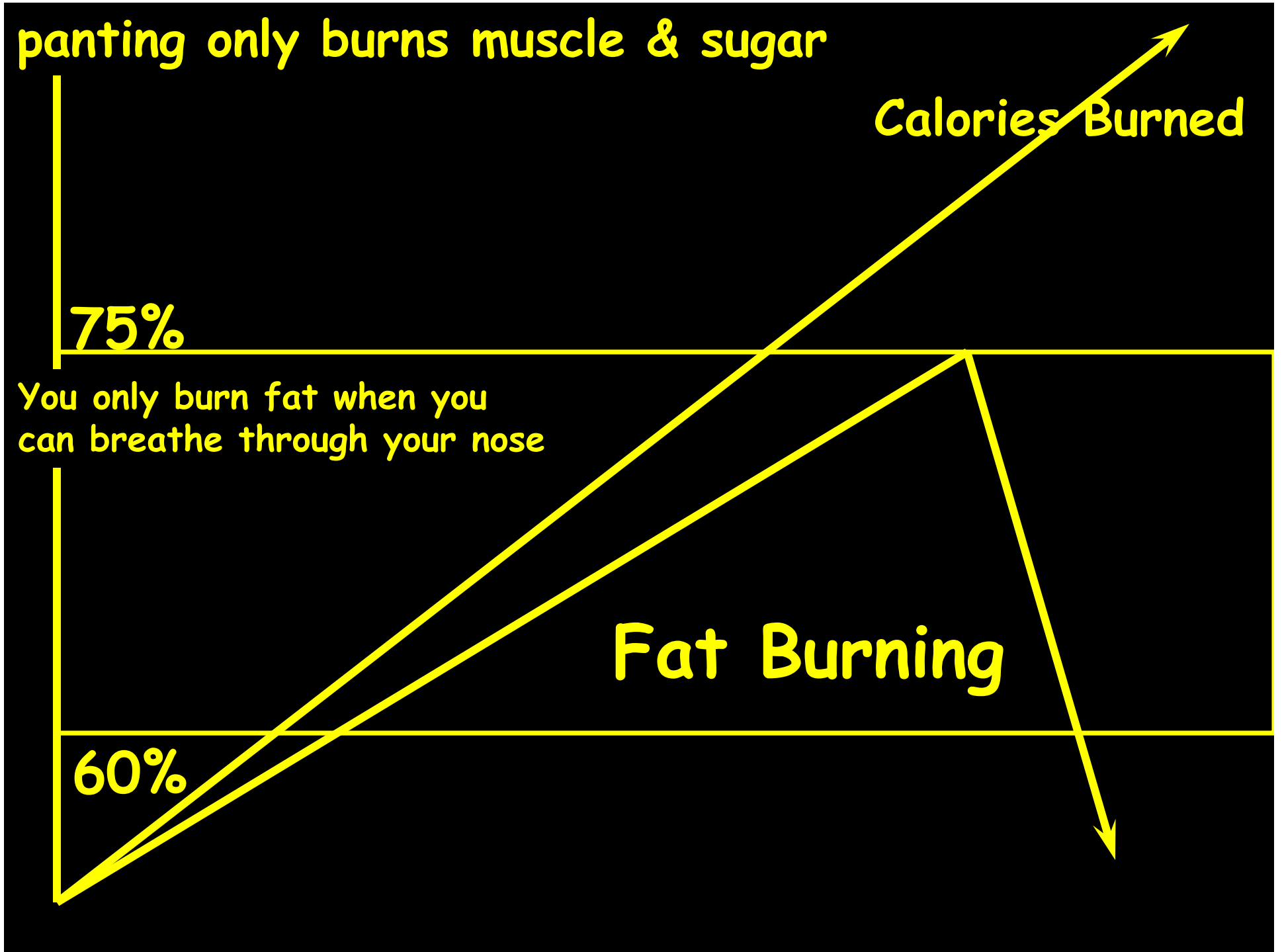
Calories Burned

75%

You only burn fat when you  
can breathe through your nose

Fat Burning

60%



# Where you burn fat

220 - age = maximum heart rate

Max HR X 75% = upper limit

Max HR X 60% = lower limit

# pump & walk



# chest flyes



# pump & walk





# lateral raises



# pump & walk







# overhead presses



# pump & walk



Repeat this cycle over  
and over throughout  
your 30 minute walk.

# how to progress (1-5 pounds)

- Week 1 = 25 repetitions per set
- Week 2 = 30 repetitions per set
- Week 3 = 35 repetitions per set
- Week 4 = 40 repetitions per set
- Week 5 = 45 repetitions per set
- Week 6 = 50 repetitions per set

Note: Add just one pound every 6 weeks

## how to progress (6-8 pounds)

- Week 1-2 = 25 repetitions per set
- Week 3-4 = 30 repetitions per set
- Week 5-6 = 35 repetitions per set
- Week 7-8 = 40 repetitions per set
- Week 9-10 = 45 repetitions per set
- Week 11-12 = 50 repetitions per set

Note: add just one pound every 12 weeks

# Kick start recovery

## Joe Dillon Shake

- 2 cups of coconut milk, or, whole milk
- 2 scoops 100% whey protein isolate

optional:

- 1 piece of fruit or 1 cup frozen fruit

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chronic  
exhaustion  
is a  
performance killer

chronic  
exhaustion  
makes us fat.

raises both:

insulin

cortisol



# Sleep to Perform

- 7-9 hours sleep per night
- keep room cool
- avoid going to bed hungry
- avoid TV in bedroom
- regular sleep schedule

Safe and effective

Melatonin

One 3 mg capsule: sustained release

Take with your pre-sleep meal

multi-vitamin

multi-mineral

link at [TheJoeDillonDifference.com](http://TheJoeDillonDifference.com)

3,000mg vitamin C

+

400iu of vitamin E

link at [TheJoeDillonDifference.com](http://TheJoeDillonDifference.com)

# 1 Water

$\frac{1}{2}$  body weight in ounces of  
water per day

# 2 Nutrition

a) Shake for breakfast

b)  protein/fat +   greens

c) Shake after workout

d)  protein/fat +   greens

# 3 Exercise

Walk with light hand weights

for 30 minutes,

3 times a week

# 4 Sleep

- ☐ 7-9 hours each night

- ☐ Cool room

- ☐ Avoid going to bed hungry



# 5 Measure weekly

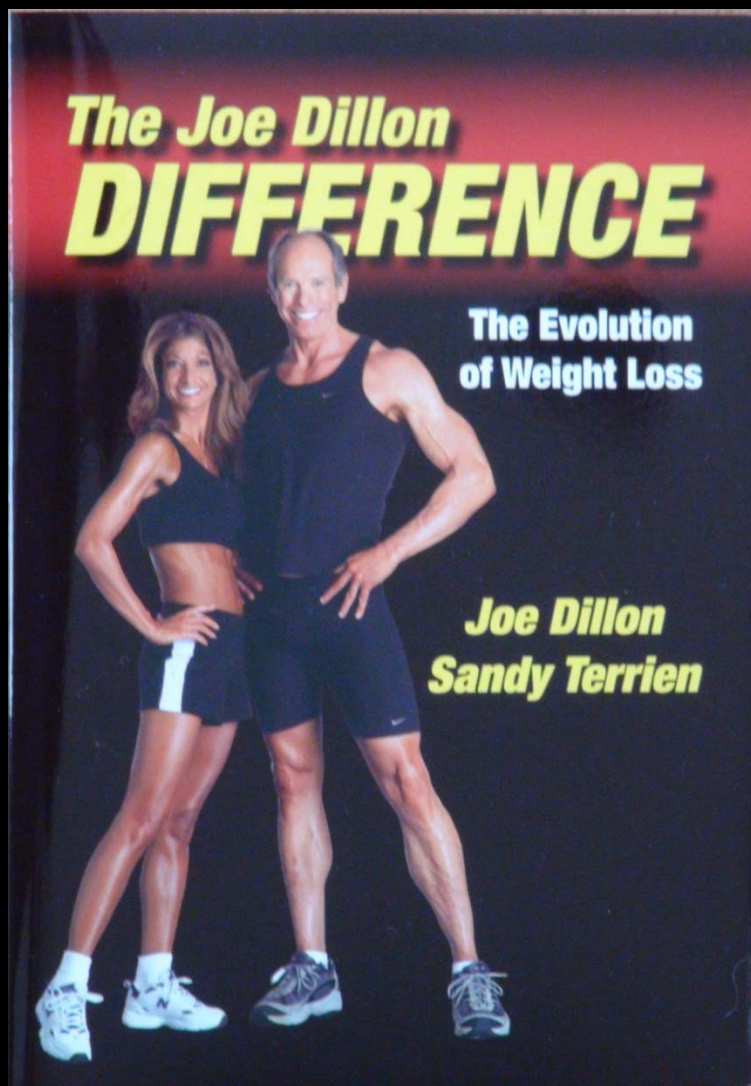
1. weight

2. waist

3. navel skinfold

4. thigh skinfold

# Please visit our website



**JDD Whey Protein Isolate  
Powder with Stevia**

## TheJoeDillonDifference.com