



Thriving in Stressful Times

Effective Stress Management

310-740-2473

TheJoeDillonDifference.com

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

Healthier Lifestyle

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

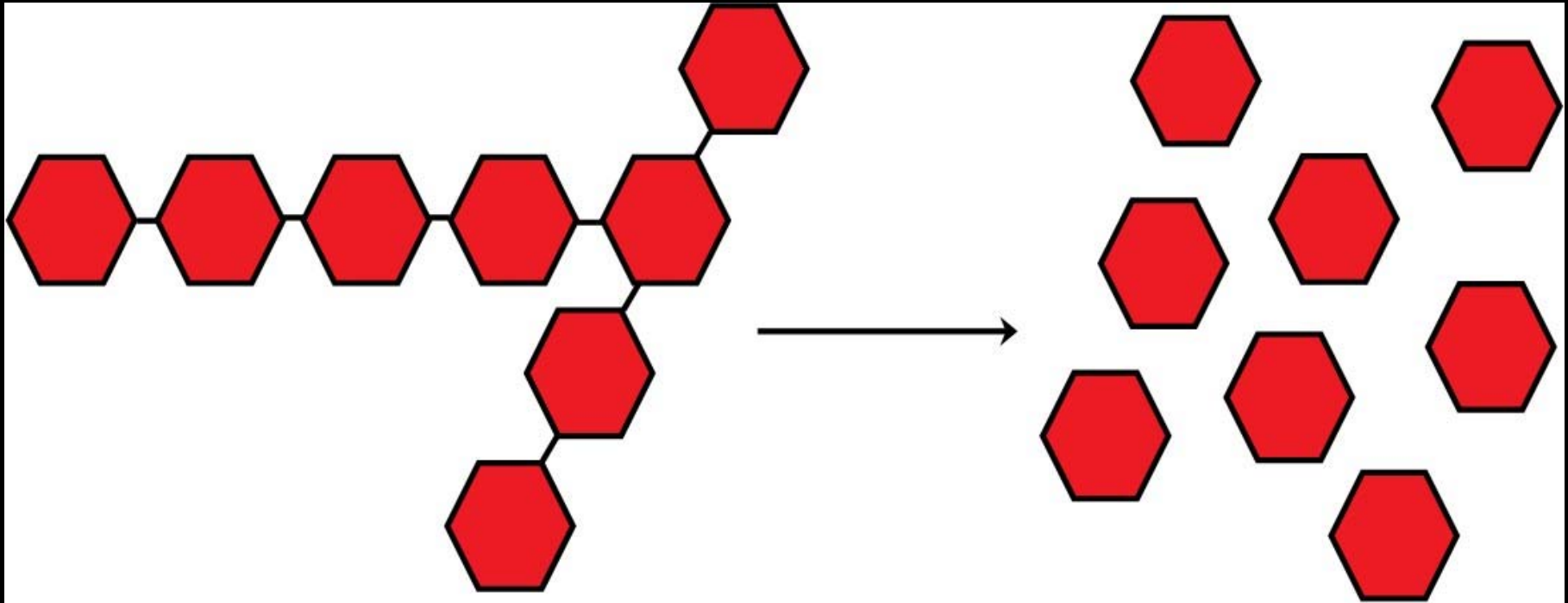
only 3 categories:

1. Protein

2. Fat

3. Sugar (carbs)

All carbohydrates are Sugar



Bread, Rice, Beans = **Sugar**

preventable stress

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%

preventable stress

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

The Fundamental Question:

Is this something I can
control?

If **yes**, change it

If **no**, let it go

Example: traffic

You have to understand:

traffic doesn't care

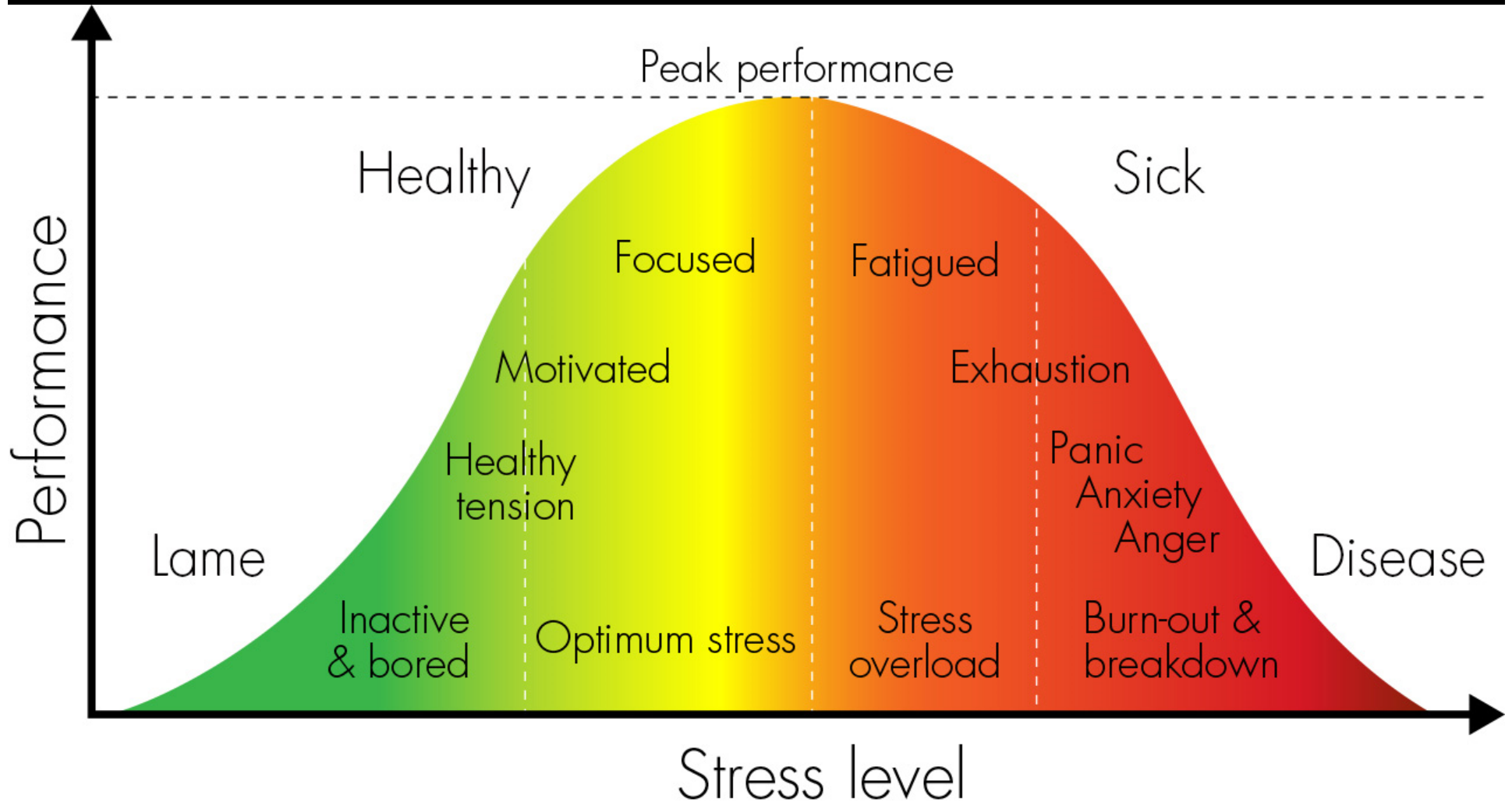
Stress dynamic

Eustress

vs.

Distress

Stress dynamic



Stress dynamic

Acute stress

vs.

Chronic stress

Thriving

essential

molecules

optimal 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

preventable stress

☐ alcohol

☐ juice

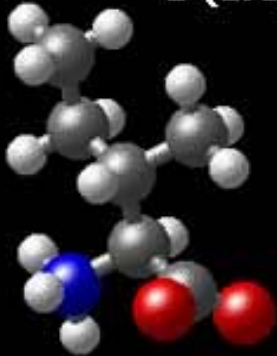
☐ sodas

☐ sports drinks

☐ excess caffeine

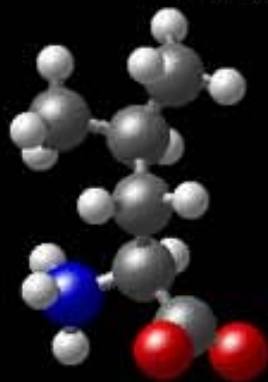
animal proteins = Thriving

I (Ile)



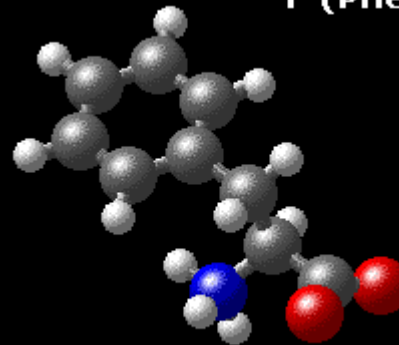
Isoleucine

L (Leu)



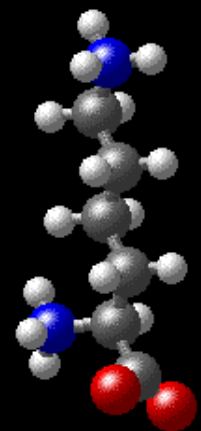
Leucine

F (Phe)



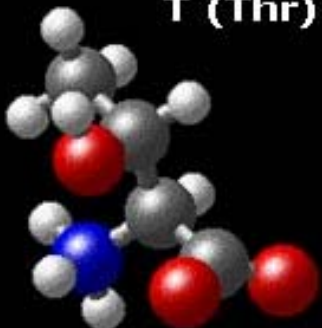
Phenylalanine

K (Lys)



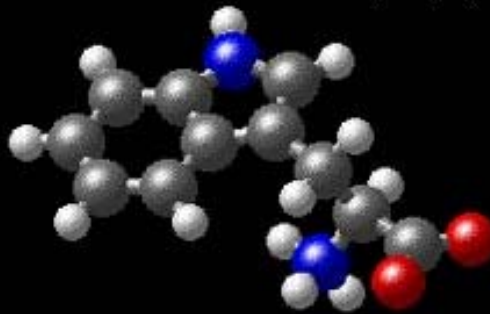
Lysine

T (Thr)



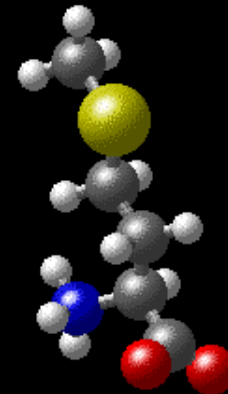
Threonine

W (Trp)



Tryptophan

M (Met)



Methionine

V (val)



Valine

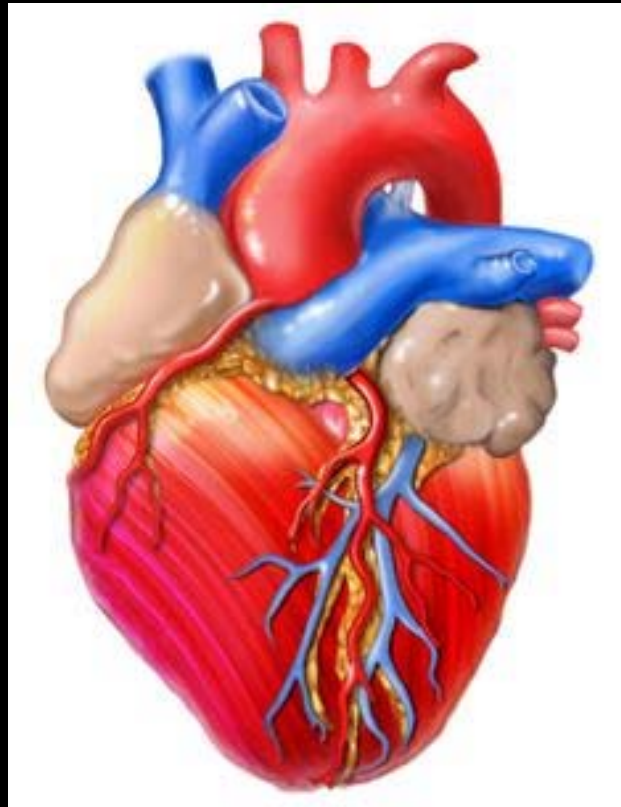
animal protein

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

protein suggestions

- ❑ 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

Only animal protein **builds**



a strong healthy heart

Only animal protein **builds**



a smart, healthy brain

Molecularly distilled



Omega 3

Fish oil capsules

link at TheJoeDillonDifference.com

healthier fat suggestions

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

C-Reactive Protein < .5

inflammation

insulin

all
sugars

all
grains

all
legumes

all
alcohol

Inflammation markers

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

reversible stress: low "T"

- ❑ 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 lower stress environment

Thriving lifestyle

75% Nutrition

20% Exercise

<5% Supplementation

Thriving nutrition

45% animal protein

45% animal fat

10% slow carbs

eat
to
thrive

nuts

fruit

vegetables

Avoid:
-sugars
-grains
-legumes

butter-animal fat-coconut oil

meat-fish-poultry-eggs



animal protein
& animal fat

+



of leafy green
vegetables

Healthy carbs (lowest glycemic load)

after



animal protein
& animal fat

☐ leafy greens: unlimited

or

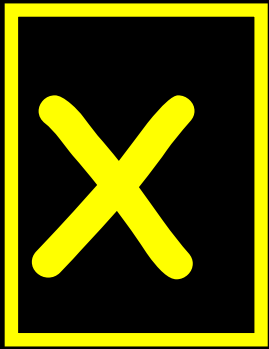
☐ vegetables: 2 cups

or

☐ whole fresh fruit: 1 cup

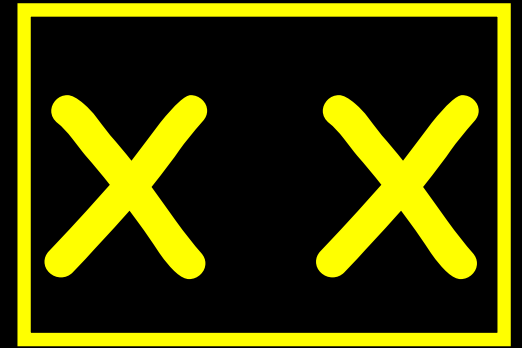
Kick start recovery

pre-workout



Workout

post-workout



$\frac{1}{2}$ shake

3 hour
anabolic
window of
opportunity

Shake
+
meal

panting only burns muscle & sugar

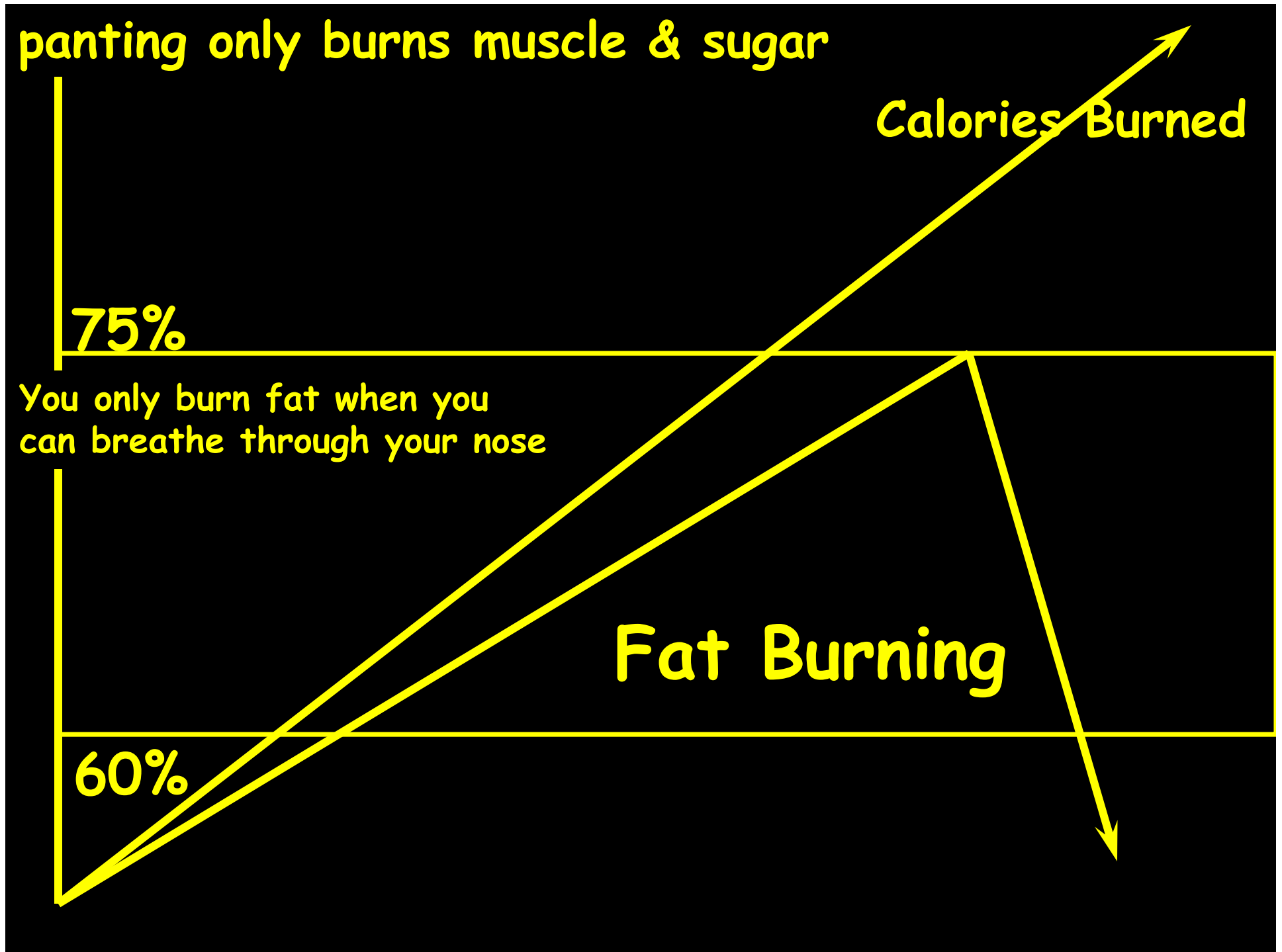
Calories Burned

75%

You only burn fat when you
can breathe through your nose

60%

Fat Burning



Where you burn fat

220 - age = maximum heart rate

Max HR X 75% = upper limit

Max HR X 60% = lower limit

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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**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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Stress management suggestions

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

suggested sleep aid

Melatonin

One 3 mg capsule: **sustained release**

Take with your pre-sleep meal

Meditation suggestions

1. Quiet, dimly lit room
2. Sit comfortably erect
3. Eyes closed
4. Focus on your breathing
5. Slow, easy breaths

multi-vitamin

multi-mineral

link at TheJoeDillonDifference.com

3,000mg vitamin C

+

400iu of vitamin E

link at TheJoeDillonDifference.com

❑ Complete B-Complex: 1-3/day

❑ SAME: 1 in AM / 1 with lunch

link at 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

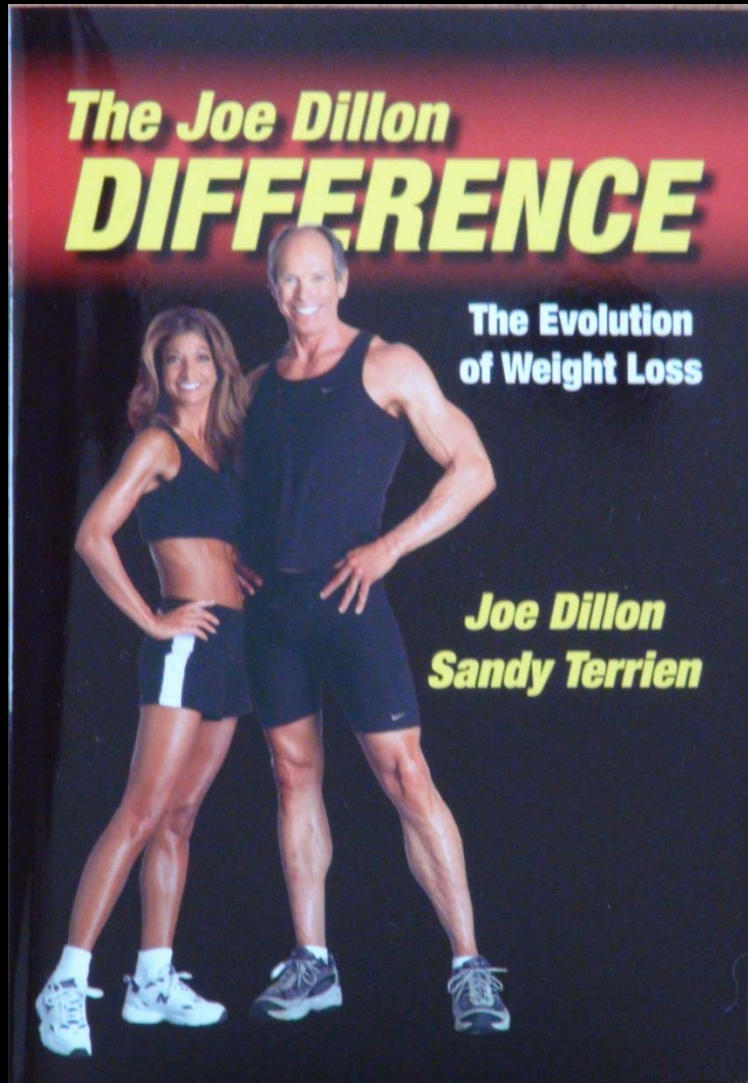
3. navel skinfold

4. thigh skinfold

measurable results

- ☐ weight
- ☐ waist
- ☐ body composition
- ☐ blood pressure
- ☐ inflammation markers

Please visit our website



**JDD Whey Protein Isolate
Powder with Stevia**

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