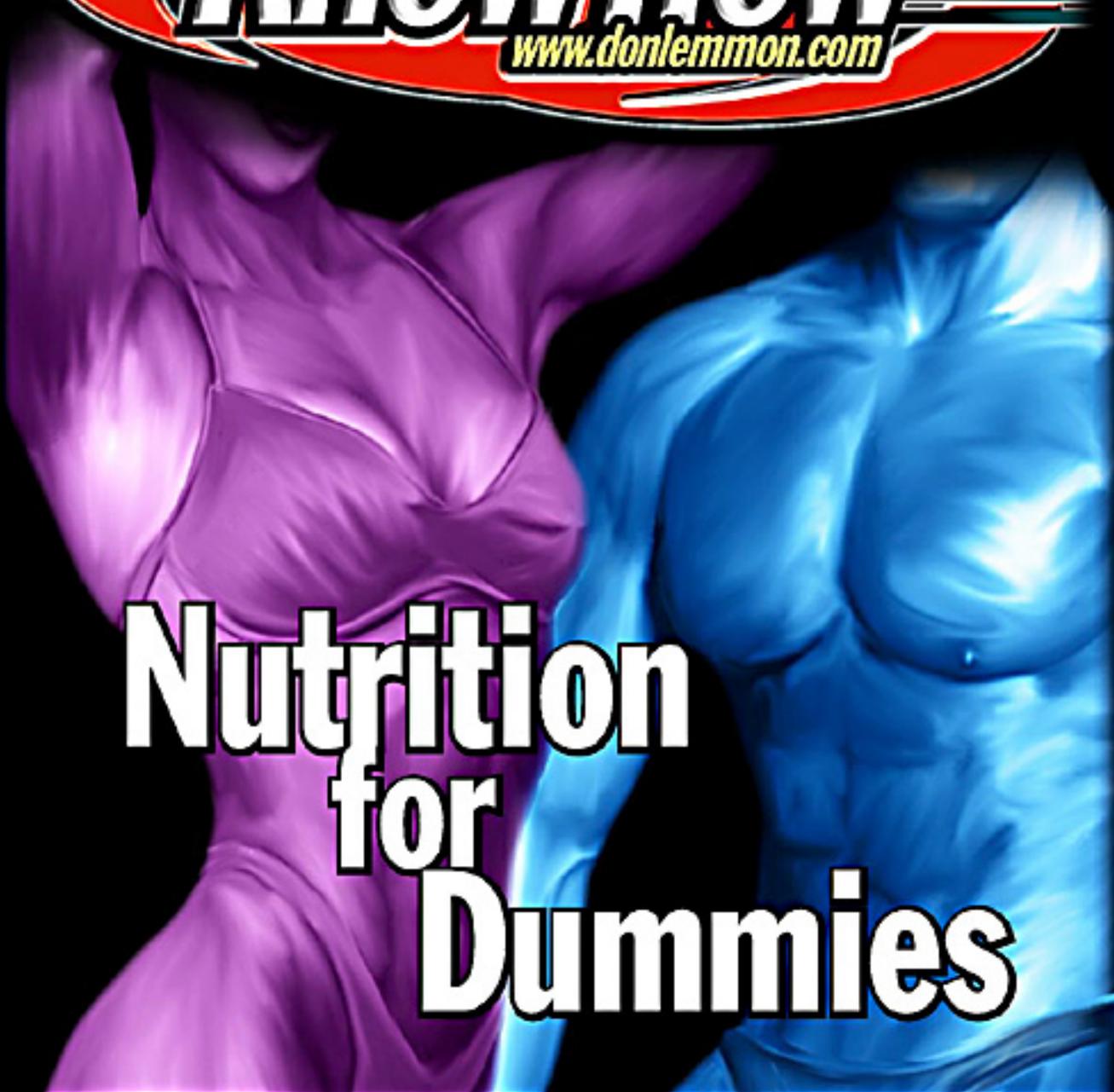


Don Lemmon's
Know How
www.donlemmon.com

A stylized illustration of a muscular man and woman. The man is on the right, rendered in a glowing blue color, and the woman is on the left, rendered in a glowing purple color. They are both shown from the waist up, flexing their muscles. The background is black.

**Nutrition
for
Dummies**

written exclusively by **Don Lemmon**
edited by Nadia Amanda Alterio

COVER ILLUSTRATION/DESIGN BY JAKE JONES WWW.HEAVYWEAR.COM

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presents

Don Lemmon's KNOW HOW
The Truth About Exercise And Nutrition

written exclusively by Donald E. Lemmon Jr.

Welcome to the luckiest 13 weeks of your life.

Begins: ____ / ____ / ____ (month/day/year)

Finishes: ____ / ____ / ____ (month/day/year)

IN CASE OF LOSS

Name: _____

Street Address: _____

City, State, Postal Code: _____

Phone Number: _____

E-mail Address: _____

Signature: _____

TABLE OF BOOK CONTENTS

Section One: TESTIMONIALS and INTRODUCTION.....	001 to 020
Section Two: 100 QUESTIONS	020 to 058
Section Three: EATING RIGHT.....	058 to 078
Section Four: THE TWELVE FOOD GROUPS.....	078 to 099
Section Five: GETTING STARTED.....	099 to 120
Section Six: FAT LOSS.....	120 to 141
Section Seven: WEIGHT GAIN.....	140 to 175
Section Eight: EXERCISE.....	175 to 213
Section Nine: SUPPLEMENTS.....	213 to 233
Section Ten: Dr. GARY EVERSOLE.....	233 to 266
Section Eleven: IN CLOSING.....	266 to 285
Section Twelve: HEALTH QUESTIONAIRE	285 to 301

Don Lemmon's KNOW HOW

This book has not been professionally edited. Not because I do not care about the presentation, but because everytime I have some one look this thing over, they mess it up in the translation. I am not perfect and I am not a professional writer. I am a nutrition consultant whom is also an exercise advisor. So please, bare with my mistakes and grammatical errors. The original transcript of this manual included different spacing, fonts, pictures, chapter pages, and frills and contained only 100 pages. It was monitored and reviewed by a team of hard headed, grumpy old physicians to ensure a sound presentation as I expanded it. No part of this publication may be reproduced in any way, shape or form or whatsoever without prior permission in writing from the publisher, the World Wrestling Federation and John Lennon. Copyright 2000 Donald E Lemmon Jr. All Rights Reserved. You DON'T want to make my attorney testy so do not make illegal copies. Trust me on this. And by marking in this book you agree to share but not give this product to any other outside parties. Let them get their own. I worked very hard to complete this project and use all proceeds to support my Chihuahua's insatiable dog food habit and my wife's obsession with having a roof over her head. I thank those who supported this effort while I hid away from the World to create it and I appreciate the unconditional love and support so few ever actually delivered. It is said a person's life is a reflection of the support they receive. While I believe we are what we are and do what we want, may this reflect the support I received or lacked in the process. I mean that from the bottom of my heart.

Don Lemmon's KNOW HOW Keys To Success.

Here is what to do during the initial learning process to begin immediately.

1) Before bed, place a glass of water by your night stand with a teaspoon of pure maple syrup and a straw in it. Have it ready for first thing in the morning. Tomorrow, as soon as you wake up, while still lying down (before sitting upright), drink it through the straw. The syrup replenishes a dip in blood sugar which speeds the metabolism and the maple syrup relaxes the liver while the water flushes out toxins. Lying down prevents gravity from closing all the portals which allow the process to occur and the mixture to do it's trick faster.

2) Another thing, when the alarm RINGS it is time to get up not hit the snooze alarm for more rest! IMMEDIATELY have your water then get up and begin eating! Also, be sure to eat again every three hours following this meal. It doesn't matter if your day starts at 2 o'clock in the afternoon. Get up and eat. If you have no time,

Don Lemmon's KNOW HOW

move your tail a little faster. Make time. Eat NOW not in 20 minutes and like a baby needs to eat every few hours, so do you. NEVER skip a feeding time.

3) Alternate your meals between three, meat and vegetable meals and two vegetarian styled low fat carbohydrate meals each day. If you are afraid to eat fat, at least separate animal protein foods from all carbohydrate meals into deliberate and different sittings. Wash each down with water AFTER wards. Drink water upon awakening, between and after meals, then before bed.

4) Try not to let more than 2 1/2 hours go between ending and starting your next feedings. Skipping a meal is ALWAYS worse than over eating. It slows your metabolism. And eat hearty! You must do this all hours you are awake.

5) Also, schedule meals so you finish eating 1 1/2 hour before and again 1/2 hour after exercise. Have proteins before training and carbohydrates after. This is the opposite of what you heard else where but it works. Carbohydrates AFTER the workout and PROTEIN before the session. Only drink water during the workout.

6) Exercise with weights Monday, Wednesday, and Friday this week then only Monday and Thursday next week. Determine what's best for you, but these days are typical. 5 non consecutive days every 2 weeks are all you need. I personally schedule things around one workout on Saturday, Monday and Wednesday the first week and then just Saturday and Tuesday the next. Perform one exercise per muscle group including heart.

7) Write down everything you do. When you weight lift, list the weight you use and how many repetitions you perform. If you can lift something more than 12 reps, use more weight next time and keep using it until you can do 12 with that too, then add more again. When you use aerobic machines, note the distance you go and how long it takes. Do not try for more time. That isn't necessary. Try for further distances in the same amount time. Don't look back at your progress for a month.

8) Get 8 hours of sleep. If possible, begin prior to 11 p.m. Lay down 8 hours a day.

9) Keep your body in mental, physical, emotional and spiritual alignment. Say a thankful prayer daily. RELAX. Learn more about the foundation of your religion. Not somebody else's interpretation, but the Almighty's. I personally believe there is one Creator, God, who has a Son, and He died as an example for us to follow. You

Don Lemmon's KNOW HOW

may find cows sacred. Maybe even jewelry or cosmetics or bodybuilders to be your gods. Just know I have my beliefs, you have yours. I am not wanting to offend anyone. Accept me as you want me to accept you. Peacefully.

Be positive at all times. Discard those who aren't. Never walk in front of moving busses. And do not take wooden nickels. The truth lies within these words.

10) Look challenge in the eye. I do. And I always walk away proud....

TESTIMONIALS

Some folk get into the Don Lemmon's KNOW HOW Nutrition System solely for the nutrition info. That's the idea but even so, the testimonials I receive regarding the success of my program is by far one of the most popular sections of my promotion. I can see why. It's entertaining to discover the people you emulate are using the KNOW HOW. This is also how I came up with the idea to interview people for my free online newsletter. Other people experience success using different approaches than I do and I am sure my clients are curious what it is that others choose to do or how they modify my program around their demanding schedules. The first people I asked sent some pretty lame responses back because they didn't take it seriously. Now, I can't keep up with it all but I try to because I get to interview a lot of cool people now. Actually, as cool as the people are posted on my site now, you won't believe who is in audio cassette editing room as you read this! Each month in our supplement club we include two of the audio interviews and two brand new workouts featuring some other exciting friends of mine. The following pages do however contain some statements made about the KNOW HOW system from a few other really great people who substantiate the fact you can learn from those who have triumphed and also from those who fail. Thomas Edison is famous for his saying, "I didn't succeed at creating the light bulb. I failed 10,000 times at determining what it took to create the damned thing." Everyone you meet in life will have radically different views stemming from their own radically different experiences and backgrounds. I hope you enjoy these testimonials. I certainly did. Since I want to keep things interesting and expansive, suggest someone to interview sometime. No matter who it is, I will at least contact them and ask if they are up to it. Or maybe you can make the arrangements instead? I wouldn't mind if you do. I would love it if you arranged an otherwise impossible personality on my behalf. Let me tell you something else folks. I have many interesting clients and friends I can barely keep up with but that doesn't mean I will not want to slip you or your testimonial in here too sometime.

Don Lemmon's KNOW HOW

I began working with people in Fayetteville, North Carolina back in 1988 and made it a passion in 1989. I since then have moved to California where I honed my trade and pursued my education.

But it was when I spent a good 5 years in Las Vegas, Nevada, where the bulk of my training experience was compiled. While I now counsel people from around the World, I began counseling people from around the Nation from Las Vegas. I loved the city so much, I couldn't seem to get away from it. I left for 3 years, came back, left again and now split my time between Nevada and California. If you are ever in town on a trip and want to meet with me, feel free. I love to meet new people and am not greedy about setting consultation fees. Sometimes, you can even co-erce me into taking you to the gym for a session or two. We shall see when you get here.

This section of the book was set up to let you know that the KNOW HOW boasts quite a following. Isn't a program only as successful as the people using it? I think so. Ok hotshot, look who my friends are and see what people are saying. I name names but hardly have room for the thousands of people I have worked with, so I hope you enjoy what I did have time to print. Poke your nose around and I think you'll be surprised by who's using The KNOW HOW system (not to mention where some of them have gotten using it all). Sure, there are different directions you may all want to head, but it's still based upon the same truths and proven paths that everyone can, including you and people like those below have followed. Thought those other programs are endorsed by the best? Guess again! I really can't think of a single program that can boast what I can. And you know you can't either. Ladies and gentlemen, say hello to my many friends, clients, customers, celebrities and others.

Mark Mortimer, actor, NBC Television, New York, New York - "I do not trust anyone other than Don Lemmon with exercise and nutrition recommendations. When I got on his diet, I was able to improve my appearance on what is considered by most people to be a sorry excuse of a workout schedule and too much food. I cannot believe how much of a difference separating foods correctly and exercising so minimally has made! There is a number of people on my show on his system!"

Kristi Davis, Masseur, Medical Secretary, Burbank CA - "Finally! I feel comfortable about the way I look in clothes, when I go out, and in the mirror after getting out of the shower! And I feel tough too! Nothing like having strength!"

Don Lemmon's KNOW HOW

TIGER, actor, martial artist, Los Angeles, CA - "While I have put on nearly fifty pounds of muscle, my athletic ability and endurance, let alone strength and size, has increased so much I am blamed for using steroids on a daily basis! Who needs them when you got Don Lemmon's KNOW HOW?!"

Dr. Jean Williams, Professor, Youngstown, OH - "I'm 65 and since meeting Mr. Lemmon I have been eating three times the food I normally would. I have lost over thirty pounds of fat and my doctor has taken me off medication that I've been on for over 30 years as a diabetic with lupus. My husband and I just LOVE him! I have made more progress in the 3 months with Don than I have on all other trainers and programs combined! Plus, my stomach pains are gone!"

Mike Coy, Trainer, San Francisco, CA - "This may seem elementary at times. Read it and do it. You've taken a lot for granted. I have body built, been a pro wrestler, and worked with a lot of different systems over the years. This IS what works."

Larry Wolf, CEO L.F. Wolf, Hubbard, OH - "I was nearly 300 pounds and literally carrying 100 pounds of excess fat when I met Don. He told me I could eat what ever I wanted. I said 'Great!' He immediately taught me how to separate some foods from others and while doing just that, I now eat whatever I want, no catches. Since then I've lost 80 pounds of fat eating and am more than ever!"

Michelle Ralabate, Model, fitness professional, Miami, FL - "Here is a program worth endorsing! I think it is great that someone is finally going to tell it like it is for a change! I met Don in Florida way back in 1994 at the NPC National Bodybuilding Championships that I won. He asked me then to be one of his primary spokeswomen after he saw what I had accomplished and I immediately said HECK YEAH! This guy has a lot to say for those who want to reach their goals."

Tony Fabrizzio, Real Estate Agent, Las Vegas, NV - "I entered a natural (drug free) body building contest in 1995 promoted by Denny Kakos and even though the judges said I was listed on score cards as the winner, I was asked to withdraw. The competitors protested saying nobody could look as ripped (lean) as I did without taking drugs! I think they needed Don Lemmon's KNOW HOW!"

Kathy Faix, Accountant, Youngstown, OH - "I've lost so many inches I'm almost embarrassed to say! I am wearing clothes I haven't touched since I weighed MUCH less than I do now! I've dropped a tremendous amount of fat and toned up REAL

Don Lemmon's KNOW HOW

nice... Ask my husband Bob!" (She's lost 60 pounds of fat, gained 20 pounds of muscle and has two full grown children. All in her first 6 months!)

Dr. Gary Eversole, Chiropractor, Las Vegas, NV - "I have gained almost 30 pounds on the scale and dropped nearly a half a foot off my waistline. I eat what I want and only work out twice a week. Sometimes, less than that. Don is like a brother!"

Laurie Donnelly, Ms Fitness America Champion, Boulder, CO - "Don Lemmon certainly knows what he is doing! I was on a program similar to, but then again, nothing like Don's for my first year on television which worked wonders. I and my two workout partners are giving Don a try without a bit of hesitation."

Kevin Pugh, Chef, Detroit, MI - "I personally didn't think it were possible, but this is an eating plan that not only works but fits into an everyday lifestyle. I have personally lost over 80 pounds in just four months and I'm kicking myself in the butt for it. I've known Don for ten years and I waited much too long to do this."

Grace Grimes, model and actress, Cincinnati, OH - "I didn't understand it at first. I was brought up on hours of training sessions like everyone else. I also thought eating low fat and maybe using medium chain triglycerides (an ineffective fatty acid supplement) were what I needed to get into my best shape. Don really knows his stuff though. I am living proof that proper nutrition and consistent, no matter how infrequent it may be, exercise are the keys success, weight loss, and even goal maintenance! This program works for post pregnancy too!"

Mark Baldwin, Trainer, Chicago, IL - "I went from 12% body fat to 6% in just 4 weeks using this system to enter a physique contest! I actually put on 15 solid pounds of muscle while dropping 12 pounds of fat in that month! After that, Don told me it was all right to eat Italian greens with my evening chicken and I got even leaner and gained more muscle! I now weigh more than ever."

Heather Pariso, Ms Internet World, Dover, OH - "I not only do not need to worry about fat sneaking up on me, but if it ever did this is the only logical approach to losing it! As a model, I depend upon my physical appearance so it sure is nice to know you can get away with exercising so little and eating so much. You get to eat so many great things and not only become healthier, but look your best too."

Don Lemmon's KNOW HOW

Dr. Dave Williams, Chiropractor, Las Vegas, NV - "I have never read a book that surprised me like this one. Don has put together something the entire World needs to see. He has worked with my Bishop, a surgeon friend, my lawyer and all our families. I recommend Don and his theories to anyone and everyone."

Kelly Boling, Newsweek Magazine, Washington, DC - "You know Don, I've become so sold on your diet. I feel absolutely terrific. My energy is through the roof! But even better than that, my mental acuity has improved tremendously. I wasn't feeling very sharp before I started your diet. I swear I woke up this morning a dress size smaller too. My pants are fitting loosely, my stomach's flatter, my arms and legs look leaner. Overnight. Poof. Too kewl. You told me exactly what to expect day by day and like clockwork, you were right on the money!"

Mike Glass, Weider Awards President, Orange County, CA - "To call this book a summary of everything you need to know about nutrition would be an understatement. I immediately, I KNEW we NEEDED Don Lemmon on our staff before someone else snagged him up."

Alexis Marantis, Receptionist, Student, Campbell, OH - "I am a certified nutritionist and am now going back to my college in order to slap the professor. What exactly was he professing to me? THIS book makes more than just 'sense.' I do not know how to describe what I am feeling right now. I am glad I found Don Lemmon yet pretty mad I wasted my money on that particular college course."

Dr. Robert Zeravica, Chiropractor, Pasadena, CA - "I honestly agree with every thing in this book. With so many nutritional programs on the market, I am amazed at how easily so much scientific fact was concised here. Don's work should be required reading for everyone from grade school to health care providers."

Nadia Alterio, Miss British Columbia, BA Psychology, L.A., CA - "In the short 2 weeks I have followed Don's program I have made many changes in my diet and health that I just didn't realize were possible. For the longest time I believed I was lactose intolerant but since learning to separate my foods, I now know that I am not. I can actually eat all the dairy foods I have disregarded in the past because I thought I would get fat! The layers of body fat I have shed is amazing!"

Artie Kaikou, Martial Artist, Shoto Kon Karate, Howland, OH - "My strength is becoming incredible! Thank you. At first it didn't think it made sense but now it makes so much sense. I would have never achieved what I have without this KNOW

Don Lemmon's KNOW HOW

HOW system. I tried for 10 years to get where I was able to in 10 weeks. I was 40 pounds lighter just 3 months ago and I honestly feel I am not done yet."

Cindy Pucci, Internet Model and Actress, Orange County, CA - "I no longer worry about the way I look or how I feel because this program makes everything so easy! I know I am tighter physically, but I am healthier too. It's cool."

Brian Blazek, Model, Henderson, Nevada - "I have been using your KNOW HOW program 2 weeks. I have added over 50 pounds to my bench, squat and dead lifts, 60 to my rows and gone from 45 to 65 pounds on my curls. Is this really possible? To top it all off, I seem to be literally repelling body fat as I get leaner and leaner by the moment!"

Stacie Lee, Student, San Diego, CA - "Others buy new wardrobes and pretend to look better under their clothes but I really do. I worked with Don for just 2 months 3 days a week and was able to contact him anytime I wanted when I had questions. That's the best part. He had the answers."

Alan Blair, President, alanblair.com, Houston TX - "The interesting thing is that while there are so many claiming to teach food combining or low fat diets and 'zones' NOW I know why nothing has worked until Don Lemmon came along."

Kathy Young, Baskin Robbins Corp, Burbank, CA - "I have been simply amazed by how far I have come along. For example, I was just able to do 10 straight pull-ups. 3 weeks ago I was only able to perform 2! No one thought it would be possible and now that I have lost 10 pounds, I can see my abs. The KNOW HOW ROCKS."

Kiko Ellsworth, Actor, North Hollywood, CA - "I got The KNOW HOW and after trying it for a couple weeks I am toppling my previous strength records and can already see my abs. I still don't understand how drinking cream does this, but who cares."

Kim Strange, Student, Burghill, OH - "Thank you. I have used The KNOW HOW for a week and my squat, bench, and bent over rows have increased 15 pounds each. Plus, this is what gets me, my weight has gone down 5 pounds and my waist an inch."

Philip Stier, Gucci, Las Vegas, NV - "My energy is so high I almost feel hyper. The true test came last week opening the new store. I gained weight and dropped considerable fat. I figured for sure I would shrink and fatigue because of the diet changes but my energy and motivation levels were nonstop. Thanks man."

Marjean Holden, Actress, Beast Master Series, New Zealand - " Like you said, by manipulating the diet I didn't seem to gain a pound. However, since doing as you suggested I'm really amazed at what my scale has told me! After losing several

Don Lemmon's KNOW HOW

inches of blubber, I weigh the same as I did when I started! That must be muscle right? Not bad."

Morris Sullivan, Producer, Toluca Lake, CA - "I was almost insulted at how simple the plan is. And just when I thought I couldn't get any better, you surprised me again. My strength at age 76 has never been better. I have gained 10 lb. even though it looks like more and I am not even trying to. I am a very moderate eater. I suppose I was a lot skinnier than I thought."

"My people are destroyed for a lack of knowledge... Hosea 4:6"

Not only that, people destroy themselves. I am going to assume all who are reading this are drug free. Steroids are not magic pills. There are no magic pills. Do not be mad at me for saying that either. You only have yourself to be upset with. So anytime you think 'How dare he?' while reading this book, realize, it isn't me. It's you. And do not look to others for support when you know you can fully support yourself if you just try. I want two points to come across here. One, no one around you can do a thing for you other than yourself and two, if you turn to anyone for guidance with MY system, why wouldn't you turn to ME? I have worked with thousands of people over the years and all of them were and are great people and I know their differences. You eat, sleep, live, breath, parent, celebrate and are pretty much so are just like anyone else I have counseled, so please, turn to me for anything regarding this program. I have worked with many people, including those you admire. No use in arguing another common fact. You ARE just as good as anyone else and only as bad as you let yourself become. Others may fuel your fire, but I doubt they do it on purpose. And I will not fight you over your private issues. I only ask you put them aside so we may begin. In time, you will release yourself from suppression and denial. I do not expect it to happen right now, and I do not care what level of success or failure you have had before coming my way. I expect more of you than you ever have. I know it is in you to be everything you ever wanted to be. And you are well aware that you are capable of anything you set your mind to. That includes being stubborn.

About failure. It is more about fear of what you did in the past that failed before, than it is that you are going to fail again. This is not a personal attack. It's a wake up call. I fail all the time. But I learn new tricks from every failure and move forward. When we do certain things we believe at the start was a good idea, we become hard on our selves when the tides don't turn as we had hoped. It felt good to make the decision to try though, didn't it? It was the excitement of creating a

Don Lemmon's KNOW HOW

brand new you. Days, months, years later, you still are hard on yourself for something and that needs to be let go of.

You were just trying to do something good for yourself. Let it all go right now. This is critical. If you are not ready to drop all preconceived notions, I am not ready to teach you. Trust me. What I do works for everyone. It will for you too. You know why? Here I am. I am coming right at you full force and together we will get right to the center of the problem. Yes, you and I. Hello there. I am Don Lemmon. First thing you should do is show this book to your friends. Get their feedback. Your life is about to change. They need to know why and how. Why? Because I want to make sure you and as many people you know around you give you support in whatever area it is you are looking for. If what you are doing now isn't working, it doesn't work. If you think what you do already works, maybe it does. But if it forces change instead of allows for change. Since you haven't reached the pinnacle of physical perfection, listen up.

At this very moment, I want you to commit to a specific time and place free of distraction, that will allow you to study this manual daily. Treat this commitment just like you would school work. See it as studying for a higher degree or level of knowledge. That is exactly what it is. You are expected to start today, prepare notes, and use what you learn as soon as you read it. If you have any questions, simply email me. If you take this book with you to work or along on travel and do not have access to the internet, make notes and ask me later. I want you to review your notes and this book as often as you must to make it a permanent part of you. This book was written out of necessity. Your necessity. And I want you to realize that. I have seen and done it all my friends. It is time someone tells you like it is. Nothing you have read before this was ever complete. I never found everything I needed all in one spot so I decided someone had better compile something like this. Until now, no one has. They have tried. But none have. You can thank my clients for what you are about to receive. I do.

We both needed to know things about nutrition no one was teaching. We needed reference points. I am giving you what my clients asked for when working directly with me over the years. In fact, this was given in some way shape or form to everyone before you. Not a lot was asked of or by them individually, but as a whole, no detail is too small. So, as with them, with your consistency, patience and discipline, certainly comes success. In the back of the book in a questionnaire. I want your feedback. I want your full attention and participation. I want you to get **PSYCHED!** Read this **OUT LOUD** to yourself if you like. You will never again be

Don Lemmon's KNOW HOW

bothered with volumes of literature, irrelevant data, fads and myth to get your answers! I say to you there is no need for science fiction when it comes to results! Open your mind. Take a deep breath. Exhale. Regulate your thoughts. Set your sights and mind on your goals. Feel them. Become them. Dedicate yourself to them. Calculate your every action from now on out. Everything you do here on and forever is based solely on heading towards success. Visualize, taste and savor that. Feel it. Success is on it's way! In order to welcome it, give color, texture and dimension to it. Allow it to happen with such vigor that you evoke a response so strong that it actually comes to life! I want you to thank God for your every waking moment too because LIFE is His gift! Reach for the sky. You can no longer allow yourself to be destroyed by negative emotions. Forget your mistakes. Let them go. How long has it been since you wanted to do that anyhow? Move forward. It's time.

Here we are folks..... Greetings and welcome. It is within my KNOW HOW program that you will discover the powerful secrets to dramatically increasing your energy levels, improving your sex lives, avoiding illness and disease, enhancing physical appearance and recreating your self esteem. Yes, ALL IN ONE BOOK! The information I am sharing with you in this manual has a foundation set in medical stone. So promise me you will take the time to read through this incredibly important book right here, right now, in it's entirety, not tomorrow, but TODAY, and without delay. Let me introduce myself again. I am the long winded, Don Lemmon. I am a health, fitness, nutrition and exercise professional with over a decade of experience improving the lives of men and women all over the World just like you.

I am about to give you a new life - Full of everything you ever dreamed. And I do mean EVERY aspect of your life too. You will find yourself better able to focus on tasks at hand, regain mobility, strength and you will be able to tackle virtually anything that comes your way. You will sleep better, become more positive about yourself and you will actually meet more people due to self confidence! Does this sound unreal? Well, it's not. I have personally helped many men and women achieve these all too similar goals for themselves. You ask, all through nutrition and exercise? No. All through the use of the information inside this book you are holding RIGHT this VERY moment. You know I can help you too. This isn't a surprising idea, yet still very important to realize, as together, we, you and I, are creating the life you always wanted. But before I reveal to you the KNOW HOW, I would still like to address your current situation or at least what you may soon be facing if you read this book and do not take action to make change. How important

Don Lemmon's KNOW HOW

is it for you to grow older gracefully? Have you seen someone at age 26 looking 40 already? And 40 is not even close to being old.

Well, if you look 40 at 26, you can be certain, at 60 you're not going to look 40 unless you take better care of yourself. You do already? Oh really? Then why do you look so much older than you already are? Stress? Oh please! Moses was stressed and he lived to be 900. The body can handle stress... IF you ALLOW it to. IF you take care of yourself... Oh, you eat 'right' and exercise regularly? Again, why doesn't it show in your face? Why are all those years creeping up? If the outside is showing that you aren't aging gracefully, neither is the inside. And please, do not kid yourself, we ALL grow old.

Do you realize that without your health, you really have nothing? I hope so, because it's the truth. Nothing on God's green Earth is more important than human health. And you are not getting any better looking. (I am a believer in God as the Universal Creator by the way. Please do not take offense if you do not believe in the Lord above.) Let's be honest. As a society we are living longer, but were doing it in nursing homes incapable of keeping our own butts clean. It is true and you know it. Improvements in medicine and education keep us alive, but at what quality do we live? Do we live for the moment? Yes, we do. Surveys say almost 25% of America are aged 40 or older and STILL living for the moment. Even I do to some extent, so I do not want to hear your excuses. I admit I do. If you do not realize that all you are is a walking excuse, you will by time we are done.

Forget about building massive muscles or getting such a low level of body fat that you can see your skull bones. Continuing your current lifestyle is an invitation to high blood pressure, heart disease, diabetes, osteoporosis, and this means YOU, Ms Fitness and Mr. America. You are just as much at risk as those who are NOT taking care of themselves. Especially you drug users. I saw a girl at the Ms. Olympia this year getting ready to compete and overheard her talking about her irregular heartbeat. I spoke with a bodybuilder at the Mr. USA show who is urinating blood. If you have these problems now, it only gets worse. I will teach you to get huge, get ripped, or shape up and tone up without drugs later. I just want you to know now, you really do not need to continue on with this lifestyle. Those of you that are new to this info, file my book under the MUST DO NOW section of your desk or sit it next to your bed stand. There is NO turning back. I want you healthy. Not being physically fit in your later years robs you of the great things in life and what you do now simply increases your weaknesses and illness factors. Just

Don Lemmon's KNOW HOW

like those on weird people on those weird food restricting diets and those who exercise so much that we can see into their eye sockets.

You are no better than they are if you do not take action. Too much and too little are eventually one and the same. Finding yourself visiting the doctor more often than before? It's not 'just' because of aging. It's because of the habits you have AS YOU AGE. We already know that you are feeling guilty about your eating habits, knowing they aren't particularly working to your advantage and that you are totally confused about what exactly and how to exactly change. This is why you are here and also why you are experiencing all the negative things that you are today. If you think the answer lies in exercise alone, then why hasn't exercise achieved all your goals for you yet? Why are those little 'things' still troubling you no matter how many pills you take or how many powders you drink? Working out more and more is getting you no where. You're drained. Run down to the bone. Sick. Argumentative. On edge. Almost always uneasy. And you have trouble accepting change... until now that is.

I am with you all the way from here on out. Realize that the future is not later down the road though. It is actually here and now. In fact, each day is more precious than the last and no amount of time can be wasted. If you want to feel better, look better and perform better, do something about it besides talking. Walk the walk. In your heart you know that it's time to change. You have simply until now been unsure of what changes are necessary and how to go about them. You have the blueprint in front of you and you are here today for a reason. Call it fate if you like. It is no coincidence you are now reading my book. You know if you do not make change, you are only going to feel much worse about yourself. It's alright. I have been there too. Now, let me share with you some KNOW HOW History.

Since 1984 I have closely observed what has happened to thousands of people who have taken my advice on both nutrition and exercise. This book is based upon what resulted between 1984 and the year 2000. You may think my clients were all Los Angeles, California bodybuilders or models because of the folk you have seen endorsing or representing my videos, my web site or this book, but they weren't. Nearly a third of them yes, were from California, but another third were from Ohio and the final third came from Las Vegas, NV (not to mention all the people I have worked with on the internet). These are the three major geographical areas where I have spent the majority of my life. These people, whom I also call my

Don Lemmon's KNOW HOW

friends were once clients. They came from all walks of life being an equal mix of both men AND women and ever young and old.

Sure, some were seeking weight loss and some wanted to gain muscular weight or tone up. No one ever has the same goals. But somehow everything was similar. Everyone wanted the same things. To look better. To feel better. To do it easily. To never revert back to their old selves. Their age groups? From teenagers to centenarians. High school students and senior citizens came my way. I especially enjoyed the seniors. Life is so funny. We start off curious. We get to a point where we think we know it all. We progress to believing we know it all. Then we begin to worry about it all and somewhere in the later years, we come to relax in life. I was born September 4, 1968 and I have made teaching and helping others my way of life since I was 18. Twelve years of study, schooling, practical experience and trial and error have led to the development of what I now call the KNOW HOW. I will never say to myself 'If I knew then, what I know now,' because that's not as important as making a decision and following through with it. I made a decision. I live it. I breathe it. So do my clients. And we feel a devotion towards one another. Why? Because what I do works. It works almost too well.

Do you have any idea how lucky you are to be reading this? Without excitement, your beliefs and goals mean nothing. Today, right now, you are about to regain your health... Drop your body fat... Tighten up your saggy skin from those other failed attempts... Become firm WITHOUT magic potions and caffeine tablets.... Throw it all away! Get a refund! From the big city lights of Las Vegas, to the streets of Hollywood, people of all walks of life, superstars, celebrities, the rich, the famous and the continually growing list of thousands World Wide, for the first time ever, we can all join as one and achieve any goal we set for ourselves! Sound like or unlike something you want to belong to? Understand, whether you seek to lose or to gain, it all starts with effective nutrition. And here's why.

It's not the type of food or food group that determines your weight losses or weight gains. It's what you eat WITH your choice of food or food groups that determine your optimum physique. And I do not care how fat, skinny, young or old you are. It's always true. So keep reading. You will discover in a moment that most current eating plans are simply a means to an end and you will only need to put half the effort into The KNOW HOW system in order to reap its full rewards. But please, try your best to read thoroughly. Learn this program inside out. Become part of the mindset that allows you to succeed in all you do. You do not need me to

Don Lemmon's KNOW HOW

tell you again and again you can achieve if you only believe, but it is true. If you do need me, I am here. But believe me, trust me, all you really need is right here before you. Information and passion.

Understand that ALL the precious information which is presented to you here requires to work is your commitment to making it second hand knowledge. You MUST if you want permanent results. Besides, if I get hit by a bus, this book is all you'll have to remember me by. So depend upon yourself. No one else. You and you alone are the key to your future.

I have said this time and time again to CHILDREN, SENIORS, BEGINNERS and ATHLETES. It doesn't matter if you have CANCER, AIDS, a prior HEART CONDITION, are PARALYZED, OBESE, ANOREXIC, PREGNANT, experience INDIGESTION, have had JOINT SURGERY, DIABETES, BLOOD PROBLEMS, ALLERGIES, ACHES, PAINS, MIGRAINES, CRAVINGS, EMOTIONAL DISORDERS, FOOD SENSITIVITIES, BLADDER, maybe even RECTAL complications or ARE THE EPI TOME OF TOTAL HEALTH. This program was designed with all people in mind. Ask your physician. I am certain they too will INSIST you do as I advise once they read through the entire manual.

If not, they are in denial and haven't a clue as to what they are doing. I do not care if they have 20 years more schooling than I and 'know' so much more. What little bit I KNOW, MORE than makes up for it! Besides, it's TOO EASY for them to simply brush off the truth when it saves their butt for having misguided you all your life. So go ahead. But who can deny the exciting fringe benefits here? You get to continue to eat what ever it is that you already are eating, but somehow, it magically allows you to succeed for a change by merely separating your foods into appropriate meal patterns. How could ANYONE have a problem with that? (You're going to eat what you want to anyhow!) You would have to be insane to not at least give it a try! How can I be so sure of myself without disclosing the program yet? Just like I said. I want you to become so involved in this program it reverses, deprograms, alters every thing that you think or do that has been wrong and hopefully that prevents you from ever committing guilty behavioral traits again. My mission is met quite easily by providing you with an education system that not only stimulates rapid results, but followed as outlined, should command the interest of every physician who claims to follow a preventative health care philosophy. From deep within their minds and souls, they will KNOW this is the best system for you. Let's pray that they have the decency to help others along the way by recommending it. You see, this program was initially intended for health care

Don Lemmon's KNOW HOW

professionals Nationwide as a supplement to their own methods of taking care of you to begin with.

I have worked with many physicians since then and they each felt nutrition and exercise aided the healing processes of the human body but never had time nor were taught enough to do anything about it. I made it easy for them. I put it on paper. It spread the word like wild fire. Before long, I was getting recognized at grocery stores while on vacation. I had no idea my work was being distributed so widely. It was then that I realized what I was doing was working. The original plan had nothing to do with fat loss and body building. Although the net result was always a more muscular physique and a drop in visible body fat, I was thrilled to know I was actually helping people. And REALLY helping them. And there was something else I realized. This program is more than for real. It was an opportunity to explore my desire to reach people like yourself. So I redesigned it so it could be followed with ease for the rest of your life. Not just that, but by anyone. From the first copy and to this very day, that's because this program is based upon what works with, as opposed to against, the human body's natural mechanisms.

After working with thousands of folks ranging from the dis-eased, obese and anorexic to clients with close to 300 pounds of lean muscular body mass, and laboriously researching through massive amounts of literature with a dedication all on my own, I have found what REALLY WORKS and not only that, but how to keep it working. Without hands on experience such as I have had, without the passion I have put into this product, ANY-BODY'S theory, while occasionally an educated guess, is still only A GUESS. That is why many of my competitors have failed you. No passion. Just lust for the sale. No real research. They stopped when they found fool's gold. Too bad for them. Good for me. With that said, there are no direct references contained herein to other people's work as this may be a compilation put together by myself from a variety of sources and represents my years of effort in a collection of information from different readings, findings, communications and personal notes based upon the needs and results obtained or required from thousands of people, but no reference is afforded a lengthy quotation. I have come to believe either you KNOW HOW to do what you do or you DO NOT. Before we begin, I am forced to provide for you this wonderful little Liability Statement.

This is a notice that any statement made herein involving exercise or nutrition shall not be (or create) a warranty that the exercise OR nutrition recommended within,

Don Lemmon's KNOW HOW

be fit for any one individual for any one purpose. Statements and descriptions are for informational use only and are not made nor given to be a warranty of the program itself.

ALL programs should be followed under the careful direction of a health and fitness professional and THEY shall be solely responsible for determining the adequacy of any program and how it is to be applied. The producers, distributors, presenters, performers, and all other contributors of this or any related Don Lemmon or KNOW HOW project are not liable for injury, impairment, illness or accident that occurs in direct contact, relation or use of this product or any other of 'Don Lemmon's KNOW HOW' manuals, audio/video cassettes, nor information received via the Inter-net, newspaper, magazine, radio and other media in any shape or form relating to Don Lemmon and that includes paper cuts or poking your eye out with a pencil while reading. Seek and find a personal physician, and consult with them not only now, but regularly. At least annually. If not annually. Accurate assessments of your conditions are critical in determining how individual each of us actually are. For instance, some medical patients with more acidity in their GI tracts are given hydrochloric acid as a remedy. Others require an alkaline bile salt for correction of the same problem (pruitus ani). Since the effects of these two substances are exactly the opposite of one another, it is easily seen the necessity for a client's professional medical diagnosis. It is not whether you feel sick or not, it's about prevention and it's all about accuracy. And I am all about both. I also recommend regular chiropractic care. Without it, you truly do not know what it's like to experience full and vigorous health. Amen. May the Lord reach out to those who are really lost in their ways.

You are about to get into the real deal now. When you read through this stuff, I want you to drop your attitude, or defensiveness over 'what you know' and skip all denial of where you are today. You got yourself here. Be honest about it. This book was written to GUIDE you out of this rut. Only YOU can help YOU. If you choose not to follow my suggestions and recommendations, that again also is YOUR decision. Not mine. I want you to succeed. But I can only show you how. And do not expect anyone else to make these changes for you either. People are supportive if they feel they should be supportive. Those around you treat you as they are given the impression to treat you. YOU make the change and THEY will make the change. I inspire support and you will receive support. I know some of you have been accommodating negative emotions and blaming everything and everyone around you rather than looking to yourself for the source of the problem. Try taking some effort to fix you instead of thinking you should fix 'all' of them.

Don Lemmon's KNOW HOW

This is the truth and like many truths, you are not always going to want to hear it but it still remains the truth. Stick out your chest. Hold up your head up high. Require the best out of yourself in every area of your life and be willing to get your hands dirty. If that is too much for you right now, please, give this book to someone who is ready to put their past behind them and restructure their future in a very positive way. If you live in a delusional world, you know who you are and you can't fool anyone. I have had one too many clients just like you before. I know even the best of you are like this because I WAS TOO at one time! I will not be like everyone else and ignore you. It is time to redesign, reconstruct, rebuild, regenerate your entire lifestyle and make you a more positive and powerful force to reckon with. I blame you for nothing. I know you are wanting to be a healthy, vibrant, efficient and productive person in touch with themselves who wants a lifestyle to support these desires. If you are living the opposite right now, odds are you are supporting that lifestyle. You realize you should do something. Now you know where to start. With yourself. Decide that this isn't just a book and you are through poisoning your mind with insecurity. Time must be set aside to do some of the things I discuss in this program. Do whatever it takes to complete all the exercises, and do not expect them to be completed overnight. You spent a great deal of time messing things up so take the same about of time and effort to fix them. Making excuses from this point forward won't cut it and I do not want to hear about your special situation that makes you different. If the President can get back to work, so can you. Admit it.

Do not listen to anyone else from now on but yourself. You know what is best. And if you let no one influence you anymore, then you know for sure, life is your own calling. And if I seem intolerant, I am. And I do not feel sorry for you. There is no more time for that and there is no more time for worry, television, or any other waste of energy either. When people see you from now on, they should see a happy energetic person who is always on their toes. Let everything roll off of you like water off a duck. What is it you fear? What is it you want to gain? How do you feel you created the emotions that held you back for so long and what can you contribute to making life around you more positive? I do not tolerate whiners, excuses, or quitting. We all know what it is like to be in self doubt. But just think for a moment if all I say is true, where will you be in one month, six months, and a year from now after making these changes? Typically in America we gauge success in material achievement. We are wrong in doing this. Success is from within. We live in a contaminated environment. Media tells us Jennifer Lopez's big butt is

Don Lemmon's KNOW HOW

supposed to be attractive. We believe it. Society tells us music groups that do not write their own songs are talented. Next week they tell us something different. Step away from it all. Get ready to work. And work hard.

The harder you work the more you reap! Anytime you need a reminder or an added bit of motivation, reread this and any other page as often as necessary to get into the right mind set. You know what's in it for you if you do.

I cannot and will not allow you to come into this blindly. That is why I am beating this into your head before we even get started. I want you to respond with positive emotions and become healthier and healthier as we go along. I won't settle for less than that. I am requiring of you to be the best you can be. I will not give up on you in that respect. So. Are you ready? So let's go then. Let's get YOU to that destination you have anxiously been waiting years to attain. Your goals. Your dreams. I want you to read each chapter even if you feel it doesn't apply because I have included many stories and tips that you will enjoy that set the stage for every other section of the book. For instance, see my weight gain section for the story surrounding our first exercise video. See my exercise section for history on my bodybuilding career. Scan the fat loss chapter for extra supplement information. It's endless. I believe everyone soon enough will be doing this program just because of the way it is presented and how you will become so much a part of it yourself. This really is all the "KNOW HOW" necessary for any weight or health management goal. I thank you for your support and may God bless those who came before me, paving my way. If by chance alone I parallel anything or anyone else you may have discovered, it is strictly by coincidence. If it is not, I will be the first to admit it. Want to know who I admire? Read the rest of the book. But be prepared, the list is long. It is now time I let you see exactly what all the hype is about. 10, 12, 15 years in the making...

WORLD, Get ready! Get set! Let's "Get The KNOW HOW"!

SECTION TWO: QUESTIONS AND ANSWERS

Here we have over 100 questions about the KNOW HOW program answered in full candor. This is a great section of questions asked by people who hadn't seen this book yet that I felt belonged up front and center. I think that when you are done reading it you will understand why. If you just bought this system yourself, remember, I will personally coach you along and allow you to ask me new questions just like the people here have. I do this because I promise you, no, I GUARANTEE

Don Lemmon's KNOW HOW

you that AFTER trying the program for 30 STRAIGHT days, and in some cases just a few days CORRECTLY, YOU, like those before you, will do nothing short of jump for joy when you discover how remarkable you are feeling and looking. You'll not only know in your mind, body and soul that this is the greatest system in the world, but you will be walking, talking proof of it and the mirror will hold the evidence! In fact, I challenge you to do a complete blood analysis before and after you start and finish my program so you also have your medical proof. If I can take some of the greatest physiques and athletes out of their ruts, help models to look like Angels on Earth, make the old young again, I can help you too. It's not like I am suggesting you cut off an arm and a leg here. I just want you to learn. I am even willing to help. Who else does that? Let's now read some of the questions I have received during the past couple of years, both the good and the bad. Enjoy.

The KNOW HOW system thrives on not only your but all of my customers and curious party's enquiries Whatever your reason for being here was, you're here now, so please take the time to send me a question of your own and let me know if there is something I left out. But wait until you finish the book for that. Unless of course you are afraid to email me, which I understand, there is no reason for you not to contact me. Many times my views are challenging to the supposedly educated and well researched people that come my way. If you are such a person, please, submit your question. I am willing to help even the most stubborn of you to get on the right path. I am not in this to only help the willing. I am here for all of you. And this addition to the new Know How manual is going to be a HUGE MUST READ 'No Holds Barred' chapter of sorts concerning fat loss, exercise, bodybuilding, weight lifting and nutrition techniques which enhance performance in everyday life as well as sports, training and more. I am now ready to present tips, share successes and help motivate others. JUST REMEMBER:

1. If what you're doing now is working, KEEP doing it. Don't be silly.
2. If what you're doing now is NOT working, STOP doing it. Face reality.
3. If you don't know what to do, DON'T do a thing. You may make things worse.

This first portion is from an interview conducted in October of 1998, and was such a gem, I felt we should add it to the book. The interviewer, Paul Becker is a good friend from Portland, Oregon. We did this over the telephone and used to include a copy of it on cassette with the book. Some of the info on the cassette was rather candid but also lead to a little confusion. The only solution was to place it right here for all to read with all the kinks worked out. I hope you enjoy. Paul's training

Don Lemmon's KNOW HOW

system is similar to what I offer. It is not by coincidence we parallel. I would think everyone with extensive experience would come to the same conclusions as we have.

I am not saying everyone 'should' or 'should not' agree or disagree with me, him or us. I am saying there is something to be learned through experience. We are no better than you nor blaming or criticizing you for not being as anal as we are. When things are not working for me, I ask myself what I think I am not doing right. When things are working well for me, I again look at what I am doing. I want to know what barriers I have hurdled. I like to know what fixed beliefs I have let go of. It isn't that hard to really listen to yourself. So I always do.

PAUL: To begin, why don't you tell us a little bit about yourself and your background. How did this all get started?

DON LEMMON: Well, my clientele has now extended and grown to several thousand people. I have been working with clients for about 10 years, starting off in Ohio where I was born and then Los Angeles, and Las Vegas. I was studying nutrition and exercise there and at one point considered becoming an orthopedic surgeon but life sent me up a different path. I pursued medical school, but was more drawn into nutrition and what I do now. I was working lots with athletes and celebrities in L.A., putting different people on eating plans that I had myself been following. Food separation was just something that I felt was natural. I was eating this way and feeling good. I was starting to look ripped. I was starting to really make progress as far as my strength increases and everything else in general was concerned. I soon began to think there was no other way to go about nutrition. But at first, it was a habit. When I started teaching people what I felt was 'the right way' many unanswered questions were brought to my attention. My clients were in need of these answers for convincing and I wanted to be able to provide them. This led to writing my book. I stepped down from the orthopedic studies and went full circle into nutrition. After a lot of research and study, we have the "Know How".

PAUL: How would you say you discovered this system? How did it come about?

DON LEMMON: By accident. I, like everyone else, have tried virtually all diets that are out on the market. The one that I remember the most, well, the last 'diet' I was on, was a low carbohydrate diet for 4 days followed by a high carbohydrate diet for 4 days, rotating. What stumped me most about it was the whole depletion phase of the diet followed by the carbohydrate loading phase. Something just didn't add up or make sense. Dr Dave Williams in Las Vegas Nevada will remember our conversations on dietary balance and it having nothing to do with 'all things' in

Don Lemmon's KNOW HOW

moderation. I noticed that if I ate real lean, say mostly tuna and chicken and similar proteins during the week with a little broccoli and spinach, I would get leaner but looked 'flat' also.

On that plan, I would lose my fat during the week, but I found myself cheating often. I remember it well, because at the time, Mr. Ohio was my roommate and together we made a ritual out of it. It became routine. Instead of 4 days low carbohydrate and 4 days loading on carbohydrates, we would just gorge on weekends BUT sensibly (not at first, but after some thought, trying healthy alternative just seemed correct). Friday night was always pizza night. Vegetarian style. Saturday morning was a breakfast buffet (eggs, sausage, bacon, cottage cheese followed by lite fruits after sipping coffee for an hour first), Saturday afternoon was the steak house buffet (rice and pasta out the wazzoo), Saturday evening was a case of beer (split between us)! Sunday lunch (without fail) was six 99 cent double cheeseburgers, where I would throw out the buns (what a mess)! I mean it didn't take a genius to determine if you eat like this, you must be REALLY depleted! My body was literally sucking things down. It became obvious at first before taking a healthier route, that I was loading up on both carbohydrates and fat. But by the end of a sixth month period of eating the foods separate and making more healthful selections, I went from 195 pounds to 215 and I hadn't changed my calorie intake at all. 5 days during the week I was being real strict and yet becoming depleted, then on weekends gorging, but within reason.

But what I realized from all this was that I was eating predominately carbs at some meals and at others only proteins and fats. I wasn't eating the two food groups together most of the time. I would head directly towards a meal like at Bob's Big Boy for breakfast, and I would order the bacon, the sausage and the eggs one weekend and the next weekend I would have pancakes and the French toast. I couldn't figure out what it was, but later I realized that my body must be giving me a signal. It required one over the other and so I started regularly separating my foods because it FELT, not just NATURAL, but better and it worked. People don't realize when they are cheating on something it should be read as a specific signal from the body. Some reach for potato chips, others for candy. One is a sugar, and one is a mineral salt source. Both are a different signal. Eventually, I intermingled it during the week by going with a low carbohydrate meal followed by a high carbohydrate meal. What happened at this point, was that I started getting bigger and bigger, as in muscular. But more than 3 carb meals a day worked against the theory.

Don Lemmon's KNOW HOW

PAUL: Tell me MORE.

DON LEMMON: Eventually, I used this approach and went from barely hovering around 190 pounds to well over 270. Prior to this,

I stopped working out for a little while, about 2 years. I just blew things off to build my business. I learned from combining my own personal experience and from working with so many clients, that my way of eating was truly the right way. I decided to see exactly what this diet would do for bodybuilding. And well, it pounded the muscle on me. It was incredible. I dropped fat and I built muscle like I had never thought was possible. I was also using a weight training program that was very different from the norm as well. It wasn't just diet that got me so big, it was training too, I definitely exercised HARD. My partner, Eric Drury, weighed 250 at one point and along with anyone else that would fit on top of the leg press along with the dozen extra 45 pound plates, we were quite a site to see when it came to intensity. Training partners came and went. They couldn't keep up. Mr. Austria literally avoided us, and even the pros said it was easier to shoot up than work that hard. So don't worry, muscle growth doesn't come overnight on the diet. It requires work. The object is health.

PAUL: Well, that's what we all want, health, to build some muscle and lose fat too. Tell me about what to expect and some of the other people you have worked with.

DON LEMMON: I have had the winners of every single professional female fitness event in the past 4 years in one of my 3 videos. Lee Apperson was in one. Danny Weigand, the Jr. USA Champion, too. Several other up and coming amateur bodybuilders worked with me as well. A number of professionals have used this system, but they are under contractual obligations and are able to give an official endorsement without conflicting their agreements. Which of course is why I am not as well known in some circles. I have had everybody from these people and other pro athletes, soap opera stars, and other television personalities on the system. I work with Playboy Playmates and every day people from all across the globe. I have had fat loss clients on the exact same program as those that were looking to gain weight, and I mean obscene amounts of weight gain going from 160 to 225 in six months (while not even gaining a single ounce of fat) and I have had others go from 450 down to 250 and look like they were never obese to begin with. No saggy skin. Men and women both. The reason why that's possible, is because the body has a process by which it digests food. If you confuse your stomach you will become fat and sick. When you feed someone who is underweight the right diet, they are automatically going to GAIN weight even if they choose to eat very little.

Don Lemmon's KNOW HOW

If you feed somebody who is overweight the right foods, then this person is going to start losing weight even if they eat like a horse.

PAUL: It true that if the body is fed right, it should be as healthy as possible. So, why don't you give us an idea of what the basic principles of this diet are.

DON LEMMON: Breakfast is either oats or grits (you MUST alternate) with nonfat butter, followed by fruit. A mid morning snack is either cottage cheese or some sort of eggs and diced veggies. For lunch, rice and beans or pasta and a little ramano cheese, with sauce and veggies. For a mid day snack, either almonds or coffee with raw cream. Dinner is always a meat and steamed veggie and if I had cottage cheese mid morning, I will have eggs for a mid evening snack or vice versa. What did you have for breakfast today by the way?

PAUL: Eggs and some fruit.

DON LEMMON: Eggs and fruit? Ok, now, had it been me, I would have automatically known which one I wanted without thinking about it any further. But before I tell you what, tell me what you selected first Paul.

PAUL: Eggs.

DON LEMMON: Ok, your body is telling you that you really need a little bit more protein in your diet. Whether this protein deficiency is from exercise or malnourishment, I do not know. What I do know is that if you eat whole eggs you're going to be taking in fat with protein, right? That's ok because the body requires fat in the processing of protein. If this wasn't true then you need to stop and look at all the protein foods we have in nature. Eggs come with FAT. The white is the protein. The yolk is the fat. It comes together in nature that way. Peanuts. People think they are a protein source, I talk to vegetarians every day that believe that, but what does it have in it? FAT. Steak, turkey, and every other protein you look at, will have fat and protein together too. So if you are looking at the eggs, the body is telling you that you either need protein or fat. Either way, they come together. If you looked at the fruit first then that means that your body is telling you that your blood sugar levels are out of whack. Thus you need the carbohydrates. I may look at the fruit and want it because it tastes good, or am not full yet, but that's still not the same. I would probably just have some more protein. If I crave sugar when done eating protein and fats, I didn't have enough fat. However, if you begin craving sugar while on any fat loss diet, you are at that moment BURNING fat and if you eat sugar during such a craving, the fat burning shuts off. That's the premise of the program. Listen to your body.

Don Lemmon's KNOW HOW

PAUL: Why is it the body cannot digest proteins and carbs at the same time?

DON LEMMON: You need to ask God about that (both laugh). I haven't a clue why God did this but it seems like in Genesis, the flora came before the animal. Digestion was created around our existing food sources. Knowing this, you will see carbohydrates require a completely different metabolism than proteins do. Proteins, once broken down, need fatty acids to shimmy them through your system. So if you don't eat protein with fat, then the body, even though it will digest the protein, will not get the protein from the blood stream into the areas of the body it is needed most and all the tissues will go un nourished. For those of us that are working out, that means we are not going to build muscle that way, and we aren't going to maintain the muscle we do have and therefore aren't going to burn fat efficiently either. Carbohydrates on the other hand burn like putting butter on something hot. They just melt. That's what happens, they quickly melt, or digest, and enter the blood stream as sugar to give you immediate energy. You need calories for nourishment. And there are points in time when you will need more energy than others, but that's where what you are storing like glucose, glycogen, fatty acids and such come into the picture. the body keeps reserves for when it needs them (and all things do need to be replenished). That is why you do not need to eat carbohydrates all the time. But then again, that is also why you do need more protein. While the body is using its reserves for energy, you slip in protein to prevent the body from using muscle as energy once glycogen depletes. Its kind of catch 22 all the way around, but that's because the metabolisms are so completely separate and different from one another for these foods. The enzymes that break down carbohydrates are not the ones that break down proteins. While you can force the body to use one over the other, it's not as efficient to do that as ALLOWING the body to do what it does naturally.

PAUL: I see. We are going to have proteins and our fats together as a meal, and then eat carbohydrates on their own at a separate time. Are you sure about this?

DON LEMMON: Yeah, you got it. It is pretty much that simple. I have had a lot of athletes that tell me that they are on this chicken, rice and broccoli type of low fat diet. In the morning they have oatmeal with egg whites. You know the one. Well, once they make a simple transition to having oatmeal and rice at separate feedings from the eggs and chicken with broccoli, the magic begins. I don't mean separate as in eating one bowl and heading to the other, I mean eating 2 or 3 hours apart. If they are willing to make such a simple transition, the body can absorb things more efficiently. If you don't digest your food you're not going to get

Don Lemmon's KNOW HOW

anything out of it, so to speak. The only way to succeed is to pay attention to the natural laws of the human body. Do you know any chiropractors?

PAUL: Yeah.

DON LEMMON: There will always be people wanting to say you are wrong even though the facts are all there. Chiropractors have been lambasted for years for not being 'real' physicians and not being 'real' doctors. Chiropractic is based on the theory that the nervous system controls the entire body. Any physician will tell you that if you have anything interfere with your spinal cord, you're paralyzed. Nothing works. The brain and the spinal chord are the first things to form when you are in the womb. If later in life the vertebra is out of place, it pinches a nerve, and that nerve loses function. I could go on for hours about it and yet there are always going to be people out there that think they already 'know' or believe something else. But if you go directly to Gray's Anatomy which is one book all physicians read before going into medical school, it will tell you chiropractors are right on the money. And it will also tell you that I am right on the money. It explains digestion too. It's not just a bucket of acid in your gut. Some people say if you stick your hand down there, it will be GONE in seconds. Well let me tell you something, like the hand (being flesh and bones), there are portions of each meal left behind when you mix things the wrong way. Scientists have even sent little cameras into the gut and have actually viewed the different foods as it gets digested and what gets left behind. Take a sandwich for instance. Meats were always left behind when eaten with bread. Meat eaten alone was disintegrated. That's all there is to it. If you eat your meat with your rice and beans tell me what you get. GAS.

PAUL: (Laughing) It's so true.

DON LEMMON: Gas is indigestion. Undigested foods. In-digestion does not mean stomach ache per se. IN-digestion means did NOT completely digest.

PAUL: So this is very interesting. What you are saying is, if I eat carbohydrates with my protein I am not going to be able to get the benefit of that protein.

DON LEMMON: You're not going to get the nourishment you are looking for eating like that and therefore you are not going to make the progress you are expecting to either. Keep something else in mind. 9 out of 10 people you talk to at the gym are all eating like this way. And all 9 of them are looking at you straight in the eye with discouragement. Isn't that ironic that 9 out of 10 people who are eating the exact

Don Lemmon's KNOW HOW

same 'healthy' and are getting nowhere? (Paul laughs) There are diabetics and there are people that aren't diabetics.

People that are hypoglycemic and people that are in the middle and then you've got all these other more unique types who seem to progress on any sort of diet. Some people can digest food just a little bit better than the next guy, some think they cannot, but you know what? They all show progress when they begin food separation. I have changed eating habits on some people and seen their muscle weight go from 180 to 240. I saw another guy go from 150 to 210. A pro martial artist, Tiger, went from 140 to 185. It happened in 3 to 4 months either way. The diabetic decreased their insulin dosages. The hypoglycemic leads a normal life. All just changed their eating habits. They now eat potatoes separate from steak. It is that simple. As far as fat loss goes, same thing. It isn't what foods you eat now that are holding you back. It's the combinations of those foods.

PAUL: Wow. What about someone eating a 100 grams of protein at a time? So do you mean someone who thinks they are taking in 200 or 300 grams of protein a day....

DON LEMMON: Might be only assimilating 30 at a time or half of what they think they are because of all the poor food combinations. If you are eating meat and starches together, you may only digest 30 grams efficiently. This also leads to poor and infrequent bowel movements. Do you look forward to going to the bathroom? Do you struggle? You were designed for food to easily come out your backside. If you're having problems with it coming out, something was wrong with the way it was going in too. Constipation is not right.

PAUL: Yeah, a lot of people have that problem and are uncomfortable discussing it.

DON LEMMON: You bet. There are a lot more factors to it all but digestion is also why people are taking creatine and getting nowhere with it.

PAUL: Oh really! Tell me about that!

DON LEMMON: Creatine is not technically part of your food. It is something that exists in your body but it isn't necessarily a food nutrient. The body doesn't use the creatine in food as much as it makes it's own out of other nutrients that are in that same food. You see, all these guys are taking it with their food and that prevents the body from absorbing the creatine. If you take the creatine between meals, AFTER a carbohydrate meal it should work. I do not mean directly after. I mean between that carb and the next protein meal. So if you are going to have your

Don Lemmon's KNOW HOW

oats at 8 in the morning and your eggs at 10, then at 9 have a glass of creatine. Mix the creatine in just a little bit of water, swish it in your mouth, hold it there a few seconds and then suck it down.

Creatine is most efficiently loaded when taken in the presence of elevated blood sugar levels like after a carb meal. If you take it with your food, you'll get nowhere.

PAUL: What was that about meat again?

DON LEMMON: There is the theory that meat contains a good source of creatine, well, the fact that it is in meat, really doesn't make any difference. That creatine was there for the animal you are eating. Your body isn't going to process it. You cannot eat two pounds of steak and get much creatine from it. But it is something produced by the body from the other nutrients that are in that meat.

PAUL: Interesting because some people that aren't getting the benefit of creatine they expect. This might help them. What about andro supplements?

DON LEMMON: I had a client contact me about a month ago acting desperate regarding androsteindione. He stated that he began taking it with his protein foods and noticed some big gains as opposed to taking it with every meal thinking that building muscle is more related to eating protein. So, if any of you happen to be taking this supplement, you may want to investigate it a little further first. I only suggest andro use during extreme fat loss programs anyhow.

PAUL: OK, that's a good tip too. All right so now, what I am doing is, I am separating these groups, but what would my day be like? How many protein meals would I want to eat and how many carbohydrate meals should I schedule?

DON LEMMON: It really depends. I have noticed myself that nothing is perfect and I will probably end up having a day or two a week where I would have one more carbohydrate OR protein meal than I planned to. Some days I will actually crave protein. Your body changes at different times for different reasons and that's truly what makes us different. But we still process foods identically. If you schedule things to be breakfast, lunch and dinner, as oats and rice and pasta. And then mid morning, mid afternoon and mid evening should be chicken, steak and fish. That'd be great because you'd be splitting carbohydrates into three meals then proteins and fats into three meals. I feel best on only 2 carbohydrate meals a day. But then again, you need carbs after a workout. If you notice this 2 or 3 days in a row that you think you are not getting enough carbohydrates, just increase your calories. If you still have a lot of fat to lose, do not give in to temptation. Eat protein more often. I had a lady 65 years old come to me once. I followed her

Don Lemmon's KNOW HOW

notes for two months. When I first met her she was 235. At the end of 2 months she was down to 205. She started off as a diabetic and had been one since she was 16.

The doctor notified her at the end of the 9th week that he was taking her off of insulin and as far as he was concerned, she was no longer diabetic. All she had done was learn to separate her foods. She personally found it easy to eat three meals of carbohydrates and three of protein each day due to her work schedule. She fought me about it and would even eat too much at times, yet the end still resulted in success. Overall on the scale she dropped 60 pounds of fat and gained 15 pounds of muscle during those first two months. She was 65! If you want success faster, don't argue with me!

PAUL: Wow. Was her exercise routine like a bodybuilding program?

DON LEMMON: Yes and no. The misconception, is that people think because they are not using 500 pounds that they are not bodybuilding. Grandma and grandpa and the high school kid are all bodybuilders. If you do not work at increasing your limits, and I am not saying you try so hard you blow a piston, you will get nowhere. Effort is what you need for progress. So yes she was working out and there were a lot of people around the gym thinking this lady was handling some serious weight for her age but that is just because the human body is quite capable of becoming strong and we always pushed her body's actual capabilities. I had another lady that was 50 years old. She has two grown kids. She went from 180 pounds down to 140 pounds. This might not seem like a bodybuilding program or a big deal for people wanting to go from 140 to 120, but bear with me. This lady lost so many inches that she began wearing clothing again she hadn't worn since she weighed less than 120. She had completely restructured herself. As she matured, bones changed and her structure was a little different than it was when she was younger yet she was able to wear those clothes because she had dropped so much fat. And she was only exercising twice a week for 15 minutes usually. What if you didn't need to bust your butt for hours at a time because the diet was working so well? My system works so well because we reduce your stress. Eventually you are going to get to your optimal fat level whether you exercise or not just by eating correctly and allowing the inside of your body to function the way it was designed to. So hours of exercise at a time is counterproductive.

PAUL: If a 65 year old woman can put on 15 pounds of muscle in a couple of months, can you imagine what a young man or woman is gonna accomplish?

Don Lemmon's KNOW HOW

DON LEMMON: I have a high school kid that dropped 6 inches of fat off his waist, and I think it was in only 6 weeks. It dropped off so quick. He put on 35 pounds of muscle in the same amount of time. Some say teenage kids are in a higher anabolic environment than what we are as adults. But that's not true.

The difference is the amount of effort you put into training. One thing that the big guys do not have is the desire to push as hard as they used to. Maybe they aren't wanting it as much as the high school kid does. They think because they can already bench 315, that this is what they need to bench with and never bother to try for more reps or even more weight. They go for 'feel' ... whatever that is.

PAUL: Yeah, no kidding, huh?

DON LEMMON: That high school kid is trying really hard to bust out of his shell and no longer be the little guy on the block. So he puts a lot more effort into it than the big tough guys do who wonder why they can't get any further. That's the difference. The effort. I eat whatever I want, I workout maybe twice a week, I maintain myself with ease. If someone is in the gym for hours at a time and say they are maintaining, they are fools.

PAUL: (Who is laughing.) Right! Well, a lot of people are going to get excited about this. Basically, you give people an idea of what to eat, choices of carbohydrates, proteins and all that?

DON LEMMON: Correct. I even broke the four food groups down into 12 food groups and give 6 months of menus and workouts.

PAUL: TWELVE food groups?

DON LEMMON: (Laughs) Yeah. I have determined it is easier to learn a little about 12 things than it is to learn a lot about 4. I did this because the four typical different food groups aren't put together right, and I wanted things simplified. I know 12 sounds confusing, but you have all sorts of different types of foods, BUT they ironically all fall into only 12 different categories. Technically speaking, if you eat something that is a starch (which is carbohydrate), with a protein, the protein wouldn't properly digest even if it is just a little bit of starch. So you should learn which foods are what before eating them. For instance, you have bodybuilders that go to the grocery store that buy the precut cauliflower, broccoli and carrot mix. Well, it's convenient, but the starch that is in the cauliflower and the sugar that is in the carrot, are enough to interfere with your protein digestion.

PAUL: (Laughs) I bought that yesterday.

Don Lemmon's KNOW HOW

DON LEMMON: You have to learn these things and I give some calorie counting tips that are pretty much right on the money and make I make it real easy to memorize them too. But I don't want to give people the impression that this is something where you have got to count calories for the rest of your life.

It's not that you can't eat as much as you like, but let's be realistic, there are people walking around here with 4 extra inches around their gut convinced they somehow look good. And that's just not right. If you are eating 4000 calories now and your waist line is 35 inches, and it really should be 32, 4000 is either too many calories or it's being eaten in the wrong combinations of food groups. So by either knowing where to begin cutting the calories back to whatever they need to be (or raising them), it's all about calorie counting and feeding your lean muscle tissue in order to burn fat. You can't just jump into any diet and think that you can overeat to gain or starve yourself and lose weight. It's a matter of feeding the system what it needs.

PAUL: Because in the typical combining diet we have to count our calories accurately to achieve a weight loss. With your system we don't?

DON LEMMON: You do. Just not as much. You will notice that when you cut calories back on a typical diet you don't get hungry forever. This is only because you are mixing your foods the wrong way and it doesn't digest. It just sits there in your gut, so you never get the signal that it's time to eat again. You are eating bad and satisfying hunger is not what fat loss is about. What you are really doing is leaving food in your gut to spoil and becoming malnourished in the process.

PAUL: And that also leads to the gas and indigestion.

DON LEMMON: And you end up working out A LOT more than is necessary just to MAINTAIN and sustain muscle tissue. That's all you're doing. The diet is supposed to be burning your fat off, but instead it is dropping muscle. That's why you keep losing more and more weight. It's muscle being wasted.

PAUL: Amazing. You eat more and actually lose fat while you build more muscle.

DON LEMMON: Well, most women these days are eating 1000 calories a day and I would start them off at 1800 calories. I put men on a 3000 calorie a day diet. By doing this, they end up building muscle while they burn their fat. In fact, my bodybuilders eat up to twice that and compete in their next shows at a weight class heavier.

Don Lemmon's KNOW HOW

PAUL: You know, you keep mentioning building muscle while you lose fat. Now, traditionally, the attitude towards this is that you do one or you do the other.

DON LEMMON: Do you know anybody who doesn't eat right at all? They workout all the time? They take a one week layoff and then they come back to the gym 10 pounds lighter and they just don't look as good or as muscular?

The thing is, they are only holding on to their muscle tissue because they are exercising a lot. By exercising so much, you are tricking the body to maintain muscle so it won't burn it off but not building any extra because the diet isn't supply the concrete to your foundation. If they would just stop working out that much, let their body's heal, change their eating habits to where they are separating and having more foods, the body would build more muscle tissue and even drop fat. It's a real simple process. When you feed the body what it needs, it drops what it doesn't need. And if you leave well enough alone, it gets the impression that's its allowed to produce more. And how many people do you know that are lethargic or ready to die and hate dieting?

PAUL: (Laughs) That's everybody on a diet!

DON LEMMON: Yeah and it's just a maintenance program at best. If more people would listen to me, there would be no more headaches with typical bodybuilding diets, a need for carbohydrate loading and any other nonsense. Think about this. Low fat diets work for some people, then they fail. They work for a short period of time and then the body begins to backfire. The body says, this is great, we got a lot of carbohydrates but we need proteins and fats too. The carbs interfere with the protein and there is no fat. So on instinct, they turn to the Atkins diet and they start making progress because of eating proteins and fats together without carbs interfering with them. What happens next is the body begins craving carbs. They don't want to add a lot so they add just enough to be on the Zone diet. See the transition? Next step is separation. That's where I come in.

PAUL: Wow. So, when I eat the carbohydrates, I do eat fat with it, or I don't?

DON LEMMON: No, no, no, no. You never eat fat with carbohydrates. Fat is only to be eaten with your protein foods. Essentially, it is best for you to eat your proteins first, say your chicken, grill it up if you want, baste it or whatever. Do anything but put sugar or breading on it. Keep carbohydrates completely away from your proteins while seasoning. Just cook it and eat it. Next, you need to get some green vegetables in your belly. The body releases more enzymes to break down fat than it does to break down protein, so to inhibit those enzymes from attacking the amino acids in the protein, have some spinach or something with some extra fat to

Don Lemmon's KNOW HOW

prevent those enzymes from destroying the proteins. I eat a lot of chicken thighs, and legs, for this reason, because naturally fat and protein go together. I might have spinach with butter on it. I might have spinach with olive oil on it. I might have broccoli with flax seed oil. I will have some sort of fat but I will have it with my green vegetable AFTER I have the meat.

Also to balance the phosphorus and sulfur content of my meal, I add a little cheese. I always keep my protein and fats in a 3 or 4 to 1 ratio. If you want to have a carbohydrate meal instead, you can have it anyway you like. You can have rice, broccoli, cauliflower and carrots like you did yesterday, and you can have an apple to wash it down. But still, there is an order to the way you eat your carbohydrate foods. If I am going to have fruit with carbohydrates, I would have the fruit afterwards. That's when it would best digest. If I am going to have a glass of milk, I would typically reserve my milk for my cereal meals. I would have cheerios and milk, and the fruit afterwards. So, if I am going to have oatmeal and milk, then I will have my banana afterwards. Either way, I am going to keep my proteins and fats together and completely separate from my carbohydrates. My carbohydrates must always be therefore fat free. This way, the body will digest them.

PAUL: What if I am lactose intolerant?

DON LEMMON: Someone who is lactose intolerant, is usually someone who drinks whole fat milk products. Now, I don't want you to confuse milk with the rest of the dairy group. What I mean by this is that cheese falls into the dairy category too, but eggs do not. While cheese is almost a no carbohydrate food, milk and yogurt are not. Hard cheese is good to go as a protein and fat source. Milk and yogurts need to be bought nonfat and eaten with carbs. So you can eat cheese as a snack or put a slice on your eggs, which is not new to people on the protein diets that have become popular the past few years. Everyone loves a real omelet. Whole eggs, real cheese, a slice of bacon, come on! Sausage is another protein food you can eat I should bring up.

PAUL: Laughs. Really?

DON LEMMON: Most people do not realize that organ meat at one point in time was the prize part of the kill. The King would have the organ meats brought in and fried up for him and have the meat from muscle thrown to the wolves, dogs or to the peasants. He wasn't eating the meat for his protein sources. Organ meats contain a lot more nutrients in them than you think they do. For the person that craves the hot dog every now and then, have it and throw some cheese on it. Eat your hot dog but without a bun. Of course you want something low in nitrates. But

Don Lemmon's KNOW HOW

sometimes things made from the leftover parts of animals aren't that bad for you. Preservatives are always a concern. And sometimes the drugs farmers feed their livestock cause tumors in the organs so look out for that too.

PAUL: All right, so I am following this eating plan, and I am separating my foods, will I need supplements, do you think they are necessary, what would you suggest?

DON LEMMON: As far as what I would recommend, a liquid mineral supplement.

Vitamins are no good without minerals and vice versa. Take a shot of these minerals twice a day and you'll get all you need which is a heck of a lot more than you are currently getting. I know most people think you can get most everything you need from foods. Well, you can if your food digests and wasted depleted itself. Food is always aged by the time we get it. Part of it is dead. The natural enzymes that are in them have caused important parts to decay. At least 25% of these nutrients are missing and it would be smart to take a supplement to replace them. Another thing I would suggest you take is Udo's Essential Fatty Acid Oil. A tablespoon or two of it a day, will keep the doctor at bay. This stuff is awesome. It has 9 different essential fats blended together in it to give you a precise ratio of exactly what the body recognizes as essential fat. It regulates your hormones, your cells, everything. It's a remarkable product and really ought to be sold through physicians because of all the good things this product does for people all from only a couple tablespoons a day. I don't want anybody to become confused thinking you need to take 18 tablespoons of it like medium chain triglyceride diets because that's nonsense. If you take in the prescribed amount of Udo's oil daily, you'll get all the essential fatty acids that you need. And this diet also allows you to use real butter or olive oil or sesame oil or almost any other oil and have a lot more variety in your diet. Last, what you'll need is a good multivitamin. These things work for everyone.

PAUL: (Laughing) Well, all right. We got a couple of tips earlier on the creatine and the andro. These are pretty popular supplements. We can take those tips. What about exercise as far as weights, and aerobics?

DON LEMMON: I suggest that when you do your aerobics, you do them after your weight training session. The reason being is that most people believe in the 40 minute theory where the second half of your session is for fat burning. That's true, but it's only true because the body burns glycogen the first 20 minutes of any type of exercise and then burns fat the second twenty minutes. The problem is that the body burns a lot of amino acids along with that glycogen during the initial 20 minute time frame during aerobics. And after 40 minutes, the same thing. So

Don Lemmon's KNOW HOW

you have a 'window of opportunity' so to speak for fat burning when you exercise. So what I suggest you do, if you are going to use aerobics as a fat loss tool, is to weight lift first. Weight lifting also burns glycogen, but it doesn't waste muscle.

So lift first, then when you hit aerobics, you will have preserved muscle and can now burn fat.

PAUL: What do you recommend with weights and frequency?

DON LEMMON: As far as weight training goes, I usually suggest to my clients that they start off with a training program where they are working out maybe every other day, but it usually turns out to be 5 workouts every two weeks with 3 of those workouts being harder workouts than the other 2. I suggest they put enough effort into the three hard ones that each is better than the last. And no workout should ever last more than 18 to 20 minutes in length.

PAUL: I tell people that long workouts deplete hormone levels and don't really produce the benefits you're looking for too. You don't need a lot of exercise when it comes to stimulating the growth.

DON LEMMON: No. No you really don't. I am afraid some of the experts have confused people by convincing them they need to go all out every time they get into the gym. This is not the case.

I think we gave a good overview here of the Know How diet but I suggest you read and reread the manual to really get the basics embedded in your mind. After reading all that, are things more clear to you? All I want to know is that you understand me enough and intend to make these changes for yourself. I want you to give these positive changes a try. You came into this because you wanted change and there are plenty of reasons for why you were seeking change. Do not lose sight of what brought you here by my tough love act. Ignore all your negative emotions and frustrations. I am here to help you in any way I can. Assuming you have sit through all this up to now, you know that I understand you. You know that when you are done with reading the entire book, it will also be clear that up until this day, no one else has ever let you in on the things that I will. If you disagree, that is fine. Either way, I thank you for taking the time to give this your best shot and for having read my work with an open mind. I really do think this program will meet your needs but it takes patience and practice to get it right and make all the necessary changes. We could sit around and talk about it until the sky falls and maybe you still won't change anything nor get started. So if you don't, just think of

Don Lemmon's KNOW HOW

all the time you could have been making progress already. Here are plenty of more questions my online counseling clients have asked. Enjoy!

QUESTION: Don, I have some questions about the book. Why the maple syrup (why not honey, stevia or something else)?

DON LEMMON: It has a healing effect on the liver after it has emptied itself out all night long and having depleted itself of glycogen. Blackstrap molasses works too.

QUESTION: But why drinking in the morning while laying down?

DON LEMMON: So to speak, your valves stay open while lying down and allow for a faster quenching of all your tissues.

QUESTION: If I eat 6 meals, do I add more?

DON LEMMON: You really only ever need 3 meals and 3 snacks. I also often eat 10 times a day. Upon awakening, on the way out the door, mid-morning, lunch, mid-day, mid-afternoon, dinner, mid-evening, before bed..... Wait. That's only 9!

QUESTION: May I workout more often than 3 times one week and 2 times the next?

DON LEMMON: If you like, but if you aren't progressing, what next? More work or more rest? Just be patient. If you work hard enough, this may be too often anyhow.

QUESTION: "If what you are doing now isn't working, it doesn't work" BUT "If what you are doing now IS working, something is apparently WRONG with your rules". Murphy's Law 2000?

DON LEMMON: No. If what you do now works, it may be only work because its forcing the body to change. Until you reach a pinnacle where all is perfect, which you haven't, you do not honestly know what works best. You only know what little you have learned up to now. My way is easier and faster, and that's truly what we want, right?

QUESTION: Why are veggies eaten with your proteins? If it's lean meat, I don't need to care about enzymes for protein digestion, huh?

DON LEMMON: Enzymes are not the issue. You need fiber which binds with even the tiniest of cholesterol so it can be used and controlled efficiently. It has to be bound in order to cross the intestine lining and circulate back successfully to the liver to regulate your hormones and such. It is all about digestive timing.

Don Lemmon's KNOW HOW

QUESTION: Can I eat high sodium fish and drink some extra water to flush out the salt?

DON LEMMON: Are you an old school bodybuilder or something? No, water and sodium aren't related past the holding effect you referred to regarding water. Eating higher than normal amounts of sodium if you like is fine but don't run around telling people with high blood pressure its ok. They will get scared and not listen to anything else you tell them because their doctors have them brainwashed. Your body requires sodium. And water too. Either way. But it's not so much an issue when you eat the right foods separate from one another.

QUESTION: Milk. You say it "counts" as a nonfat carbohydrate. Somewhere else you say not to mix protein and carbohydrate. Milk is about 40% protein, and 60% carbs.

DON LEMMON: Food, as found in nature is acceptable. Milk protein mixed with corn syrup and hydrogenated oils like in Met-rx is UN-natural. The problem with milk as a rule is that it gets pasteurized before you drink it and that kills the enzymes that make it a self digesting whole food. So go nonfat with dairy if it is a yogurt or milk. Cheeses are protein and fat sources.

QUESTION: If nonfat dairy is ok with carbs, can I mix my oatmeal with my whey protein?

DON LEMMON: If it isn't pasteurized whey, sure, but I have seen clients get better results not bothering. At the time of this printing, the only protein I use with oats is muscle-link.com's Pro-Fusion. I have 2 cups nonfat milk, 2 scoops of Pro-Fusion, 1 cup raw oats and ½ cup blueberries with pumpkin spice.

QUESTION: Chestnuts and peanuts contain starch. Some other nuts don't. Chicken with cashew nuts, yum, yum, yum?

DON LEMMON: Nuts are best eaten after the meat or separate. Yet, you have the idea. This isn't a high fat diet though. It simply allows for MORE fat, not A LOT of fat.

QUESTION: What do you think about these high protein (low carb bars, like Labrada, Pure Protein and so on)?

DON LEMMON: Junk food. If it tastes like candy, it is candy. Balance Bars at least used to include enzymes that assisted in breaking them down. They still aren't

Don Lemmon's KNOW HOW

food however and since that candy company bought them out, I haven't a clue what's in them. They are at most, after-workout snacks.

QUESTION: You mention beer and it's ability in raising estrogen and expanding fat cells. How about green veggies? Many vegetables contain phyto-estrogens which can affect the body's estrogen too.

DON LEMMON: Phyto-estrogens heal you. What beer does to you is completely different. It's no where near the same thing and vegetables are definitely not altering you to the same effect. Veggies aren't alcohols. When we drink alcohol, it skips a natural biochemical process within all of us and that's the real problem.

QUESTION: How important is your diet for someone like myself eating around 10,000 calories a day now. I am 200 pounds and bodybuilding. Is that enough food?

DON LEMMON: (This question was submitted by someone I stayed with for a week while moving into a new home in Los Angeles). I did not believe at first you were eating 10,000 calories a day and I was right. I evaluated your diet and you may like to believe or have others believe that you eat that much (or maybe you believe you do), but you do not. You're closer to 4000 calories max where I would suggest you be. But everyone's eating needs some individual re-evaluation. I mean maybe you can eat more or less than the guy next to you but maybe that is what's limiting your progress too. Eating too much or too little is both bad. And being better than the next guy never means you are at your best.

QUESTION: Before a contest, when I do more cardio, in fact I will do it every morning on empty stomach vs. eating immediately, should I eat less food but more protein so I burn more fat?

DON LEMMON: You may burn a little more fat by exercising more but you will also burn more muscle off and that's the reason you feel you need to eat more protein foods. If you ate right, exercise is secondary in the progress factor. If you eat wrong, exercise is all you have. I prefer to take two steps forward without taking any back.

QUESTION: I am experiencing something that I don't totally understand. I have been on the program for 2 months, but haven't lost a single pound.

DON LEMMON: Then you aren't really 'on' the program. This is precisely why I insist you send your diet to me whenever it changes for evaluation. I cannot guarantee you understand everything and are 'on' it unless I see the diet with my

Don Lemmon's KNOW HOW

own two eyes. Foods, meals, times, liquids, spices, and exercise too. Everything! People say they are on it and they really think they are, but they sometimes aren't.

They simply misunderstood something somewhere based upon what they 'think' is right or wrong. It's not your fault and I will fix everything for you. I promise. Just send me your diet. I will tell you right away what's wrong and what to adjust.

QUESTION: How important is sleep?

DON LEMMON: It is funny you ask. Back when I was in the military, inadequate sleep was always an issue for me. Being in and out of the woods playing Army with only 10 minutes of sleep at a shot and 4 hours MAX in a day (sometimes less), I just 'knew', I KNEW it was WRONG. But nobody told me that. I FELT it. I would come back from the war games and pass out for 12 hours straight every single time whether I fought falling into the sack or not. Sure I would rise rejuvenated, but I was still a little wacky because of the sleep deprivation. The body takes time to recover from a lack of rest. It's a stress. Like exercise. You are stressed for a period, next, you experience rejuvenation, but it takes time to fully recover... We all 'know' this. Daily we 'feel' this if we do not get our '8' hours. Yet we ignore the signals. I think if people realized that they need their first 2 hours of sleep fully uninterrupted if they want their hormones to regulate and that actual healing doesn't begin until the body was down for 6 hours straight (and only lasts for those next 2), they might try a little harder at getting to bed EARLIER instead of LATER. One night with poor rest affects even the best of us.

QUESTION: I HAVE lost inches but no weight. I understand the concept of replacing fat with muscle but the scale's not showing a weight loss at all. The difference in my body shape is very noticeable, but no one can believe that I weigh as much as I do. I weigh 245 pounds and have gone down to a size 16. It probably won't be long before I'm in size 14.

DON LEMMON: It is possible if you are built like a Viking warrior but let me tell you, ladies that size usually drop fat so fast their typical complaint is that they can't sleep at night from all the extra energy being burnt or they are cranky all the time from the various toxins flushing out of the fat cells as they burn and pump through your system so quickly. So I would tell you to do the same thing I tell them. What is going in, isn't coming out as it should. You may need to consider buying a half gallon enema bag, using it and doubling your H₂O intake. Regularity is a serious issue. That's why it is known as REGULAR. In case you are losing inches

Don Lemmon's KNOW HOW

but no weight, it could be that you are replacing lost fat with muscle but this will plateau. Then you will note a serious loss of body weight.

QUESTION: I feel that I am retaining water because I drink water all day, but rarely do I have to go to the bathroom to pee.

DON LEMMON: You probably SIP water all day and don't realize you have to CHUG it. If what you say is true, you should have be rushed to a doctor. I suggest doubling your water intake and adding more fiber to the diet. Remember, greens with your proteins, always. And drink 1 gallon of water per 100 pounds you weigh daily.

QUESTION: More is definitely going in than is coming out. I just don't understand how I could go down so much in fat and see such a change in my body shape yet still maintain a weight that is so extremely high. I am embarrassed about my weight. Do I really need an enema?

DON LEMMON: Here is something I have my bodybuilders do when preparing for a contest. It speeds up the metabolism if done as suggested here. Keeping yourself regular is always the best means by which to kick start the healing process. So, it is time for you to perform daily enemas with half gallon bags of warm water. Twice a day, every day for a month, then every other day (once or twice a day) for a month and then every 3rd day (1 time a day) for a month then just twice a week for a month and finally, only once a week for as long as you need it. I say you need it every week. You can't get that big and backed up without a lot of feces becoming putrid up inside of your backside. All you need to do is to be certain the bag is a half gallon, and you should perform this near the rest room and keep your hips held high throughout the procedure. I lay on my back, have the bag on a towel rack, raise my hips and shake them up and down to allow the water to enter further and jar the feces loose. A half gallon isn't easily held at first but after several sessions you'll see that as the body clears it's intestines, you can hold more and more longer and longer. Hope I was helpful. Gross but helpful. This always works, but make sure your physician is aware of it. If you have hemorrhoids or colitis they may want you to consult them first. I would also use a liquid acidophilus supplement to replace your good bacteria you may lose as well.

QUESTION: What are your views on milk products. I am confused. I get headaches and gas from them but I know I need them for different vitamins and stuff.

Don Lemmon's KNOW HOW

DON LEMMON: Dairy products are a cause for two concerns. One, the human digestive tract cannot process carbohydrates and fats together to begin with and it is also limited in its capacity for using protein at the same time as carbohydrates. Milk must be ingested only as nonfat NOT whole, 1% or 2%. Cheeses on the other hand are not as much of a problem due to the lack of carbohydrates and their being mostly fat and protein (nature's buddies). I would suggest only eating cheese that breaks like goat, feta, bleu etc if you are sensitive to dairy products. BUT, the problem actually lies in PASTEURIZATION and HOMOGENIZATION, which DESTROYS acidophilus and the enzymes that naturally break these foods down in the gut. The body cannot produce the enzymes to do this itself. Same with eggs. The manufacturers say so what if this process kills the bacteria, and so what if it kills both good and bad bacteria, just as long as it can stay on a store shelf a little longer without spoiling. With the lack of the good natural stuff it contains before treatment, we end up sick and distressed by using dairy products. Raw dairy and natural food is my suggestion in all cases, otherwise give up milk and yogurt entirely while sticking to just cheeses but in limited amounts. If I have eggs, cream or milk it's most always raw or straight from Bessie the moo-cow!

QUESTION: You said cottage cheese is the same as whey protein to some extent. You also suggested adding Udo's Oil to it for some essential fats. My uncle is the world's leading soybean oil biochemist specializing in human nutrition. I told him you said soybean oil isn't a wise choice for fats. He says you are very cunning, but like most diet plans you have just enough truth and real facts to make you appear credible or at least difficult to total discredit but the claims are exaggerated and they are never proven by well designed controlled diet studies.

DON LEMMON: Does well designed and controlled studies include over 3000 hands on clients and case studies or is he simply making an assumption? Sounds like he may be missing some of the facts and generalizing himself. Udo's book alone is well over 400 pages and contains enough study info to substantiate both our claims. Udo and my own that is. After you read the rest of my book, it will be more than obvious who has done their home work.

QUESTION: At what age can kids begin to lift weights? I have a ten year old boy who wants to lift weights but I don't want to stunt his growth.

DON LEMMON: Kids begin running and jumping almost from the moment they learn to walk and that's more damaging than anything else and actually vital to continued development. They climb trees and jump from them like monkeys and rarely seem

Don Lemmon's KNOW HOW

to get hurt. They fight and run til they pass out because they do not know any better. With strict supervision and great patience until they build their own coordination, common sense and motor skills, training can begin at any age. Power lifting on the other hand should be reserved until after puberty, if at all.

I am very interested with starting kids early and educating them so as they get older there isn't a concern they will turn to steroids. These drugs close bone epiphysis and halt linear bone growth. That's quite a threat. Steroids are fourth in line to cigarettes, alcohol and marijuana use with our youth today.

QUESTION: I was told proteins and fats take roughly 1 to 4 hours longer to digest than carbohydrates do depending the situation and person. So, if I am eating 5 meals a day (approximately 3 hr apart) then the body is still trying to digest at least part of the carbohydrates, protein and fat all at the same time. This seems to defeat the purpose of eating carbohydrates, protein and fat separately doesn't it?

DON LEMMON: No. 1. You aren't sure how long it actually takes to digest your proteins and fats 2. These studies were done on people eating steak and potatoes together, not separate and 3. You do not realize yet that the idea is to toss another meal on top what's not digesting properly to push it through before it putrefies in the gut. You see, in a typical or normal metabolism things do take up to 6 hours to digest. That's because you only eat twice a day and because that is from mouth to intestine. The digestive system isn't functioning properly on only 2 meals. Now, in the case of a healthy digestive system and motivated metabolism, all your meals will digest within an hour's time.

QUESTION: Eggs are good for you and, yes you are correct, egg yolks contain fat and emulsifiers but no "fat burning" compound has ever been identified. Such a compound would be worth millions to the egg industry!

DON LEMMON: Funny you should say that. The supplement industry has made GAZILLIONS off these "fat burning" compounds! They are called lecithin, choline and inositol and all three are found in virtually every fat burning supplement made in the past 20 years. Here I sit telling people to eat eggs for a more natural source of these nutrients and you're simply overlooking the facts. Maybe I should sell egg yolks as fat burners? Most fat burners are synthetic fillers, not the real thing and the body rejects them folks. Eat your egg yolks.

QUESTION: I did my own research and yes, it is true that carbohydrates and proteins require different digestive enzymes. But that doesn't make digestion of

Don Lemmon's KNOW HOW

carbohydrates, fat, and protein eaten together difficult to digest and I didn't find anything to support your statement that digestion is improved by eating the different groups separately.

DON LEMMON: I can't explain the alarming success rate of my clients who simply take their current diets then. Without removing a thing or even making an increase or decrease in their daily caloric intakes but by only separating their foods according to my recommendations, they suddenly make the progress they've always sought. Rather than telling me it doesn't make sense, maybe you can tell me why it does work. Beats me how one can go from a food combining diet where they eat everything in one sitting and get no where but fatter, but when they alter their habits by separating those same foods, they can experience changes that even their physicians are baffled by. If you find a better explanation of WHY it works, since all that you are saying is that I must have explained it incorrectly, please send it to me.

QUESTION: You are correct. I know it works. I suppose debating why it works makes no difference. The fact is that I know it works. I guess based upon what I thought I know, that made it sound like it REALLY didn't sound right. It's true that all cream and dairy fat contains CLA (a fat that regulates hormones). It's 0.1 to 0.5% of the total fat supposedly. That beats paying \$40 a bottle in the health food store for CLA supplements. But isn't it true the body can make Omega 3, an essential fat like the 'good' fat in fish oil from the fat in soybean oil and that means Udo's Oil or flax seed oil isn't a necessity.

DON LEMMON: You are probably getting your information from someone who earns his pay working for a soybean processing plant. However, flax seed doesn't need to be 'made' into an Omega 3 fat, it already is one. I more than explain how this biochemical process works and it is not the same fat to fat. Just like we humans may have many of the same bits and pieces, we can't equally exchange blood types any better than can we get the 'same' substances from DIFFERENT foods. It all requires or doesn't require a more or less complicated process in each food substance. It's good, better or best. You decide. I prefer Udo's Oil. It's a blend of ALL our essential fats in one serving. No magic.

QUESTION: Bottom line, my contact said that even when I went into details with him that your diet sounds like bull to him. His advice was to totally forget it all!! What's all the nonsense eggs are good, proteins are to be eaten alone, cholesterol can be regulated, and why do more people not know it to be true too?

Don Lemmon's KNOW HOW

DON LEMMON: Does your 'contact' have visible abdominal muscles? Really. What kind of shape is your 'contact' in?

For instance, in the book, I didn't say eggs contain fat burners per se, I said they contain their own enzymes which makes the cholesterol inside of them harmless. It digests itself in a sense. Secondly, I suggest fiber is eaten with the protein and fat meals to regulate any weaknesses you may have in your cholesterol metabolism. As far as digestion goes, I bet your 'contact's' studies weren't done on a human, but done in a lab or on animals and only sought to find what foods contain as far as nutrients. If something makes my program better, I am ready to add it then. But if I simply being misinterpreted, understand what I present is merely what I personally learned in research, school, counsel and at seminars etc. If it has been misrepresented here or if my description of digestion is somewhat faulty, that still doesn't prove my system weak. Only my explanation is weak.

QUESTION: I hurt my knee. Not on your program, but I did hurt my knee. I am told it is a nearly ruptured baker's cyst. What is a baker's cyst? And what can it's rupture do to me? My doctor has me scared to death. I want to workout and play sports!

DON LEMMON: I am surprised at the amount of medical related questions I receive. So you know, I didn't complete medical school. I do not claim to be a physician. However, I did ask my physician friend in Las Vegas, Dr Gary Eversole from healthnfitness tips.com what this means. He said, and I quote, "This type of cyst is caused by a posterior herniation of the knee capsule or a general leakage of synovial fluid into the popliteal fossa. This is also known as a popliteal bursitis and is most common in younger, over ambitious, athletic men. It's symptoms are limitation of knee extension and pain. It can also cause swelling. Rupture, through trauma, causes the inflammation and pain to spread all the way down the front of the calf. I refuse to make recommendations. But with rest, all things heal." To me, that means you probably are working out too hard and could recover faster by resting more between bouts. Take a break! You 'earned' it.

QUESTION: I crave ICE and I tend to I eat it instead of sucking it for thirst quenching like most people. I just plain eat it. Is that weird?

DON LEMMON: I know this one. It deals with minerals. It could be what is known as pagophagia. It is a disorder that is commonly associated with iron deficiency anemia. You probably have other cravings for food and some non food items, right? Do you also chew your ink pens and fingernails too? This is rarely a voluntary

Don Lemmon's KNOW HOW

craving and is relevant in 50% of such patients with this strange habit. You need minerals. That's all. The brand I recommend contains 6 times the amount of minerals per ounce that the nearest competition does at a 33 to 50% savings too. See my supplement recommendations. T.J. Clark is the ONLY liquid mineral I would EVER take.

QUESTION: I feel fine but keep I hearing that the use of steroids, which I know is illegal, will cause damages that I may not realize immediately. What does this mean exactly?

DON LEMMON: It means that maybe you should be glad you do more research about the things you toss into your body WELL before using them. To each their own but I would always consult a physician before I used anything even for sinuses. Pharmaceutical products have their calling but are far too often abused. Again, while I would not turn to a physician for nutrition or exercise advice, I would AT LEAST consult a pharmacist and ask what the things are you are considering to use and for a list of side effects if possible.

QUESTION: I heard my kidneys could fail for taking steroids. Don't your kidneys malfunction naturally as we age anyhow?

DON LEMMON: Sure, there is diminished glomerular filtration rates, decreased creatine production, a drop in tissue mass and urinary disruptions as we age, but why head there earlier than necessary? Besides, there is no evidence that this is at all a natural path we are to follow as we age. It is a path that the lazy and malnourished typically travel. This is also why I do however recommend the older generations supplement with creatine. As we age, the body doesn't produce as much creatine. Just think about Granny's skinny and saggy arms. No muscle in there. My friend, wake up. If you are taking overdoses of drugs and mixing them blindly, think about that urine bag you'll be carrying around later in life too.

QUESTION: Could you clear something else up for me please? In an average large egg, they say there are 15 grams of quality protein. How many grams of protein are in the white and how many grams in the yolk?

DON LEMMON: That would be a big egg. It's more like 6 grams of protein and 4 grams of fat per large egg. 5 grams of protein and no fat are in the white and but one gram of protein with all the fat in the yolk. Do yourself a favor and eat just 1 yolk for every 3 or 4 whites (I do 8 whites and 3 yolks myself daily).

Don Lemmon's KNOW HOW

QUESTION: I see. I asked because of all the bodybuilding recipes I read in which the egg yolks get tossed (probably due to the fat content). I was just wondering how much protein actually ends up wasted.

I am pretty lean, and curious if I'm wasting protein by tossing the yolks out when I could just be wolfing them down instead. My cholesterol is not a problem either. So I can have the yolks?

DON LEMMON: Yolks aren't a cholesterol problem, eating them with sugars and starches that block their digestion are. God designed the egg with built in emulsifiers and fat burners so to speak. Actually, you need a good 2 or 3 yolks a day to get some essential fats in your body (for real muscular people up to 6 yolks, but ladies can get by on just 1 or 2). Since those who exercise hard need more than those who do not, to heal, I suggest having your yolks, but take in EXTRA whites. For the folks buying pre-separated whites in a jug, do yourself a favor and have some butter to help efficiently digest the proteins. Ever got gas after eating whites alone? They didn't digest. It's nature. Protein NEEDS fat.

QUESTION: With 8 weeks left until my bodybuilding show, tomorrow starts my training routine (from 5 days a week to just 3 as per your advice). But I am worried that just 3 training days a week before my show isn't enough.

DON LEMMON: Then don't only go twice. From reviewing your current routine, just start dropping all your negative and additional forced repetitions from each set. Add a new exercise to each muscle group and superset it with the other existing exercises. This doubles up your overall workload but not the time spent in the gym because I want you to deduct the rest time between sets too. You will burn more fat at this way, but not tear down more muscle because I also do not want you working to failure. Failure is the very last rep of your set that CANNOT be performed no matter how hard you try. Next decrease your carbohydrate (since you're currently at 265 grams a day). I would begin dropping 40 grams a week until they were all gone except sources from green vegetables. Up your fats a bit too by 7 grams weekly (you weigh approx 175 pounds now and say you are lean except glutes & hams). That should do the trick. Aerobics can wait until the last minute.

QUESTION: Will I ever see cuts in my ham and glutes doing this though?!

DON LEMMON: Sure. Just do 100 rep leg curls. 3 sets 3 times a week. Don't think about it and try to figure out the logic. Just do it. If you can do 100, add weight. If not, do what you must to get 100 reps done each set like pretending there is a gun to your head. Complete as many as you can as close to 100 as possible. This

Don Lemmon's KNOW HOW

isn't a dress rehearsal. Breath deep and do more and more until 100 is done. After these 3 sets, you can go do 2 sets of '20 rep' squats.

QUESTION: O.K. You said to do HIGH intensity aerobics ("hard as nails for 10 minutes, then 80% of that intensity for another 5 or something I think)... How often though?

DON LEMMON: Do aerobics ONLY AFTER a weight session. Occasionally upon awakening is good if you are already able to see your abdominal muscles, but not before that. 3 days a week adds up to under an hour a week MAX, not an hour a session, which is WAY too much in most cases. If you can't see abs, the body isn't efficiently burning body fat. It's storing it. If you do aerobics, you'll only store more.

QUESTION: I must say... I have NEVER broken a sweat so quickly as when doing your version of high intensity aerobics!! The 3 minutes hard, one minute slow, 3 minutes hard, one minute slow for 3 cycles... AWESOME. How should I split the body up per session though? I know you said do the entire body each time but I can't get myself to take that step. I am not ready.

DON LEMMON: Well, if you must do a 3 way workout split routine do chest and arms one day, legs alone the next, and shoulders and upper back the third session BUT considering you're doing a contest... This week, only train Monday, Tuesday and Wednesday. Take Thursday and Friday off and begin again on Saturday through Wednesdays from now on. Shows are normally on Saturdays so taking two days off before the big event is always a good idea. Same with boxers and runners. I try to get them training between these days too. Start on the right foot today.

QUESTION: At 300 grams protein a day and dropping 30 grams of carbohydrates a week till they are all gone, how much should I raise my protein intake a day or a week?

DON LEMMON: Carbs do contain some protein. So replace each lost carbohydrate 'protein' gram as you lose them with more meats and eggs. But do not increase your overall intake. 300 is plenty. Maybe even too much. If you do not get leaner fast enough, or seem to drop your body fat in time, we will cut back on the protein and increase the essential fat supplementation.

QUESTION: When starchy carbs disappear from my diet, what will replace that particular meal?

Don Lemmon's KNOW HOW

DON LEMMON: One step at a time man. You're not ready for that info yet. We will replace carbs with more fats and proteins at the appropriate time. It's all in the book.

QUESTION: You don't want me to drop veggies too do you?

DON LEMMON: Nope. In fact eat 5 oz of spinach or other green veggie at every meal. You need a pound of greens a day for every 100 pounds you weigh minimum.

QUESTION: I don't see too many people in the magazines who advocate you. Why is that? I do see well known names and faces on your website.

DON LEMMON: Many current and former clients are under other endorsement contracts and therefore CANNOT 'advocate' me. I do not pay for endorsements but you are right. They are on my site and many in my videos. I don't mind the controversy. It's also contradictive for a magazine which preaches the opposite of what I do to allow a model or an athlete to endorse The KNOW HOW.

QUESTION: Do you REALLY believe your program is a cure all and the last system I'd ever need to follow? That can't be possible.

DON LEMMON: Sure I do. I know it is. Other programs 'work'. But eventually they fail don't they? You know they do or you wouldn't be here. Be honest. Have you ever met someone that reached 100% of his or her goals? I didn't think so. You're not one of them either. I on the other hand know a few. They use MY program.

QUESTION: I am not sure how I found you but I am glad I did. Be honest, how did you figure this all out? And where are you from?

DON LEMMON: The concept for the program was originated by myself for my clients way back in 1992. At that time I was still running a Physical Therapy office in Los Angeles for a member of the medical board of USC. Before that I was one of L.A. County's 'floating' General Nutrition Center Managers. Before that, I was employed by Gold's Gym and The Spa in Fayetteville NC after getting out of the Army. I have free lanced or private contracted nutrition and exercise counseling ever since. I too have tried every single diet you can imagine. Most of us have. Through my own and my client's experiences coupled with hands on practical research (not just theory alone), The KNOW HOW system came to be. It's a simple combo of teaching, learning, searching and practical experience. Most people rely on only one over the other. I was compelled to excel. It's trial and error. I am quite frankly surprised more people haven't figured this out on their own myself.

Don Lemmon's KNOW HOW

QUESTION: What exactly is this? I don't get it. Is it hard to follow?

DON LEMMON: It is a system of virtually ALL FOOD and you literally eat whatever you already do, PLUS whatever foods you always wanted to. I explain in the 12 Food Groups section exactly how to pick and choose or mix and match. It works whether you want to build, maintain or lose fat and it takes so very little effort BECAUSE it works along with the basic laws of human chemistry instead of against them. I think the toughest part is picking out new clothes and planning for a sunspot to vacation once you see the fat begin melting away!

QUESTION: I think I am going to get lost in this and waste my time and money. I don't want to wait till I understand it to see results. I can't see making results daily because the only results I know are making me fatter. It's not you, I just do not pick things up very well. Never have.

DON LEMMON: Guess what! After you read the 12 Food Groups just one time, I will actually WALK YOU THROUGH, no, literally HAND CARRY YOU through EXACTLY what to do to get it right! This GUARANTEES you to make visible progress each and every day from now on. The human body is quite capable of doing this if allowed to. YOU CAN SEE CHANGE EVERY SINGLE DAY once we begin counseling. You can go ahead and keep 'bang, bang, banging' your head against the wall and achieve nothing or you can stop making excuses and send me an e-mail.

QUESTION: Because I want to respect your time (I appreciate this type of one on one counseling), I will make it quick. You say a cup of coffee with full fat raw cream together with almond oils and an aspirin taken at three o'clock in the afternoon, will melt away fat. Why the almond oils and is aspirin safe?

DON LEMMON: Phyto-nutrients, the powerful healing components found within plant foods that, like the ones in herbs, have regenerative properties. These factors are also found in nuts and seeds and some of them stimulate you to burn fat. This only works for those last few pounds though. Don't expect huge visible progress if you weigh 400 pounds. And while aspirin is actually only one step removed from its natural plant source, it is also combined with vinegar, and it is not a natural food source. Limit yourself to a few servings a week. Never more than every other day with out first consulting your physician. Aspirin is a synthetic substance that eventually leads to blocking normal fat metabolism. No one in history has ever died or lived longer by fulfilling an imaginary aspirin deficiency and taking more so only use this when you are down to losing the last 5 pounds! There is no such thing as a need for aspirin but we can use it to our advantage in limited dosages. Drop your fat down to where you almost have visible abdominal

Don Lemmon's KNOW HOW

muscles and then you will have regulated your metabolic problems. Using an aspirin, drinking caffeine, or taking anything else doesn't remove the problems associated with being fat. In fact, they could make matters worse. Only before workouts and only 3 days a week.

QUESTION: But REAL cream? Can't I use those little non-dairy creamers?

DON LEMMON: Raw dairy cream contains CLA, the same thing which is capsuled and sold for \$40 over the counter in health food stores. CLA regulates your hormones and burns fat because it contains natural fat metabolizing nutrients. Hydrogenated oils, which are in non-dairy creamers are also found in lards, margarine and creamy peanut butters. When these fake fats are produced, it is done so by destroying natural foods, chemically converting them to longer lasting substances the body was never designed to digest. In fact, eating anything unnatural, as silly as it seems, does a HELL of a lot of harm to your insides. Fake foods (sugars, fats) interfere with your body's ability to breakdown cholesterol, contribute to its increased production of bad cholesterol and provides a favorable environment for disease. In fact, most countries in Europe BAN these things because they are so harmful. Use real all fat cream only. Raw if possible. That's UN-pasteurized.

QUESTION: Should this drink always be followed by some exercise?

DON LEMMON: Yes, before exercise is the only time I use mine. If you cannot workout at that time, put the drink off until just before your session. Like afternoon.

QUESTION: Why have the coffee in the afternoon? Wouldn't in the morning be more effective? Can I use caffeine tablets instead?

DON LEMMON: Do not use caffeine pills unless you want ulcers. As far as timing goes, your adrenal glands are weak in the morning but stronger midday. In fact, that's why we only do this 3 or 4 times a week MAX, to prevent stressing your adrenal system.

QUESTION: How do you and should I try to determine my one rep max for any or all of my exercises for weight lifting?

DON LEMMON: It depends on whether you are far enough along in the game to even attempt a one rep max. If you are able to bench, squat, and barbell row your own weight for 10 reps minimum each, you still ARE NOT ready to test for a 1 rep max. When you can bench, row and squat 50% more than you weigh, do not bother.

Don Lemmon's KNOW HOW

If you can, do this. Find your 1 rep max by having your partner help you to find what is the heaviest weight you can use for one exercise for each of your different muscle groups. Any exercise for any muscle could be tested. So find your 1 rep best effort.

It may take you a few tries, but be sure of it and find the weight you can only do 1 rep with and not 2. Then try one set after a 3 minute rest with just 80% of that weight and write down the reps you were able to perform. Rest two days and then go back to do one set with the same 80% poundages again. You should be a few reps stronger. Write it down and compare. Use the number from day one and the new one as your rep range for that exercise. It could be 10-12, 6-9, 8-9, it varies person to person, muscle to muscle. Stay in this range for that exercise. Add weight when you can do more than your high end range but not so much you go to far below your low end range. Email me if you have questions. If your rep range is supposed to stay with in 8 to 10 reps for that particular muscle and exercise in order to garnish the greatest results and you can perform 12 reps, add just enough weight so that you can barely do 8 again. Remember, adding just enough to lower the reps a bit is the key. When you are capable of performing the higher amount of reps again with the heavier weights, add poundage again.

QUESTION: What if I do not progress? What kind of results should I see?

DON LEMMON: If you can't add weight after several workouts, add an extra day of rest between each session until you can. I want to see results like going from 225 pounds for 4 repetitions on the bench press to 315 x 8 over a 2 month period or similar results using whatever weights you can handle. Going from 75 to 135 is admirable. Even if you are currently lifting feathers, I always expect to see dramatic strength increases. Of course I assume you eat right. And ladies, you aren't going to bulk up. This is the exact process necessary to burn fat too except you will use 70% of your 1 rep max.

QUESTION: Re: Vanadyl Sulfate. I am 46 yr. old, weigh 200 with 24% body fat. Can you state what my optimum dosage and frequency is?

DON LEMMON: This is a tool to store extra glycogen, or sugar, inside the muscle for a pumped look or more strength. Doesn't work. I can assure that without even meeting you that your body isn't storing carbohydrates efficiently on it's own as it is and until you drop about half your body fat and get down to 12%, it isn't going to either. Carbohydrate usage and storage is a natural mechanism that must be brought under control first before trying to get the body to store 'more' of what it doesn't really understand what to do with anyhow. The key word is EXTRA. Vanadyl

Don Lemmon's KNOW HOW

doesn't help one bit with what the body can already do on its own unless you're already full of intra-muscular carbohydrates, then and only then will the body accept any assistance. Besides, you can get all you need of Vanadyl from T.J. Clark's minerals formula and at a greatly reduced price. It's all in there.

QUESTION: What is a good weight gain diet?

DON LEMMON: One of my clients is gaining weight AND is ripped to shreds. He has become more muscular than either of us thought possible on this 6 week routine:

Breakfast: Oat meal or grits with an apple or a banana in nonfat milk or none at all and usually with cinnamon, nutmeg and ginger or pumpkin spice (cleans the liver).

Midmorning: 9 egg whites plus 4 yolks, broccoli and a spoonful of no sugar added peanut butter afterwards for 'dessert'.

Lunch: Rice and beans (pilaf w/ pinto and black usually) or pasta, nonfat sauce, parmesan cheese, garlic, mushrooms and peppers. On the side a fat free salad.

Mid-day: A couple spoonful of almond butter on celery, with a cup of coffee, heavy raw cream, and muscle-link.com's Pro-Fusion protein.

Dinner: Chicken legs or steak, spinach in a little butter, olive oil and garlic.

Afterwards an hour or so later, some unsweetened jello.

Mid evening: MORE almond butter with celery. He likes peanut butter. I say it will catch up with him so he has ceased doing it. But it hasn't hurt him yet. He blends it with flax oil at times too. Oh, each meal was 600 calories.

Before bed: Some more steak or eggs and Italian greens or green beans.

He picked his own foods as long as he didn't mix them incorrectly, that's always best anyhow. I know. You want to know what was his workout like. Let me just say in two months he went from dead lifting 225 10 times to easily handling 405 12 times. His bench went from 225 for 4 to 315 for 8 reps in the same span. He is no spring chicken either being well into his 30's. His daughter is 16 and she too got stronger and dropped well over 40 pounds in 63 days eating 2000 calories a day.

QUESTION: I really do wonder how people get so RIPPED though? What TRICKS do the pros and fitness stars use? Is it in here? Is it for women?

DON LEMMON: Well, forget about how the pros do it and let's try things the right way. What is inside here is the foundation that leads directly into setting a path to dropping every nook and crannied bit of stored fat you've got left. The cool thing is that it's also building the muscle you need too in order to speed your metabolism. You will be able to naturally BUILD instead tone instead of lose muscle even though you do not exercise regularly. The entire plan is MAPPED OUT for you.

Don Lemmon's KNOW HOW

At times it may seem so simple you think there has to be more to it, but if there was, I would explain that as well. So what's inside can be easily applied to the average man, woman or child and not just the bodybuilder, athlete or model.

Sure, I use bodybuilding techniques and trickery completely different than anyone else has suggested up till now. But you call the shots and my system only makes you look like a body builder if you want it to. You control your own rate of progress.

QUESTION: Recently, my friend started using a pretty popular fat loss product he got at the mall. He has lost close to 40 pounds since the beginning of summer. I don't know how safe this product is because like you said, he is definitely still flabby. I'm really hesitant to use any product at all especially if I will end up like he did. I guess I am afraid to trust any pills that are hyped.

DON LEMMON: I am certain his weight loss actually stems from a change in other habits brought on by the motivation of thinking the product was magical more than I believe the product actually worked. I judge a program's success by the final picture and not so much the "weight loss". Weight loss means nothing if you look bad naked. No one wants to live like that. Have him contact me. I will explain what he should do to get rid of the flab and there is no charge for my online fee.

QUESTION: Can I really lose the flab under my arms?

DON LEMMON: HECK YES. Believe it or not this is a VERY common issue even with MEN. All you need to do is burn your subcutaneous levels of fat (that is what's under the skin) and it will tighten right up. That means there it is just fat in there because you have very little muscle to give it tone. I guarantee, if your arm is flabby, within 30 days you will be wearing t-shirts again with confidence. Never fails. Do not put this off until you understand it. Just do it.

QUESTION: I can't seem to tighten up between my thighs and I have my first fitness event coming up. I notice some of the pros USED TO HAVE this problem. Some of these girls are in your videos. Did they follow your program and/or will what they do to prepare for a show remedy this for me too?

DON LEMMON: Absolutely, some are. Problem is, even though this works as well as it does, many of these competitors are still convinced this is only a contest preparation diet and not a lifestyle change. Why would someone want to lose fat just to revert to bringing it back and needing to lose it again? I dunno. It's a crazy world in fitness and bodybuilding. My program was designed to increase your lower

Don Lemmon's KNOW HOW

body circulation just enough that it opens up the dormant fat burning characteristics women tend to lack due to the requirements of child bearing.

When my first videos were first filmed between 1996 and 1997, I used the winners of the Ms International, Ms World, Ms Olympia and several other shows along with martial art stars, athletes and models. They were all associates, friends, clients, etc.

QUESTION: I know hard workouts that make you sweat are supposedly the best, which I try to do as much as possible, but I have so little time to do anything. According to you, doesn't diet cause the fat loss anyhow?

DON LEMMON: Yes, but actually my workout routine is only twice or maybe three times a week for just 20 minutes, so you have time. To answer your question. Diet is the single most important factor. Without it, you'll get little to nowhere. But exercise redefines your appearance. Gets the juices going. Works out the kinks, the aches and pains. Do it. You won't wake up muscle bound in the morning. But you need more muscle to speed the metabolism too. The difference in a ten pound weight gain or fat loss and a hundred pounds either way is simply time involved and the dedication applied. The diet and exercise procedures are usually the same.

QUESTION: I am pretty confident in the medical opinions I have gotten so far. A couple of very good doctors have followed my case in fact. They do not think a chiropractor will help my disk problem. My injury should heal over time they say. I have a rather strong prescription to kill the pain too.

DON LEMMON: I still suggest you to see a chiropractor because sometimes MD's like to call things disc problems when they really are not, that's all. It's all about prevention of further damage and a second assessment from a person who specializes in disc problems. MD's aren't dumb or always trying to be evil towards chiropractors. Sometimes they just weren't taught what the next guy knows. Masking a symptom with a pain remedy like a drug is one thing. Letting the healing begin it is all together another. Taking a pill doesn't remove the source nor speed the healing. It only gives the illusion the injury isn't there. It's still there.

QUESTION: I am getting a better idea of what your system is about. It makes sense. Health before vanity and using common logic. Does your book honestly spell it out every step of the way? I am not a Harvard scholar here!

Don Lemmon's KNOW HOW

DON LEMMON: Maybe you aren't but this stuff is easy and completely spelled out. BUT, you have to want to learn it too. In order to inbreed something, it must be wanted to be learned. If you have questions, I am an e-mail away!

QUESTION: I am told that fat can be digested with just about anything except protein. So the theory is that bread and butter is OK, but meat with fat would be a no-no. Who is right.

DON LEMMON: Meat contains fat in nature. So is God wrong? Peanuts are mostly a fat but contain protein. Eggs contain both too. However, no carb source NATURALLY contains fats. Sure, carbs have a little protein, but nothing as complete enough for healing. There is definitely no significant source of fat in a carbohydrate.

QUESTION: What I'm wondering is why the differences here then. I go back to who's right/wrong and why the difference? They say they were first, have been around a while and now you say they are wrong. They were best sellers.

DON LEMMON: Pet Rocks were best sellers too my friend. That's why they were called fads. What I do works, always has and always will work. Maybe theirs does also to an extent. But I work with nature not theory. And my program doesn't fail or limit you. Put nonfat butter on your bread if you want it so bad. I would assume their theory of butter on bread being acceptable came from a rather popular article that was written about some monks in India that said they were doing it. These particular monks lived to be very very old but were NOT very fit. I'd rather be surfing a wave at 90 than just sitting around and BEING 90. I think that study was in the 1950's or 60's too. The program you are talking about came out after that article. And the authors of that system never won any swimsuit contests. You can bet that if it doesn't look good outside, something is wrong on the inside too.

QUESTION: It just so happens that the night I ate a meal of steak and green beans. The next day I realized that I hadn't had any kind of gas after eating that, just like you said. That's pretty good for me because I get gas from eating just about anything whether it's combined with something or not.

DON LEMMON: And unlike what you heard was recommended before, the steak was a protein and fat mix too because I told you to put REAL butter on it. What people fail to realize is that, gas is indigestion. IN-digestion as in IN-complete digestion.

Don Lemmon's KNOW HOW

QUESTION: Thanks for the previous advice on calf training, I didn't realize that you could get such a burn without using a spine crushing calf machine. Another question. I am continually hearing that squats are the only way to build leg mass.

Is this the case, as I don't seem to have the type of frame to support large amounts of weight on my back and all I seem to do is get lower back pain, should I change my technique. And what if it still hurts?

DON LEMMON: Do LEG PRESSES instead. Double the weight you normally use and shoot for 20 repetitions. Only lower the weight one half of the way down and do each rep slow. Be sure your feet face the same path they do while you are standing too. It's easiest on the knee joint. You are not a duck or a penguin. Do not position your feet like one. Have a partner there. Move 4 seconds up and 4 seconds down, no jerking, no popping and always lower the weight under full control. Do 10 straight reps then rest one second in the top position to take a deep breath without locking your knees out. Do 4 more straight then rest one second to take another deep breath. Finally do 3 more, rest a second, and head home with the last 3. Do this without ever letting the weight touch the rack, locking your knees or holding your breath. Increase the poundage used by 5% each workout for the next 20 workouts (2 or 3 per week). After this you can show your friends and everyone else you know what really works and let them decide if squats are the only way to build awesome legs. NOPE. In ten weeks you should have QUADrupled your leg strength!

QUESTION: My chest really blows. Especially the upper parts. What to do?

DON LEMMON: Are you familiar with the technique of bench pressing while keeping the shoulders back into the bench and only reaching as high as extending the elbows? Straighten the arms, but do not reach for the ceiling. For the greatest overall chest development, perform only incline bench presses. Raise the foot platform, the seat or lower part of the machine higher if you 'have to' in order to get the correct angle. While lying back, you should be like halfway between upright and flat if you are on an ideal incline. Keep your elbows flared out away from your body too, NOT in towards your ribs as you move the weight, but away from you. Lower the bar to touch just below your collar bone, NOT lower. Reps are always slow and there is no pausing at top or the bottom of the repetition to rest. If it takes 4 seconds to raise the weight, take 4 to lower it. And when it gets tougher and longer to raise, take that long to lower it again. Use full control.

Don Lemmon's KNOW HOW

QUESTION: Is an ab roller going to be enough for my abs? I am tired of going to the gym all the time because people don't believe I actually work out!

DON LEMMON: Do you really think an ab roller is actually gonna work for you? I t can't. The only one I saw that I ever liked was made by John Abdo. Yes, that's his real name.

Ab machines do not work because anything that makes exercise easier to perform, or any exercise you can do hundreds of times without real effort is TOTALLY ineffective. The abdominal wall is designed to be tough like any other muscle so it protects the organs underneath it. You must use weights, resistance or a Nautilus machine to work your abs. Don't worry. You won't build a thick waistline. John's machine is called the Ab-Doer.

QUESTION: Are you doing any seminars soon? How do we arrange for one?

DON LEMMON: Go to donlemmon.com to reach me. I ask only for airfare for two, hotel, car and food of course. If it is a lengthy stay, transportation will be especially nice. My fee is negotiable depending the situation. Email me or visit the site.

SECTION THREE: EATING RIGHT

Eating right. It is all about fitness, vanity or health? The ability to meet the regular demands of your lifestyle more easily with enough energy left over for the moments we really need them is what fitness is. Are we in this for vanity? Usually. Most of the emails I get are from people telling me they 'know how' to eat a healthy diet already, but in reality every time I examine their diet it is never as good as it could be. This is unfortunate because your diet accounts for more than 50% of not only your success but your failure in any attempt to improve your health or appearance. You eat all the time! But do you know what foods are to be eaten with each other, separate from one another and at what meals do you eat them to avoid digestive complications? Do you only eat fat free? Do you only cut your carbs in half? Do you eliminate all carbs? Oh boy, are you in for an eye opener. This is not a diet. Diets are confusing. This is a lifestyle. And an easy one at that. What makes it a lifestyle instead of a diet? A lot of programs certainly seem to be a step in the right direction but none one else has more than 2/3 the picture. I am presenting something leaps and bounds ahead of anyone else. I want to teach you to eat anything you like and not only improve your appearance, but your health, while

Don Lemmon's KNOW HOW

consuming things other people say you can't. No, not twinkies (if bacteria won't digest a cup cake then what makes you think your stomach will).

Do you have a pet? When we got him, he was 2 ½ pounds. Full grown. He's a Chihuahua and Jack Russell mix. A little guy. Now, 6 months later, he weighs nearly 6 pounds. No, he didn't look malnourished, and he doesn't look fat today, but since eating better, he sure is a different dog.

It amazes me how people do this to themselves too. They just don't eat right. They figure what they do is right or enough, but it is not. I also find it odd that many other people will feed their animals the best food available. They go out of the way to put premium gas in their cars and regularly change it's oil. However, when it comes time to fueling up and cleaning out or adding the best things nature has to offer to their own bodies, it's a different story. They eat fast, processed, ready made, fat free foods and think nothing at all about being sick, fat, or constipated (trust me, it's not always what COMES out but what's NOT coming out that scares me). Why are we like this? We never used to be like this. Convenience! Laziness! Ignorance! Think of animals in a zoo. They are no comparison to those that run free in the wild. Zoo animals eat processed foods. They do not have the room or reason to run, work and exercise. They lose their muscle, strength, endurance, and LIFE SPANS. It's amazing the correlation between man and animal. We too used to hunt our own foods but now we buy it from a store or have them delivered to us prepackaged. We no longer run for our lives, look for shelter, chase our prey. Now we look for every way to relax, do nothing, and make excuses all the while.

We do not eat fresh foods almost ever these days, because by time we get even the freshest the store has to offer, it is aged and processed. So yes, this means if we are serious about our bodies, we must make a few changes. We need to re-educate ourselves. And I say do it today, right now. Exercise is as important of a subject and we will cover that too, but there is a general lack of understanding for just how important the diets we follow actually are when it comes down to your overall health, wealth, appearance and success too! No time you say to re-learn anything? I can show you plenty of fast and easy methods and meals that taste great and that are going to make this change the BEST THING you have ever done for yourself. If your exercise plan hasn't gotten you where you wanted it to by now, it never will because your diet is awful. Admit it. You have no more excuses my friend. You're in too deep.

Don Lemmon's KNOW HOW

With just one full week of beginning this program and at the very latest, by the end of your second week, you will have felt your energy levels increase, have more regular bowel movements, flushed out years of accumulated toxins from your body and seen a dramatic difference in your fat levels and muscle tones. You know, it's the accumulated toxins from your years of bad diets that are slowly and quietly poisoning us to death. Ever heard this familiar story? "But Joe was just over to the house last week. He didn't have cancer." YES, he did. It's too late now however. He's dead.

Are you ready to be like Joe or do you want to extend your life and be able to enjoy it from now on? It's either that or you can go pick out your coffins and headstones right now. It's that serious. All that fat, saggy, blotchy skin, means inside, you are dying. Literally dying. I don't care if you are 16 or 60. You're killing yourself. You lack flexibility, strength, stamina, wish you could be like you were when you were younger and hate what you see in the mirror, especially when you are naked. Well, do SOMETHING.

The International Sports Sciences Association says 5% of your total body weight being fat for men, and 8% for women is the minimum you need to sustain a healthy body. Are you anywhere near that low? They also say 10% for men and 15% for women is optimal (which I whole heartedly agree). Anything above 20% for men, or 25% body fat for women, I am sorry, is just plain unacceptable. That's clinical obesity. Chronic obesity is anything above 25% for men and 30% for women. Not much of a difference really. I am sorry if you are in this group, I feel your pain, but please, do not turn back because you are miserable and feel helpless. I am here for you. However, I want you to know the facts and I cannot stop yet. Got cellulite? That is due to eating both real and fake sugars (gum and drinking soda), not eating enough essential fats, nor drinking enough water. Fix these things alone, and the cellulite problem is solved. I have another question. How much body fat DO YOU have? Maybe you should get a professional body fat analysis performed and find out. In fact, have two or three done and "average" out the results. You can get skin-fold calipers and use track sheets, but that's not fast enough. Instead, thumb through the phone book to see if someone in your area uses "Bio-Impedance" body fat (composition) equipment or professional skin-fold calipers (calipers measure pinches of body fat all over you to determine fat levels). Begin calling around to health food stores, local gyms and physicians. You can probably see someone today or tomorrow if you act quick. And there is no need to be embarrassed. Next, take pictures of yourself from the front, the back and then from both side views from head to toe. We will use these as 'before' progress

Don Lemmon's KNOW HOW

photos. Take them by standing in front of a white wall wearing fat revealing clothing like short shorts and either no shirt or a sports bra. JUST DO IT. After all, you will never look like this again! You need proof! So, before you workout or do anything else today, your first step to getting off your butt is to record tape measurements of how big around your body parts are.

Calves: Stand feet together, all weight shifted off the leg being measured. Wrap the tape around the thickest part. Today: _____ In 13 Weeks: _____

Thighs: Measure both of them. Spread your feet about six inches apart and shift your weight to the leg not being measured. Be completely relaxed and tape the largest part. Today: _____ In 13 Weeks: _____

Buttocks: Stand up straight, feet flat, heels together. Measure around the (gulp) biggest part! Today: _____ In 13 Weeks: _____

Hips: Same position. Keep standing. Measure just a little higher than the butt. Today: _____ and 13 Weeks Later: _____

Waist: Place the tape one inch above the belly button or around the largest part. Measure from the back and have your partner do it.

Today: _____ and 13 Weeks Later: _____

Chest: Lift your arms out to the side and wrap the tape under your arm pits. Let your arms come down and relax. The measurer should tape you right across the nipples and all the way around. This isn't a measure of lung capacity so don't take in a deep breath. Ladies, you know what to do.

Today: _____ and 13 Weeks Later: _____

Shoulders: Tape around the widest part. Today: _____ In 13 Weeks: _____

Upper Arms: Raise the arm to be measured straight out to the side palms up and keep it relaxed. Measure where it appears to be thickest and the same spot on the other arm too. Today: _____ and again 13 Weeks later: _____

Forearms: Out of curiosity, go ahead and measure your forearms while you have your arm extended. Today: _____ and in 13 Weeks later: _____

Body Weight: Today: _____ and again in 13 Weeks down the road: _____

Down the road, when you are being re-measured, photographed, weighed or whatever, continue to use the same scale, tape measure, camera, equipment or technician in order to maintain the integrity of your results. I realize that you may or may not have a lot of fat around your waist right now and some of you are trying to gain weight not lose it, but I still want you to make a point of measuring your

Don Lemmon's KNOW HOW

waist today. For every inch bigger than it is supposed to be, you have a good 5 pounds of fat to lose. For instance, say there are 6 extra inches around your belly (or BUTT). Ladies, that's a good 30 pounds you need to lose in body fat for sure. It could be more. Use some common sense here. You know whether you are too fat or not. Now, I want you to deduct this amount of fat weight you need to lose from your overall body weight. This figure will tell you about how much lean mass you have. Next, ladies only, deduct another 15 from that number and men, you deduct another 20. Stay with me here. Take this current figure and divide it by 10. Say it is 180. That'd be 18. Multiply 18 by 180 and this is your minimum daily caloric intake allowance for now. Confused? Forget about it! Try it like I laid it out for you here next. Remember, this is just a guideline. You do not need to reduce to this or increase to this calorie level overnight. But as far as your waist line goes, only you know what it is or should be.

1. Your Current Body Weight: _____ (example 190)
2. Current Waist Measure: _____ (ex. 36)
3. Most Realistic Waist Measure For You: _____ (ex. 32)
4. The Difference Between The Two Measures: _____ (for example, 4)
- 5a. Ladies, Multiply This By 5: _____ (NA)
- 5b. Men, Multiply This By 7.5: _____ (ex $4 \times 5 = 20$)
- 6a. Ladies, Add 15 To This Figure: _____ (NA)
- 6b. Men, Add 20 To This Figure: _____ (ex. = 40)
7. Deduct This Figure From Your Body Weight: _____ (for ex. $190 - 40 = 150$)
8. Divide This Figure By 10: _____ (ex. = 15)
9. Multiply This Figure By Figure From Line 7: _____ (ex. = 2250)
10. Divide Results Of Line 7 By Line 1: _____ (ex. = 0.789)
11. Subtract Line 10 From 1.000: _____ (ex = 0.211)

That means your estimated body fat percentage is 21.1%. Realize the caloric figure you come up with may seem higher than you have been eating OR it may be even lower. It is difficult to recommend a fixed amount of calories (also known as energy) for anyone, but this formula is darn close and represents the minimum you need to survive efficiently each day. What you need to do now is determine what the amount of food you are eating currently is and how it compares to these new daily allowances. Take a moment and put it on paper to look at. Try to figure up how many calories you are eating on an average day by jotting down, meal to meal what you ate today. Do this tomorrow if you must. But do it for the next 7 straight days too. Because guess what? Although on my program you WILL end up getting to eat

Don Lemmon's KNOW HOW

more and more, not less and less calories as we move along, you still need to know the caloric level you are at right now in order to correct it for your goals. Why? As you build muscle and eliminate fat, you are required to eat more calories daily in order to maintain it. Your physique, energy levels and new health depend on your commitment. Neglecting to feed your current lean body weight or eating more to maintain an increase of fat free muscular weight allows it to disappear. Muscle speeds the metabolism, losing it slows it back down.

That is more than two steps backwards. You are signaling your body to make itself fat again. That's right! If you do not eat ENOUGH, you lose muscle, and you WILL become FAT again!

Here's what I want you to do. This week, count your calories each day. At the end of 7 days I want you to determine whether or not you are eating too much or too little in comparison to your recommended calorie amounts. As long as you are not over eating, each week, for the next 13 weeks, I want you to intentionally increase your calories to protect the new muscle you build (I am assuming you know I expect you to be working out and weight lifting). This will also ensure continued fat loss. (By the way, nobody was designed to sit on their duff 24 hours a day, so at least get up and go for a walk each day.) TRUST ME. When you do not eat enough, you lose muscle, your metabolism slows down and your body will not burn fat, it will store it. Calorie reduction is just ONE of the limiting factors in ALL other dieting programs. Another note, ladies, neither this diet, nor the exercise, WILL NEVER make you manly looking! So EAT UP! Men should add 40 to 50 calories a week and women can add 20 to 25. I wouldn't bother trying to divide and add them a little bit to each meal. 5 or 10 calories here and there are too hard to trace. Do it this way instead:

Week One: Follow your estimated calorie levels.

Week Two: Add calories to your Breakfast.

Week Three: Add calories to your Lunch.

Week Four: Add calories to your Brunch.

Week Five: Add calories to your Mid Afternoon Snack.

Week Six: Add calories to your Dinner.

Week Seven: Add calories to your Breakfast again.

Week Eight: Add calories to your Lunch again.

Week Nine: Add calories to your Brunch again.

Week Ten: Add calories to your Mid Afternoon Snack.

Don Lemmon's KNOW HOW

Week Eleven: Add the calories to your Dinner.

Week Twelve: Add calories to your Breakfast one more time.

Week Thirteen: Add calories to Lunch once again.

Continue to monitor your waist measurement each week though. DON'T SUCK IT IN and assume progress. Deal with reality. It's so much more exciting. Don't you agree? Keep track of everything that you are experiencing on your log sheets.

You may or may not notice change for the better at first or you may feel like you are definitely heading a turn for the worse. If this is the case, re-evaluate your starting point. You probably over estimated your original caloric intake to begin with. You may need to wait another week or two to add any more calories. Sure you will be two weeks into it already, feeling a little behind and discouraged, but you are learning more and more about yourself at the same time. It's a process. Go back and start over again by finding a more accurate starting point for your daily requirements. For the majority of you, there won't be a worry in the world. For some it may be. So pay close attention and chalk it up to learning something new. Then again, if you feel nothing has changed at all after adding calories OR have made progress by losing a few inches of fat, remain patient, try not to get excited and add the next level of calories. Your successes depend on doing things correctly, learning from mistakes and leaving those mistakes behind.

Homework. So, for the next week of your life, track each and every calorie of each and every item of food that enters your mouth. Get yourself motivated! Read labels and use our menu forms to keep track. Always refer back to this manual or to me online to seek your answers. It's ok to make a mistake here and there. If you are worried about your current body structure and what results to expect, don't. A 'ecto' morph is a thin person. A 'meso' morph is a medium sized person. A 'endo' morph is a bigger person. None of this matters unless you want to make a boring conversation. I have little I want to teach you about that subject but here's all you need to know. You must drop your fat and build your muscle if you want to look better. Some need to eat less. Some need to eat more. But you only learn how to succeed by experiencing failures along the way. Knowing a body type or even blood type makes no difference. Only your habits do.

In the past I have recommended eating like a King for breakfast, a Queen for lunch and a Prince for dinner while eating somewhere in between during snacks. This works if you want to bother with it but it is easier to just have the same

Don Lemmon's KNOW HOW

calories at each feeding all the time. It keeps the metabolism working at the same level all day long.

Once you have determined what your current average daily caloric intake is, divide the figure you think is this amount is by 6. Six is the number of meals you should be having each day from now on. The figure found dividing by 6 is how many calories per feeding I want you to have. I know, you're asking "How could I possibly fit six meals into MY schedule?" Easy. Like this: Breakfast, Brunch, Lunch, Mid-Day Break, Dinner and Mid-Evening (about two hours before bed). You read correctly. SIX MEALS are EASY to schedule. With today's busy schedules, school, work, commitments, people often skip meals. It has been said that an hour should never pass without fresh food being in the belly so I try to eat small amounts of food as often as possible without exceeding my daily caloric limits. This is the single most valuable trait you can adopt. You will give the body a continuous supply of nutrients for health (more in a moment), keep your energy levels high and keep your blood sugar levels regulated plus hunger completely under control too.

If you are afraid of this much food (6 meals), spreading everything out evenly doesn't really add up to as much per meal as you think. I would steer clear of meal replacements because nothing replaces real food or compares to it's ability to stoke the internal fires of your metabolism. Six meals are a minimum requirement not only for success but health. Five meals will do for now, but eventually six is the goal. Start by eating small and working up to bigger meals, but feed yourself 6 times a day. Your way doesn't work. This way does. As long as we are working WITH as opposed to AGAINST the natural laws of digestion you can eat twice this often, so 6 is definitely the minimum. Look at it this way. Ever had a hunger pang? That means the body has gone into a catabolic state. Not good. Another thing, these six meals are not meant to be Holiday sized feedings but moderately sized and sensibly combined sittings that you can actually digest for your body to use. Several small portions digest easily. Only eating one or two large meals mess everything up. Look where you are. Don't be mad at me about it. It's your own doing.

And no, breakfast, lunch and dinner are not enough even if they contain all 'four' food groups at once. We want optimal digestion and full nourishment folks. We need six meals (that are easily set up by dividing each of your current three main meals into two feedings each), usually 2 of which contain your carbs and the other 4 are mostly proteins. The key is to avoid EVER skipping a meal. Especially in the morning. Breakfast is skipped more often than any other meal because, either

Don Lemmon's KNOW HOW

people don't feel like eating or say they are on the run and haven't time. Well, make time from now on. And if you chose to eat just breakfast and lunch alone, it may be more nourishing for you than if you ate only lunch and dinner (like most obese and over weight people will tell you they do) but it will still backfire on you by shutting the metabolism down. This is because your ability to assimilate nutrients is at its highest earlier, not later in the day and if you do not eat at all, the body shuts down to prevent excessive muscle loss. This is what begins fat storage.

It's to protect your insides from eating away at themselves for the energy that they are not getting from food. Let me further explain. Food, we can all agree, is what we were designed to run off, not out, of. Right? That's why we crave the stuff. Get hungry. And food is the source of the main nutrients that we all need to survive and to remain or become healthy too. Right? Ok then.

Let's assume we were actually, deliberately, AND precisely, created to get our nourishment by leaching specific nutrients little by little from each of the individual foods we ingest. Foods are, for the most part, made up of carbohydrates, proteins and/or fats (that contain all the other and very essential vitamins, minerals, amino and fatty acids you require for EVERY SINGLE EVERYDAY HUMAN FUNCTION). While you do not require all these nutrients at each sitting, if you want fully nourished, you MUST eat all kinds of different foods at some point in time during each and every day in order to get a little bit or just enough of all the essential nutrients you require. That means again, you should be eating PROTEINS, CARBOHYDRATES (glucides), and FATS (matieres grasses) EVERY DAY. Having them separate from one another is the secret to optimal digestion, being able to eat more food, and eat more often without becoming fat. Food needs to digest and it can't digest unless some foods are eaten separate from others. It's that simple.

So, eating six meals is not what you think it is. I don't want you eating like you used to, but I do however want you eating the same foods you used to. This is because I am about to teach you what part of what you used to eat wasn't working. I can and I will now show you how to fix this. Like an automobile, would you be caught dead pouring oil AND gasoline combined together into your engine? Of course not! You need the two, but a car can't run off both in the same tank, nor can it separate the two to save its parts at the same time. If you want your body's fuels (food) to digest efficiently, therefore nourish you, DO NOT mix them incorrectly either. No matter how low fat, low carbohydrate, high protein, innocent, and vegetarian or

Don Lemmon's KNOW HOW

wholesome your eating habits seem to be.... There are rules to be abided to if digestion is to be complete and efficient enough to allow us to get all the nutrients we require into our systems. Here they are.

Rule #1 Carbohydrate foods (Carbs, for short. Sugars... mono- di- or poly-saccharides.... and starches.) are to be kept away from your protein and fat foods. Carbohydrates require neither fat NOR protein to assist in their digestion. In fact, they inhibit one another's usage.

If you eat protein with carbohydrates, it goes incompletely digested (resulting in little nourishment). If you eat fat with carbohydrates, it goes around your gut. The myth that you need carbs for glucose in your blood transported to transport amino acids from proteins to your tissues is unfounded. Most of the sugar used to transport proteins comes from previously eaten carbohydrate foods, not carbohydrates eaten at that particular meal! Carbohydrates are also to be ingested AFTER a training session, not before (although higher glycemic index carbs are suggested after exercising). Carbs spare your amino acids and proteins from being used as energy, so you need to eat some. But you are still not allowed nor supposed to eat them together. I also suggest having your blood tested for comparison purposes so you can see your before and after test results in a couple months. Have the plasma, erythrocytes, leucocytes and platelets looked at (all four constituents of your blood). Ask for a "CBC" test.

Glycemic index ratings however, are easily summed up. While it's really most important to people whom eat junk food and poorly separate their foods, therefore compromising their digestion, for those of us who aren't looking for an excuse for failure, we just plain old eat right! I do not mean that you should ignore the glycemic index. It is just not as important as simply paying attention to eating real food instead of processed foods. Mainstream beliefs and medical care over the past 50 years have made America FAT and it is time to do something about it. Rather than worrying about one food over another because you are a diabetic, it is more important in refusing to cheat and when you do have carbs, make sure you have several forms of carbs at once. Never eat just one food at a time. If you have a banana, have a banana and a whole grain bagel. If you have pasta, have sauce and veggies. If you have rice, have soy sauce and beans too.

While it is rare you will find even one unrefined carbohydrate source that doesn't contain some protein in it. And even though there is a big difference in the digestibility of refined or unrefined carbohydrates, all carbs have some protein.

Don Lemmon's KNOW HOW

Whether it is a piece of meat in comparison to a piece of fruit (or fruit cake for that matter), they all have protein. However, the protein that nature provides with some carbohydrate foods, also contains the enzymes to digest it and is nothing like the composition of a meat protein. It's like comparing the more than obviously and chemically different egg to oatmeal. One is from a plant, the other is from an animal.

Rule #2 Keep your proteins and fats together and clear of carbohydrates. Protein plays a major role in hormone production. It must be present like it is in meat form to speed up the metabolism. Sure this means you will also be eating a little added fat. Just trim the skin off the meats you eat, use low fat cheeses and have only every third or fourth yolk when you make eggs from now on and the fat content will remain quite low. Use common sense and moderation, BUT realize protein naturally requires fat to assist in its digestion, not carbohydrates and that's why all protein sources contain fat. In fact, funny thing is, while fats can make you fat, fat eaten separate from carbohydrates can actually be eaten in abundance as demonstrated by some rather popular fad diets without expanding your waistline. It is true. And a protein meal with a little natural fat eaten a couple hours before bed is good for you. It will increase your natural secretion of growth hormone in response to a decreased blood sugar level that occurs naturally as you enter into sleep.

It is also best to eat a meal of protein 90 minutes before and wait another 90 minutes after your workout sessions for more (you have carbs right after the session). This includes if you are waking up in the morning and training first thing. Have a little something before leaving for the gym, let it digest, THEN exercise. Again, carbohydrates are only for AFTER the session, not during or before. Just understand, all three (proteins, fats, carbs) are necessary, but the digestive processes of protein, carbohydrate and fat food groups are so distinctively different that assimilation cannot occur efficiently when the wrong foods land in the stomach at the same time. Why? God created us this way. The enzymes that act upon carbohydrates are not the ones that act upon proteins and fats and vice versa. Eating fat spares your carbs and carbs spare your proteins, so do not neglect any of them. More on this later.

Because protein has less usable energy than fat, the body will always use the fat that accompanies it in the meal instead of stripping down stored muscle tissue to scavenge energy and wasting precious amino acids. That is if you'll eat some fat. You'll never be your best and you'll always feel your worse if you don't have some.

Don Lemmon's KNOW HOW

Admit it. Who do you know who's on a low fat diet that is really satisfied or looks their best? They say they are. But they aren't. It's too limiting to be possible. If you eat no fat, the result is always poor hormone levels. That means little to no muscle growth for men, difficult menstrual cycles for women and extremely tough fat loss. Sometimes none at all. It's your choice.

Yes, I am sure it's true that carbohydrates require different enzymes than protein (look up alpha amylase, sucrase, etc. which break down carbs and then the various peptidases for protein like trypsin and chymotripsin). Yet, it is still possible you haven't seen anything to indicate that only one set of enzymes or another can be released at a time. No one was looking for this before, that's why nothing was written on it. The truth is, any physician should be able to tell you, the release of hydrochloric acid (in the stomach) lowers pH to a level (below 3.5) which inactivates alpha-amylase (one of the enzymes which breaks down carbohydrates) though. That alone lends credibility to this program. Something is going on to our advantage.

The digestion of protein occurs in the stomach, stimulated by the hormone pepsin. Most of the absorption occurs later down the digestive tract. Now even if pH levels must be different in the stomach for the digestion of protein or carbohydrates, it's not where the absorption takes place.

Protein foods eaten alone have ALWAYS been shown to digest better. Further, the more that is eaten with carbohydrates, the more you need to eat because the carbohydrates interfere with it's assimilation. Again, a sign that something isn't digesting is GAS. Every bodybuilder I know has had really BAD gas when we first met. The percentage who still have gas at the end of 30 days using the 12 Food Groups as a guide is dramatically reduced.

Upon food consumption, most of the necessary enzymes either will be secreted or are already present based upon what the food is recognized as in the mouth while chewing. For example, pepsin (a protease) is already present in the stomach after knawing at a piece of meat and there exists a small amount of amylase in your saliva as well. From the stomach, once another meal is introduced and pushes the previous food, meat for instance, through the duodenum into the small intestine, tyrosine, chymo-trypsin, and many other enzymes are secreted in order to deal with scavenging the meat for nutrients and further digesting that which the pepsin and amylase haven't already done. You then poop it out.

Don Lemmon's KNOW HOW

You see, enzyme efficiency is heightened (for example, a protein only meal would increase the amount of total protein enzymes made available thereby raising the overall percentage of enzymes allowing for further food assimilation, as well as in promoting momentary changes in the chemical environment that limited the digestion of carbohydrates).

Meaning, ENZYMES ARE SECRETED AS NEEDED and even MORE ARE SECRETED AS FOOD ENTERS you. Enzymes are NOT bored little workers sitting down there waiting to do a specific job as much as they are SECRETED based solely and specifically upon WHAT FOOD IS BEING EATEN!

Plenty of people want to say the reasons I claim my system works aren't the reasons it actually does. I think that's funny because no one debates that it does, in fact, work. They only think something sounds odd about it all. Sound familiar? You aren't sure how this could work either. But for some reason, without you, or even others, fully understanding why, it still continues to work, and work, and work.

You think eating like you do doesn't cause complications because you do not get headaches, intestinal cramps, gas, or whatever but you're still deteriorating. Sometimes the body shuts off these natural distress warnings and pain signals because you ignore them, but the symptoms silently remain. That's like the fat, disgusting, chain smoking, alcoholics or others I encounter that criticize me for getting sick 3 times a year. If you get sick, that means the body is discarding an illness. If you never get sick, you are HARBORING an illness. The body isn't capable of getting rid of it. The virus is winning inside of you. Hope you feel good knowing you will either die an early death or live a miserable, limited and inactive elderly life. I cater to everyone I can, shooting for the average person, because I AM an average person, but this just so 'happens' to work very well for athletes. I didn't plan it that way. It just 'happened' that way. If what I do works, that's all that really matters.

Metabolism is the process of every cell to either create anabolism or catabolism. It is the process by which food is turned into useable substance by a human being. Catabolism is the process of living tissue being broken down and turned into energy and waste. This is destructive. Anabolism is the process of construction. Building. Repair. Healing. Growth. Catabolism is not. You want the body as anabolic as possible and this occurs best by taking in foods that are high in nitrogen like proteins. The amino acids that are in proteins are digested, broken down, passed through the blood stream, distributed throughout the body to their select

Don Lemmon's KNOW HOW

destinations where they build and repair tissue. This is a constant process and must be supported every waking moment. This is what is meant by maintaining a positive nitrogen balance in case anyone asks you. This is easily handled by eating 4 protein meals a day. (Divide your lean mass by 3 and this figure is how many grams per serving you should have at each of 4 meals.)

This leaves plenty enough room for eaten in two other meals. Since we are all individuals and each different, some rearranging may be necessary to set up your schedule. But do not kid yourself, I know of no one who needed less than 3 protein meals or more than 3 carb meals each day.

Determine what your plans are for the next few hours. Should you pack? Should it be a carb or a protein meal? Do you need both? Are you active over the next part of the day, will you be gone all day or will you possibly be napping soon? Are you trying to lose weight (do not increase nor decrease calories haphazardly) or gain weight (always increase them a little but be careful)? Plan your schedule accordingly but I do not care who you are, bodybuilders, track athletes, and anyone else including YOU, the general fitness folks, are all alike in one way and that is you require 4 protein and 2 carb meals a day typically. Aerobic athletes tend to require an extra carb meal on training days and two extra meals on competition days but even so, they too need 4 protein meals. Competitive power lifters definitely require an extra carb meal, but they too, require 4 protein meals. And all protein meals are to be eaten completely separate from your carbohydrate meals.

It isn't a bucket of acid in your belly like you think it is down there! The body simply wasn't designed to release all the different fluids necessary to breakdown all the different types of foods you eat simultaneously! By coming to respect these digestive enzymes and their limitations, you can make food allergies almost disappear completely, restore your health, and physically transform yourself into that dream body you've always wanted. Do you experience any of the following 15 minutes to 2 hours after eating: Mental grogginess? Yawning? Falling asleep in class or at work? Thoughts begin to cloud? Choose your words wrong? Nasal congestion? Hives? Belching? I bet that within 3 to 7 weeks it all subsides if you begin separating your foods. As a side note, just so you know, I have been preaching these same methods of eating for 10 years. The only thing that has changed is how I move a person into eventually separating their foods the right way. No matter what your individual goals may be, or how far out of shape you have become, an effective nutrition program such as mine is as paramount to your success (as

Don Lemmon's KNOW HOW

avoiding it was responsible for any of your previous failures). And keep something else in mind, many of my clients maintain their physiques, and I maintain my 200 pound lean physique, through just two workout sessions a week. I would say a third of my fat-loss clients do not even exercise but once a week until they become comfortable enough with themselves to make a full commitment to going twice a week. This is not to say exercise should be put aside.

You HAVE TO exercise at least enough to build a foundation, and one session a week is plenty more than nothing. After a while, after building your foundation, you will not believe how easy it is to maintain your new physique with minimal amounts of exercise IF YOU WILL SIMPLY FOLLOW THIS PARTICULAR NUTRITION PROGRAM. Who could ask for anything more? Eat what you want and rarely exercise. It works. Go figure. What about cheating (as in mixing foods INCORRECTLY)? Why would you ever need to? You can eat any food you want. You will KNOW HOW to separate them properly once you learn the 12 Food Groups (next chapter). As long as you can determine whether or not what you want is a fat, a protein or a carbohydrate food, you can literally continue to eat every single one of the foods you already do. I promise.

If you want to have something you can't avoid mixing incorrectly (even though there are sugar or fat free versions of anything you could possibly imagine) do so only once a week or less (IF you need to at all). Actually, I insist you cheat every now and then on whatever you want. It just may teach you a lesson you wouldn't learn otherwise. I feel like a sloppy pig when I eat bad. I would think most people do all the time that normally eat like that. But it's your choice.

If you cheat, even by accident or in the event of an emergency because it was between deciding to starve or whether to eat anything you can that is readily available (which is rare), pull your car over, buy a burger, throw the bun out or run to the grocery store for fruit or nuts. Next time, have food packed to travel with you or always have canned chicken or beans or something and water somewhere nearby. Just try to stay within your calorie range no matter what, and resume the program on schedule like nothing ever happened (forget that you ever cheated). If you happen to eat in excess of what you were supposed to (not intending to), forget that too, just move on (but write it down, you need accurate notes). Whatever the case, do not skip the next meal just because you feel guilty and like you blew your chances of ever getting the diet right over one mistake. Take complete responsibility for the consequences of your own actions, learn from them and climb

Don Lemmon's KNOW HOW

back on the wagon. Blowing one meal is no big deal. Skipping a meal is though! And ALWAYS chew thoroughly (with your mouth shut please)! Your stomach has no teeth.

Another rule of thumb. When eating out and you cannot control the serving sizes you receive, remember that you are not obligated to clean your plate. Take advantage of a doggy bag. If you aren't sure what to get, I always order only meat and steamed veggies with a side salad but no croutons.

I also avoid anything alfredo, battered, breaded, creamed, crisped, or deep fried. Seize control of your dining decisions. Let nothing and no one stand in your way. That only leads to personal failure, low self esteem, a lot of wasted time, frustration, enclosure, dead ends, harbored emotions, and a fat gut. By placing only those around you that are truly supportive, there's never a question as to who and who not to depend upon. But remember, YOU are your own person and YOU make your own decisions. Only YOU can depend upon YOU. The day will come that you may be allowed to cheat on your own free will, so don't kill yourself thinking life's little pleasures are gone for good and this isn't going to be any fun. How long is the wait? Well, how old are you? At the time I wrote this I was 32, so I cheated only twice every 32 days. Are you 53? You should realistically cheat only twice every 53 days then. The older you get, the more sensitive your digestive system becomes (like sewage pipes, they go bad, only yours can't be replaced, so keep them healthy).

I know some diets are much more lenient. The reason some diets advocate cheating or eating more carbohydrates on weekends is because this is absolutely necessary due to the loss of muscle tissue and glycogen you suffered during the weekdays depriving yourself. The only way to stick to something long enough to show a hint of progress is to allow you to cheat. Problem is, they do not realize the cheating is due to deficiencies that lead to specific cravings. If you weren't malnourished, you would rarely crave anything but health food ever again. Glycogen 'super compensation' or 'carb loading' will NOT ALWAYS work in causing a "cellular kinetic expansion" that it is widely claimed to be effective at doing. And the effect is nothing like steroids or growth hormone when you "load up" on weekends. In fact, how many of you have tried this before only to get fat and feel like you were back to square one, then had to start all over again the following week? Come on, raise your hands! Or, have you ever heard the author excuse himself by saying it's all right to gain a little fat because it increases your hormonal production? Oh Lord! NO way! Listen, with this diet, there is no cycling, no goofy schedules, no yo-yoing, no mumbo jumbo to convince you its unique.

Don Lemmon's KNOW HOW

You really don't have to cheat at all if you do not want to. But go ahead, it's OK. I said you could. Have ONE bad meal and if you want to cheat more often, take your age, divide it by 2 and that's how many days should go between your cheat days. That's often enough. I could tell you once a week, but once a week all I do is change the routine and that satisfies me enough. If you are going crazy, once a week will be fine if you are in good shape already, only then you can assume it's respectable to deviate just a bit from your beaten path.

I just want you to take care of YOURSELF is all. It's about forming a new life long habit, food separation. It can be hard at first, but not after you get the feel for the system. Besides, nothing easy is educational enough to produce permanent results anyhow. So stick it out even if it does get really tough on you. Do you know why people you admire most never seem to fail? They don't quit. The definition of "failure" is "quitter." Talent is not their secret. There are, granted, many keys to success and knowledge may be one part of the solution, BUT knowledge is "education" that led to "understanding." Your ability to understand is based upon your DESIRE TO BECOME EDUCATED. Desire IS determination. Determined people are disciplined through education to SUCCEED. If you self-discipline yourself, you will not be intimidated by any path to reaching your goals. And that takes something beyond talent. It takes KNOW HOW.

Sure, you'll make some mistakes! Of course there will be roadblocks! But pay attention to them! Roadblocks are opportunities from which you can gain greater KNOWLEDGE! More UNDERSTANDINGS! You'll become more talented! Learn things you need to succeed instead of fail! Things I can't teach you (experience)! And this experience will be RE-CREATION-AL, as in FUN-creating, and not so much 'work' anyhow. You'll like it. But quit now and you will not only fail, but also learn, therefore understand, succeed at and KNOW HOW to solve, NOTHING for yourself. Worrying about something only puts off solving the problem. There has never been a single thing solved through worry. And don't be stubborn about it either. Stubborn is NOT right either. In fact, it's SO NOT right, it's totally WRONG. It hardens your heart. Intentionally doing things wrong makes you an ASS. Occasionally people aren't being stubborn, or hard headed. They really just don't understand. Well let me be the first to tell you then. YOU DO NOT NEED TO UNDERSTAND, JUST KNOW YOU ARE WRONG. And welcome to REALITY. Put this and everything else in the past behind you because it's time to move forward. Procrastination, worry, choosing wrong over right, and carrying self doubt are merely the precursors of all other negative emotions and actions. "If you think you can, or if you think you can't, You are absolutely right." Believe in yourself.

Don Lemmon's KNOW HOW

Visualize your success! Taste it. Refuse to do anything but SUCCEED. Never hesitate again! You are well worth it. Are you ready? Are you absolutely sure? Well, let's get it on then! Right now, write down your goals and read them to yourself three times a day. Review them first thing in the morning, after work and before bed. Next, maintain a diary for yourself over the next 30 days too. I want it to be enlightening.

I want for you to write down not just what you ate or did when you exercised, but how you felt, who got in the way, where could you have been a better, more understanding, caring person and how can you help others like I am trying to help you right now. You probably can't right now, so let me do it for you. Both of you can email me. But I want you to make the commitment right here today on paper to never turn back and dwell. Only look forward and be the best person you can from now on.

Even assuming that you have read and understood everything so far, let us continue here by my saying, it would be best for you to cook your own food and eat at home as often as you can from now on. Someone else may accidentally prepare for you more than what you are allotted or mix your foods incorrectly and that could also destroy your hopes for success without their meaning to. Another thing, no specific food list/diet/menu/ or meal plan is intended to be followed for more than a few days each, a week at most. I have found eating the same foods Monday through Friday, or whatever your work week is, takes the thinking out of everything and then varying the diet on weekends works best for me and many of my former clients. This means any upcoming diets and suggestions I make are merely examples. Take one day each week to figure up your dream diet for that week using your average total daily calories from the week before so you know what you need to eat each day to continue excelling. For instance, you may schedule 1800 calories a day but when you review the entire week when it's done, you might have had more or less here and there and notice 1800 wasn't your average daily intake. Maybe 1700 was. Maybe you got fatter this week. I told you not to eat too little or that's what would happen. Maybe you ate 2700 instead of 1800 on the average because you cheated 3 times and that is what made you fat. I would say this week, stop cheating, under eating or skipping meals. Go back and start at square one again. 1800. Maybe you ate 2000 calories and made great progress. Stay at 2000 for a while then. Add you calories as suggested each week. You will learn more about how to do this in the upcoming pages and by reading labels. You should definitely also use my blank menu work sheets to keep yourself on track.

Don Lemmon's KNOW HOW

This is going to be a learning experience, you must try to get it right and commit it to memory because you WILL BE tested on it EVERY TIME YOU EAT.

Throughout the book you will find step-by-step guidelines for off-season and pre-contest dieting for bodybuilders, including supplement recommendations, weight gain info, exercise tips. and a lot of info you probably will never need but no one else has ever offered until now.

While the book is written for the typical everyday use with the fitness buff lifestyle in mind, I maintain the average folk's needs in every perspective. I have included a lot of additional info for those wanting to get technical over fat loss (never having been covered in such detail as it is in here) and then I teach you the truth about the detoxification of your body without needing to buy an expensive supplement kit too. Weight gain? That too. ALL you want to achieve in life may possibly lie within these pages. But remember, although I teach you to do it easier and more efficiently than anyone else, it's because I want you healthy. For the initial investment of the program, you are literally changing your life forever. The first change is in your food selection.

In the next chapter we will discuss the revolutionary and now World renown "12" Food Groups (a term stolen from me I just learned), complete with all the information about calories and nutrient content of nearly all the foods YOU choose for yourself to eat while on the KNOW HOW program. I give enough guidelines that any food you can imagine is easily recognized as a 'this or that group' and you'll automatically realize your boundaries so that failure is a thing of the past and soon forgotten. This is an essential tool when developing your own diet and maintaining the lifestyle. Sounds too easy? You can assume that you are "Eating Right." But if you were, even if you have experienced professional levels of success, the 12 Food Groups make it MUCH EASIER. It will be less TIME oriented. My way contains less LIMITATIONS. The KNOW HOW gets you there faster. What is even more gratifying is the reactions I am getting from people when they learn the tricks of the supplement companies! Believe me, it is absolutely amazing how many supplement companies have no shame. Some are VERY credible however and I tell you who to trust.

Finally, remember you can email me with any and all questions you may have beginning today after you finish reading this KNOW HOW book. We use this online counseling to be certain that the food you eat, the supplements you use and the training you follow is correct for your goals. If you fail, I fail. If you fail, I receive no referrals. So of course I want you to succeed! This service is exactly the same as used by the many celebrities and physique stars who have been under my wing

Don Lemmon's KNOW HOW

too. You will get exactly what they get, all questions, not already in the book, answered. Sometimes you need this service a little, sometimes a lot. Just know, either way, I am at YOUR service and you can contact me anytime. That's honest to goodness UNLIMITED personal contact! And you BEGIN your ONLINE counseling THE SAME DAY you finish reading this book. Although the KNOW HOW is quite complete, I realize you are an individual and your program must be too.

As long as you are honest and we KNOW exactly what you're doing wrong, this counseling is a sure fire route to getting it right every single time. My pro clients aren't the only ones winning from this counseling. Now so can you. The benefits you or anyone else who reads this are about to receive by making some specific changes are indescribable at this point. Every culture on Earth should make these same adaptations and they too will feel the difference.

The bottom line is this though. The KNOW HOW is something you can do the rest of your life. It is for real. It is, in essence, an honest lifestyle change. And you can use it to reach any goal. So let me not only review your current diet and exercise routines, but correct them, while answering all your other questions. Some say you really don't understand how much I actually have to offer until after reading this book and then beginning to interface with me personally that you realize my ability to get you where you need faster than anyone else in the industry. Since this actual project began, there have been 12 revisions over 8 years. And this is the last one. The original was the classic which cut through all the media nonsense and gave you only what you needed and no fluff. That book started a fitness craze World Wide and was only 30 pages long. I still say it is all most people will ever need BUT... I have expanded upon it for the very last time anyhow. I assure you all the original info remains intact but it is explained in MUCH greater detail. My point is, all you really need is in the next chapter. Most of the next chapter is all the original book. Got it? Let's do it up! You HAVE arrived..... So let's go! Enjoy.

Here is a simple diary. Please, tell me, what were you thinking these days?

Day One: _____

Day Two: _____

Day Three: _____

Day Four: _____

Day Five: _____

Day Six: _____

Day Seven: _____

Day Eight: _____

Day Nine: _____

Don Lemmon's KNOW HOW

Day Ten: _____
Day Eleven: _____
Day Twelve: _____
Day Thirteen: _____
Day Fourteen: _____
Day Fifteen: _____
Day Sixteen: _____
Day Seventeen: _____
Day Eighteen: _____
Day Nineteen: _____
Day Twenty: _____
Day Twenty One: _____
Day Twenty Two: _____
Day Twenty Three: _____
Day Twenty Four: _____
Day Twenty Five: _____
Day Twenty Six: _____
Day Twenty Seven: _____
Day Twenty Eight: _____
Day Twenty Nine: _____
Day Thirty: _____
Day Thirty One: _____
Conclusions: _____

SECTION FOUR: THE TWELVE FOOD GROUPS

After reading this section I think you will be able to understand everything else it is I am asking you to do. For over a dozen years I have worked as a nutrition consultant and a writer. I am NOT a personal trainer. I did however begin my career in training. Without practical hands on experience and personally discussing nutrition face to face with people and listening, none of what you are about to read would be here right now. On occasion, I still step into the gym, but it is not the bulk of my efforts in this field. This book, Don Lemmon's KNOW HOW, was originally ALL ABOUT nutrition. I now give you much more than that but nutrition and these 12 Food Groups are truly the key to your overall success. What we have here is a very innovative nutrition plan which literally debunks Dr. Atkin's no carb plan. It destroys the theory of the Zone. And explains once and for all why eating

Don Lemmon's KNOW HOW

low-fat will never prove fruitful. And drugs... Forget about them. Sure, what you do may FORCE progress. But what I do ALLOWS for progress. This is of course EASIER and much more logical. No gimmicks. Just food. Developed after years of experience and research working with every known case of weight loss and weight gain you could imagine, The 12 Food Groups literally work for everyone. Body builders increase their strength every workout.

Those seeking fat loss do so almost by the hour. Everyone succeeds by learning the "laws" which make or break you in this section right here.

This is the same program I gave to all the people you see on my web site (who really are all friends, associates and clients of mine). They are not paid to endorse me. They are there because of the relationship we all have. For five years I in Las Vegas, Nevada from 1992 to 1996, just up until I began my video project for television that year. It was interesting and educational experience. Working with the winners of every pro fitness event in the world, Mr. USA, Mr. America, Mr. Universe, the World Tough Man Champ, pay per view martial artists, models, personalities, etc. I discovered, both big and small, you and all of them, had one thing in common. Wanting to build muscle and lose fat simultaneously. None of them realized when we first met it could be both be done at once. It is true. And of all the clients I had in Vegas during those five years, those I had prior to this, those after and these stars on my site, all had the same request. The only difference was some people are at a different level of development than others. Some wanted or need a little bit muscle, some require or seek to build a lot. Some have more or less fat to lose and some either had so little or so much fat I had to argue with a bit more. It's all relative. It's ALL so VERY relative. However, I am determined to teach you that anyone at any level can succeed, they only need this basic information about the 12 Food Groups and then once that is understood, you're home free. It's that simple. Honestly.

I know you think I am kidding or trying to make it sound so simple but it really is. I could care less if you 'buy' into what I say. At least I can sleep at night knowing progress and results can come easy if I want them and I am not hiding anything from you just to string you along like other writers do. Learn the 12 Food Groups today and in just a short amount of time, you will be strutting your stuff and telling others how easy it was too. You have got to remember, it's all health though. It's never all about vanity. I promise if you address your health, vanity is right there with you. So look around the donlemmon.com website if you haven't already. I do a lot of work with the fit and famous and the site is full of perfect physiques. Their

Don Lemmon's KNOW HOW

goals however may not be your goals. Somewhere in between where they are today and where you are right now is the exact place you want to be. Thousands of people have reached their goals on the 12 Food Groups program. It has nothing to do with being a model or an athlete. It is about individual success. Your goal isn't my goal, and your success isn't comparable to anyone else's. You know what you want. In this chapter, you will discover how to get it.

Many have asked how I compare to the 12 Food Groups to the multitudes of other programs and questioned whether mine is just like something else they already know about. Sure, possibly, I would think anyone would come up with what I have if they had the time and resources to think about it long enough. But if my program is like someone else's, chalk it up to coincidence, because the comparison is hardly partial. I didn't do what Suzanne Somers did and steal her program from Michael Montignac. I mean really, we could easily put up a web site and direct a link to Amazon.com to buy any of my competitors systems if I felt they worked as well. If this was an offshoot of something else, I might try to call it an 'Anabolic' this or 'Opus' of some sort. But it's not. I wrote it all on my own based upon what my clients and I both know to be the truth. Now it is time for you to discover the same truths.

Let me tell you how easy Don Lemmon's KNOW HOW really is. The first released edition of my program was only 28 pages. It sold 25,000 copies and detailed the exact training programs and dietary routines to achieve what those you emulate already have. Imagine, all you need forever in just 28 pages. Nothing else. Well, I have added a lot of candy to it and now it's got ten times the info. This is the last time I will be updating it and this is the last book you'll ever really need. Sure, you can go out and read whatever you like. Learn. Explore. But like everyone else I told to go do this to, you'll be back! Often you will find commercial nutrition programs founded on the principle of simply marketing their own product in particular, like those with frozen meals. That is true here too, but I also offer a wealth of info to enjoy and use for a lifetime. I am online for you always to conduct Q&A sessions, send you audio cassettes when I interview interesting people, wanting to teach you the truth about what supplements to use and give you a fair share of what you need to get anyone you know started immediately even if they haven't bought my book first. I am not prejudice to helping anyone who has this book in their hands.

I am sincere when I say I am devoted to human health and drug-free physique enhancement (with or without the desire or genetics for bodybuilding, weightlifting, modeling, or athletics). My intent is to help anyone in creating

Don Lemmon's KNOW HOW

specifically for them a program tailor fit if necessary, to reach what has often been referred to as 'The Perfect Body' no matter who, what or where they are. I hope you realize that just because someone has a certification or a degree in this or that, it doesn't make them qualified to dispense such advice. I cringe at the trainer putting his client on low fat diets and telling them to eat nonfat foods then go to a gym for 2 hours a trip.

I would bet they didn't know aspartame poisoning is enough a reason not to eat nonfat foods ever again. If yours is like this, some trainer you have there. They probably also has you believing muscle growth occurs during a weight training session or cardiovascular exercise is better if completed before you weight lift and should also be added on separate days from lifting weights. That's SO wrong. Don't worry, I won't let you leave until I am sure you have your head twisted back on straight. For what to eat before and after a workout, please refer to my exercise chapter.

I personally will try to make sure you have a more than basic knowledge of the 12 Food Groups in a moment. There is more to it than just knowing what a fat, protein or carbohydrate is but it isn't just knowing what a simple or a complex carb is. Do you really have any clue as to the significance food plays in your genetic potential? If your goal is to be taken prisoner by Xena the Warrior Princess or to go on a Legendary Journey with Hercules, I cant help you there. But I can promise that genetics have VERY LITTLE to do with your success. Trust me and you'll feel better, look better, live better than ever before (plus look good naked in case those fantasies of yours do really manifest)! With a few common adjustments, the same meals that work for one goal will also help you become as lean as you desire, as muscular as you desire or as healthy as you desire all faster than ever before. But you must know your 12 Food Groups. Keep in mind. IN-digestion means the same thing as IN-complete! It is incomplete digestion that causes all our setbacks.

Let's ask Mike Coy, Fitness Trainer, San Francisco, California about it...

"I occasionally receive an e-mail or two from the curious folks in differing parts of the country as to the credibility, and truthfulness of Don Lemmon's KNOW HOW. Having been one of the lucky few that Don has allowed to become phone consultation clients of his, let me say this... People, Don Lemmon is the real deal. He is light years ahead of all those supposedly 'in the know' about proper nutrition and exercise. He achieves results on an individual with incredible grace, speed and intelligence. My creed is, 'I do not and will not EVER confide in anyone for advice besides Don Lemmon.' No need to. Trust in him and this will soon be your creed as well. I thank the Lord for this information, I really do."

Don Lemmon's KNOW HOW

You can read an interview with Mike on my website. But before you flip around the internet, I have a few more items of interest to cover. This program works for all eating disorders. Body morph disorders. Even for reducing cellulite. If you do not like certain foods, that is all right as well. You will now know what foods fall into what categories and how to mix match them.

It's all a breeze and being in a pinch is also no longer a cause for concern. Without all of us being essentially the same physically, each owning just a few minor differences, physicians wouldn't be able to diagnose with any amount of success, now would they? Of course not. So with that said, some things truly are and do honestly work for everyone. Only the application sometimes varies, but not much. Men usually want to see their abdominal muscles and didn't realize that has more to do with nutrition than exercise until they read this. Women usually think if they exercise, all their fat somehow automatically disappears. Instead, they get bigger. Why? Nutrition. Not exercise. Nutrition.

After you finish this section, I want you to email me. I want all suggestions, comments, rants, raves, tantrums thrown and this way I can help you understand anything you felt was too complex your first time through. I would also like to know who you talked to about the 12 Food Groups and their response if you will take that kind of time for me. Can I ask you something else? What did you eat today? I personally had some great food. I have never once felt deprived of the foods I enjoy the most. I literally eat anything I want. And so does everyone on this program. I have said it a million times, there are not four food groups but TWELVE. I honestly feel it is easier to learn a little about 12 things than a lot about 4 when it came to the success rates of my clients. 4 food groups are too broad. Food is the cornerstone of any nutrition program and unless you learned what you should have or cannot have a long time ago, no matter what you do now, it always seems to lead to failure. Your body needs essential fats, good protein and complex carbohydrates for energy, healing, health, existence AND fat loss or muscle building. Deplete yourself of any one of the three and you lose. Nourish your body with all three mega nutrients in the proper ratios via different types of foods from all 12 of these food groups daily (but not all at once), and you become a lean, mean, efficiently healthy machine! After understanding the 12 food groups, all else is 'a piece of cake' so to speak

Alright, I can't make you wait til you get to the exercise section for this info. I know many of you won't get that far in the book before going to the gym later today. Did you know it's best to have a little fat BEFORE you workout and to eat

Don Lemmon's KNOW HOW

nothing during the session then waiting to have CARBS afterwards? Do it for one week. The results will astonish you. Have about half the calories you normally would for a full meal, but try that. There is nothing that nutrition cant make work better. Supplements? They are covered later on in another chapter of the book. While you do need a few, not only will I tell you precisely which ones, but where to get them in the highest quality at the lowest prices.

I personally get by on under \$60 a month in supplements and \$200 in grocery store bought foods. No joke. And I eat A LOT of food. 4000 calories a day. I weigh normally around 200. So I figure a lady could save a lot and so could those of you eating more than I do. My wife eats over 2000 calories a day and is the furthest thing from fat. Sure, maybe it's so simple because I have been doing it for years, but knowing what's right and choosing to do wrong, is just sinful. This program is entirely based on all the results and needs of everyone who came before you since my days in Fayetteville NC at the Spa in '89, to Gold's Gym in Niles, OH, my own office in Burbank, CA and even Gold's in Las Vegas all the way up to 1997 during my time in Youngstown OH and coming back to sunny Los Angeles then Las Vegas again this year. If the thousands I have met before you can succeed, believe me, you aren't the only one who cannot. Odds are against your failing.

I make it sound like a cure all, I know. Considering this is the same program used by virtually everyone on my website and some of the World's most seen physiques, yes, this is probably the secret you've been searching for all along! Well, what makes it work? The KNOW HOW works because it is not a fad diet and does not restrict your caloric intake. Instead, allows you to eat more and more food. I am not just talking breakfast, lunch and dinner and taking advantage of your breaks at work to eat more often (which is the only reason why any other program worked at all). I am talking about literally eating MORE FOOD! I am serious! No starving! Isn't that perfect? You're even allowed to eat before bed and sneak to the fridge in the middle of the night if you like (in fact, if you wake up in the middle of the night, have a handful of sunflower seeds). You're simply feeding your metabolism. The more often you eat, the more the body has to process, the less it tears itself down therefore the faster the metabolism. As long as the foods are kept in their appropriate food groups and right measures, they will NEVER be stored as fat! Sorry if you thought success was achieved through starvation and hours upon hours of exercise. It is achieved through these methods instead. You'll have more energy throughout the day, sleep better at night and no longer feel tired midway through work or training. You can do it the old way, eating what you already do and needing to exercise 30 hours a week to look good (not feasible) OR you can eat like we do and exercise only twice a week! Hmmm. Tough choice.

Don Lemmon's KNOW HOW

Typically my clients are reporting gaining 12 pounds in lean mass the first 28 days (and ladies, all of you could stand to drop 25 pounds of fat and replace it with 12 pounds of skin firming muscle)! Losing 25 pounds of pure fat the first month is not uncommon (but fat burning only efficiently occurs when muscle is being built too)! Bodybuilders have reported putting over 3 inches on their arms! 8 inches on their chests! Recovering faster from workouts!

Doubling their squat and dead lift weights! Quadrupling their leg press! Adding 50% to their bench and gaining anywhere from 20 to 40 pounds in solid body weight! Don't think or believe it is possible? Then you just haven't discovered the same methods that I have, that's all! It doesn't mean this isn't for real! It's JUST NOT THAT WELL KNOWN YET! I am like that last pack of bubble gum on the back of the candy rack. I am hidden, no one sees me, but darn it, I am really good. But because of all the gum in front of me, I am not seen until everything else is moved out of the way.

Look at it like this. If someone didn't feel this book was something unique enough for you to see, you'd have been referred to something else. And if this weren't a successful program why would so many people be endorsing it and would I have lasted all this time online? Trust me, the thousands on this system can't be wrong. Only those who aren't on it are wrong. Compare me to whatever or whomever you think I may mimic and you are absolutely, 100% INCORRECT. Men and women alike are planning vacations to beach resorts instead of ski lifts because now they look good in swim wear! Ask yourself a question. "If I am carrying more fat than I'd like, what are the chances it could only get worse if I do not do something about it right now?" You have to admit the chances are good. Doesn't matter if it is a 5 pound or 50 pound difference. And what are the chances if you lose even just a little fat that it only gets easier to lose more and more? Those chances are even better my friend. We are all here to lose what we do not need to be carrying at all. And what are you going to do about it? Cut your calories back? NEVER. And for weight gain, does eating everything in site without a distinct plan really work? No. But this does. The 12 Food Groups. Here, I have another little analogy to tell you right now.

I just got done reading Burt Reynolds's biography. It was released a couple years after he and Loni Anderson divorced. It was such a great book. I had no idea how much this man had actually done in his life by time the 70's rolled around. He just seemed to appear out of nowhere but everyone who was anyone apparently knew him. He mingled with the best of the best. His friends are our Hollywood idols. I know it sounds crazy but I kind of relate to that. I have been in the business for

Don Lemmon's KNOW HOW

over 10 years now. I have made a name for myself every where I went, but somehow, until now, you had no idea who I was. When in fact, I am known by most of the people you pick up the fitness magazines to read about each month. That is correct. I have been around longer than you think. You may still ask if this program is original or not and if it has any medical or scientific validity. Yes it is and yes it does. Ask yourself the same question of the programs you have followed before mine.

If there was one thing I have learned about nutrition over the years it was that most people actually do not eat bad, they just follow the wrong advice about it. What they do is eat in a poorly managed fashion. I mean it is one thing to not eat candy anymore but another to still drink soda pop by the liter. It is another thing to eat fat free all the time thinking it is the good way to go not realizing as you feel your health slipping away that it is due to those low fat eating habits. The one that knocks me out is the diet where you drink protein shakes all day and you still aren't sure why the progress isn't working. Wake up people. Body For Life or any other 'transformation' program is designed entirely on getting you to buy \$300 a month worth of products from the ring leaders of the system. Doesn't matter anymore. I will make only minor alterations in what you do now that will equate to big results in the long run. I will do this by teaching you the 12 Food Groups.

What I have been trying to get across is that what you are about to read right now will be the blueprint for everything you do regarding food intake for the rest of your life. In order for it to never fail, you must take it very seriously. Secondly, do not ignore the upcoming menu sheets. Use them. On a scrap piece of paper, right now, I want you to divide your allowed calories for the day into 6 meals. There will be 12 Food Groups (numbered 1 through 12) on the following pages. At least three of your meals (or snacks) are to come from the protein and fat foods we are about to discuss in groups #1-7. Please, be sure to eat proteins and fats. Fat digests in the presence of protein. This means your meats, your eggs, and your cheeses, as they are all proteins. In Latin, protein means 'of first importance.' You require them to be healthy and our bodies need the fat along side of them in order to digest efficiently, so you cannot do without either of them. (If you are a vegetarian, search for high quality, low carbohydrate, protein alternatives at your health food store. If you refuse to eat red meat, fine, but eat some animal based proteins like eggs and cheese anyhow.) Being allowed fat doesn't mean a lot of fat. I prefer my 4 protein and fat meals to be 75% protein and 25% fat. That is the actual content, not 75% one food and 25% of another. Read on, you'll see what I mean.

Don Lemmon's KNOW HOW

Next, plan your other two or three feedings or snacks as carbohydrate meals. If you do not feel like eating a lot of carbohydrates, cut back on them a little, but always keep them separate from your protein and fat meals. Understand, you DO HAVE CARBS. Limit them to two meals if you like, but do not neglect them. Whatever you heard before about low carb dieting, FORGET IT. Choose carbohydrates from groups #8-12.

The 12 food groups in fact, are listed in the order that you should eat them in a meal. When you eat, eat food number one before food number 2, or 3 before 4, or 8 or 12 or whatever foods are at that meal. This isn't always necessary, but if you experience any digestive discomfort, you might want to try this too. You will also notice, I provide you with a few calorie counting tips for that may or may not be entirely accurate. I want you to read all of the food labels on every food that you purchase before you eat it again and learn what it is. You may want to pick up a calorie counting guide too. Serving sizes DO vary from manufacturer to manufacturer and generalizations need to be memorized. Learn from now on to eat for satisfaction, not out of pleasure (gluttony). The 12 Food Groups may shock you, but your body was designed to know what each food found in Nature was as soon as you begin chewing it. The first taste sets up a chain reaction for what happens next in the gut. This is important because knowing that the body recognizes FOODS individually and not in COMBINATIONS, will allow you to understand why the body only breaks down food in certain and specific groups separate from one another. I have decided not to list whether the foods are alkaline or acidic. Important sometimes, yes, but not as significant as the other nutritional info I feel you should know. For now, all you need to be aware of is that the terms alkaline ash and acid ash refer to what's remaining after processing the foods in question are examined. When a food is dried in a lab to an ash, the reaction is either acid, alkaline or neutral. Your physician will discuss this further with you if it is a concern, I personally do not want to come across as though I am diagnosing. Generally speaking, fruits, legumes and vegetables are alkaline foods. Grains and animal products are acidic. Fats are neutral. Legumes, melons and tubers (potatoes) reduce the acidity of your urine. Acidic fruits increase it. You need a balance of all things in your diet. Acid foods are the body's accelerators and alkaline foods put on the brakes. If the brakes work, but the accelerator doesn't, the car won't move. Understand? Another thing, don't let food spoil before you get around to eating it. Prioritize your meal and menu planning. First thing we will look at is the importance of protein and fat sources in your diet. Physiologically, the human body was designed to digest the two together. Again, we were designed by

Don Lemmon's KNOW HOW

God, to eat fats and proteins together. Notice that in Nature, usually the two come combined in the same foods together WITHOUT carbohydrates! That is a hint of folks. I feel best when I keep my proteins at a 4 grams to one gram of fat ratio. Sometimes I increase the percentage of fat by going 3 to 1. But this is left for you to decide.

"Every moving thing that liveth shall be meat for you. Even as the green herb, I have given you all things. GENESIS 9:3" For those of you who rebute, Genesis 9:4 means you are to eat nothing still living. Kill it, prepare it, EAT.

1) Eggs: Since eggs are not from cows, therefore I do not consider them part of the dairy group. And while supposedly containing 'the most complete source of protein available, they are a little hard to digest and should be not only cooked but eaten before anything else in your meal. Some people are afraid of increasing their protein intakes and complain of belly aches after consuming it. If this is so, take PEPTAIN HCL tablets under the supervision of a physician. There are plenty egg sources known to man (all of which, my friend Rikki Rockett will fist fight me for saying are good for you - he's a vegetarian and animal rights activist) like duck, quail, chicken, or whatever other type you may choose. And a larger whole egg (white and yolk together) contains about 6 grams of protein, 4 grams of fat and 60 calories. (The white alone has 5 grams of protein and 20 calories. The yolk, 1 protein gram and the 4 in fat.) Because of the high quality nutrients, essential amino acids (in the protein), lecithin and cholesterol (in the fat), I eat eggs every day. I recommend having only one yolk for every three or four whites though (although I love farm fresh egg yolks). Get your other fat calories from food groups #5 and #7. I usually mix about a TB (tablespoon) of whole raw cream in for each 4 eggs to make them fluffy then place them covered in the fridge overnight. In the morning I can scramble my eggs without taking the time to crack and separate them. (If you haven't realized it by now, cholesterol free diets don't work. Only by regularly EATING cholesterol can the body be able to reduce it's own storage of it. Thereby to create the enzymes necessary in regulating it's production, we must have some.) never fear, egg yolks do contain cholesterol, but they also contain the highest natural source of cholesterol mobilizers. This means DEVILED EGGS ARE NOW ACCEPTABLE AGAI N! Here's a boiling tip for you to make them. Poke a pin hole in the round end. Put a TB of salt and a TB of vinegar in the water. Use a cooking thermometer and boil your eggs in water and chicken broth for 25 minutes at 180 degrees. DING! Done! I have an egg recipe ahead for you. Final tip. Do not order scrambled eggs from a restaurant. They rarely give you all the eggs you order and you can't tell the difference. They are scrambled. They

Don Lemmon's KNOW HOW

have a bunch in a bowl and they simply scoop a little out and you never know what you're getting (like food poisoning maybe).

2) Seafood: Sea bass, oysters, haddock, pollock, tuna, flounder, perch, swordfish, halibut, orange roughy, albacore, salmon, blue, red, chum, sardines, TROUT and carp are all good protein sources. NO ANCHOVIES - NO EEL - NO COD - NO HERRING and or higher in sodium ocean water types if you are hypertension sensitive though. Check with your 'fish'ician first. Typically low in fat (averaging 23 grams of protein and 3 grams of fat per quarter -1/4- pound), you'll need to add a little fat to fish in order to aid in digestion (a good excuse)! So you get to use real butter on seafood! Any oil would work, but only add it AFTER cooking, not before. (See group #8.) Cooking destroys the good things in fat and makes it poisonous to your digestive tract. That builds toxins in the intestines, stresses your immunity system and leads to weak lungs and allergies. It is crucial that you adhere to this ONE law of fats. Do not ever over heat them. If you can't eat them at room temperature, or barely heated, do not eat them at all. If you have been eating fat up until now, this is why it hasn't worked yet. Try this was instead.

3) Animal Meats: Note (sorry Rikki), meat is good for you, but some flesh foods are low in fat (like fish) and will require added oils too. I hear all the vegetarians screaming already. "Dead animals?" I say "Dead plants?" The life may be gone now, but just like a plant, the nutrients remain as long as the food wasn't left to spoil. And just as a piece of meat spoils, a vegetable spoils too. It's the same process. Sure there are too many drugs and poor killing methods used on animals these days, but there are WAY more pesticides and chemicals in our plants and we need meat to live. OK, maybe not meat, but the nutrients in them. Use your own discretion. Animals contain many essential nutrients besides proteins (like cholesterol, creatine and B-vitamins) in forms that you cannot get from plants. In case you didn't know this either, low dietary cholesterol levels can lead to a vulnerable immune system. Furthermore, remember, you must eat cholesterol in order for the body to create the enzymes to break down any excess blood cholesterol you may have and to regulate all your other hormones. Turkey, bacon, reptile, sausages, deer, ostrich, buffalo, burgers, wild game, pork, Cornish hen and other common meats and preparations, all trimmed of visible fat and skin (there is no benefit to eating the excess marbles of fat or skin), contain per quarter (1/4) pound, almost 25 grams of protein, 5 grams of fat and 145 calories on the average AND are quite

Don Lemmon's KNOW HOW

essential to this or any program (even if it is only one meal a day). If you have ulcers, supplement with pepsin (this will assist in protein digestion) and comfrey tea (a special herbal tea, inexpensive) which may also assist to heal a weakened stomach lining.

4) Organ meats: Another GREAT source of both protein AND fat. Vegetarians, don't stop here, I have more coming up that will help you through this without meats. Organs are groins (yeah, groins), tongues, heart, tripe, brains, lungs, and whatever else from the insides of your favorite critter. Organ meats contain various nutritional co-factors that aid in our overall health. Their calorie counts vary widely. You DEFINITELY need a calorie handbook to check out the particulars of the ones you choose. I personally use 'desiccated' (de-fatted and dehydrated) organ meats that are put into pill form because they supply me with many of the nutritional co-factors other foods do not and I do not need to spend the time having to eat this stuff. I do not enjoy the taste of some organ foods. But prepared properly... they certainly can be tasty. I really like liver and onions on occasion. Did you know, historically, organ cuts used to be the most valued parts of the kill and the meat was literally tossed aside to the dogs instead!

5) Dairy products: Good sources of both proteins and fats, dairy products include sour cream, unflavored yogurts, acidophilus (a healthy, spoiled milk product that contains a lot of friendly bacteria that are good for the digestive tract), butter milk, custard, real butter (not margarine), natural mayonaises and cheese. I am talking hard cheeses! (Cheese slices with cold cuts on a party platter are the best!) HARD CHEESE, is cheese that breaks easily but isn't creamy. I suggest provolone, gouda, feta, mozzarella, Swiss, parmesan, ramano and other cheeses. The easiest to digest are feta, bleu and anything crumbly. I always have a little cheese with my meats. They are an excellent calcium source and balances well with the phosphorus in meat. Cheeses carry around 7 grams of protein, 2 or 3 carbohydrates, 8 grams of fat, and about 110 calories an ounce. Most people who think they are lactose intolerant really are experiencing a problem with digesting harder cheese fat or creams that have been mixed with sugars. Cottage cheese is great too and rarely has a negative effect upon digestive effect. I put Udo's oil on mine with ginger, allspice, nutmeg and cinnamon. More on Dr Udo Erasmus in a moment.... My wife thought she was intolerant as well until she began separating her foods more accordingly.

Don Lemmon's KNOW HOW

However, if we are talking about milks and yogurts, they should be eaten as nonfat CARBOHYDRATE foods and separate from your meats and fats. (Buy yogurts with no sugar or nutra sweet or aspartame added). Milk and yogurts are about 9 grams of protein and 12 to 16 carbohydrates per 8 ounces. The natural sugar in milk only causes digestive complications leading you to think you are lactose intolerant again if you use whole fat products (because again, you can't mix fat and carbs at all). You know sugar and fat don't mix well in your gut. Even if it is found naturally in milk, this isn't a mistake of GOD. It's a mistake of man. Unless you use raw milk, you can't have whole milk. You must wean yourself off of store bought milk. Pasteurization is what not only makes milk last longer, but destroys the essential acidophilus (this is what makes milk sour) and hard to digest. Raw milk lasts about one week and pasteurization at least two. The grocer feels the longer the shelf life, the more milk that is sold. If you drink milk, sip it and take a good 20 minutes to finish the glass. Carry it around with you if you want. But sip it, do not gulp it.

To turn milk into a yogurt, you must first sterilize it then plant a 'culture' in it. The culture sours the milk which forms yogurt. Natural soured milk is much better for this reason as the acidophilus is intact. Scientists thought pasteurization was a success at first because it lowered the bacteria count of raw milk. However, 48 hours later with all the acidophilus gone too, the bad bacteria returns and skyrockets! So, pasteurization may not be so cool after all. Thus all your farting, belching. GAS, constipation and other problems (people with intestinal parasites are suggested to avoid all milk products and begin eating black walnuts and pomegranates which break the parasites down). Whey protein in fact is another dairy protein. It should be mixed with an equal amount of fat grams from cream to digest properly. But that is PURE whey, not what you think is pure protein from a health store. Anything \$40 a tub I feel needs reconsidered. I only know of one protein I trust. Anyhow, like an egg has a 6 gram of protein to a 4 gram of fat ratio and whole milk is a 9 to 9 ratio in 8 oz and an ounce of cheese is around 7 to 5, a nonfat whey also needs some fat in it. Following this suit, 33 grams of whey offers the best results with 5 TB of heavy cream (25 grams of fat). Half and half is not what I mean. I am talking about whole, all fat cream. I personally freeze my cream in ice cubes, 2 TB in each or so and then add them to the mix later. There was a point in time I was using well over a quart of cream a day. My blood profile was never better but I felt it was time for more food calories instead of so much cream once I realized how much I was using. The point is, a little cream definitely isn't going to hurt you if that much doesn't (a TB of cream is 40 calories, a quart is 1600 calories). BUT, when you are down to losing those last 5 or ten

Don Lemmon's KNOW HOW

pounds, I would suggest dropping all dairy that is not pasteurized with the exception of a little real butter with veggies at meat meals. Final tip. For those of you investing in CLA and HMB at your local health food store, consider this, CLA and HMB can be obtained for pennies on the dollar by eating 2 tablespoons of raw cream and just 1 tablespoon of real butter a day. Contact a farm near you for cream and milk.

6) Nuts and seeds: (contain carbs too, but have more fat than carbs or protein) Chestnuts*, cashews, peanuts*, almonds, pecans, macadamias, walnuts, pistachios, sunflower seeds, etc. Go for the dry roasted and low carbohydrate choices. An ounce (1 oz.) of nuts or nut butter contains around 7 grams of protein, 7 carbs, 14 grams of fat and about 182 calories. If you are wondering how I get these figures, carbohydrates and proteins both have 4 calories a gram and fat has nine.

*The little *'s on the next few pages of this section are put there to tell you which foods contain a natural carbohydrate source known as a starch. Starches, are as bad as sugar if eaten with fats and proteins unless of course it is naturally found within the protein or fat source itself like here, with nuts or seeds (but NOT by your adding it). ALWAYS keep those carbohydrates separate! No honey roasted or corn syrup soaked nuts or seeds anymore. DEFINITELY none fried in coconut, cotton seed or any other oil either. If a food contains all three (carbs, fats, proteins) naturally, you can eat it, but have it separate from any other foods. Again, people with parasites should begin eating black walnuts because a walnut's enzymes inhibits parasite growth. More on fats next.

7) Fats and oils: It is a wise idea to consult a specialist and have a test run on your body's enzymatic reserves prior to increasing your fat intake above recommended levels. High fat diets do not work for everyone and this is NOT a high fat diet. Don't think you need fats at all? Without fats, oxygen can't reach your brain for proper thought. That's why you feel you don't need fats. You are dumbfounded at times. If fats are eaten before protein, they may inhibit the secretion of digestive juices upon the incoming proteins, leaving them poorly digested. So, if fat is not naturally contained in your protein food source, add it afterwards with some green vegetables. The vegetables delay this adverse reaction of the enzymes upon the proteins. But protein still needs fat to process so always eat it anyhow. No, the little fat in your tuna or chicken breast isn't enough. You took the skin off of it first. Now it is low fat, but because that skin is where animals store toxins, so forget about it and add something more healthy to your meal. Try real butter for a

Don Lemmon's KNOW HOW

change (salted or unsalted doesn't matter) but NEVER use margarine. Margarine is hydrogenated. Hydrogenated oils are the body's worst killers. You can use REAL butter on any protein just about but do not cook with it or any other oil with the exception of olive oil for frying. Again, heat destroys fats and makes them poisonous instead of nutritious. Cook your food first, then pour the oil or butter on AFTERWARDS.

One of the THE BIGGEST misconceptions in the WORLD is that margarine also somehow reduces cholesterol. Butter contains natural cholesterol metabolizing nutrients. Margarine is deadly because it does not.

My primary fat choice of fat is Udo's Perfected Oil Blend, which I recommend everybody use. It contains all the ESSENTIAL, meaning MUST HAVE, fatty nutrients. My other choices are Flax seed, Olive oil, Walnuts, Sesame butter (tahini), Wheat Germ added to my oats, Sun or Safflower oil (I mix a little with my flax for better flavor and balancing the nutrients. 1 TB of flax seed oil with 1 tsp. sunflower oil for salads.), plus I use heavy whipping cream in my occasional Java. I only have coffee 3 days a week, so I do not over stress my adrenal system. (Limit yourself to 2/3 cup for women and 1 cup for men daily MAX .) And only have coffee mid afternoon, not in the mornings either for the same reason. My wife and I are former caffeine addicts. Trust me, you do not know how well the body works when you clean yourself of caffeine, you really don't.

You can sparingly use fatty dressings on salads if they are eaten with proteins (eggs or meats) devoid of croutons and pasta. By fatty, I mean a dressing that has only a couple carbohydrates in it and is mostly fat like bleu cheese, ranch, or even Caesar. If you have a salad with a carbohydrate meal, use a nonfat dressing instead. It sounds confusing but it isn't. Read labels so you can stay within these parameters. A tablespoon serving of oil contains almost 14 grams of fat and 126 calories. I used to take whole raw eggs straight from the chicken (I had chickens) adding an extra 2 or 3 whites then mixed in a teaspoon of flax oil to do quick shots of this between meals. If you fear salmonella, boil your eggs for a minute before mixing this concoction. In all honesty, remember, I am talking whole raw farm fresh eggs that haven't been pasteurized. That means they are MUCH healthier for you. As for other oils, try corn, sesame, safflower, garlic, hemp, pumpkin oils too. Whether you like the taste of fat or not, 70% of all our energy comes from fat. Final tip. If you find at any time you crave sugar, you are actually burning fat. If you eat carbohydrates when you crave carbohydrates, you shut off your fat burning mechanisms. When you start craving pizza, ice cream, pasta etc., you now

Don Lemmon's KNOW HOW

know why. You probably know you can eat anything and the cravings will disappear. So have protein and fat instead from now on. Egg and oil shots anyone? Next, we have our carbohydrate sources.

NOTICE: These foods naturally come almost 'fat free' in nature which is how the human body was designed to digest them. If a carbohydrate food doesn't contain a minimum of 15 grams of carbohydrates for each gram of fat, I normally do not eat it. Man probably added something. Read the label. (Simply divide the number of carbohydrates in the food itself by the amount of fat grams it has to get that figure. For example, if it has 45 carbs and 3 or less fat grams, its adequate to eat.) Read all labels. Especially ingredient lists. They can contain some evil stuff in them. Carbohydrates have within them nutrients that you'll never receive via fats or proteins, so you should eat them. Just make sure you aren't mixing them with extra (hidden) SUGARS which need to be eliminated almost entirely by the way. NO Gator-aid or Kool-aid is allowed. Breading, ketchup, sauces etc. It all adds up to be carbohydrates where you may not want them to be. So watch it. Those of you on a high protein plan, simply add a carbohydrate meal after your weight training session or at least have some carbs every 2 or 3 days. Your health depends upon these decisions.

8) Beans (legumes): Beans contain grand complex fibers known as fructo-oligo saccharides that are a bulk which humans do not digest, but use it as a food for healthy bacteria to flourish in the bowel. Examples are lima beans, pinto, kidney, lentil, peas, corn, black, cow, fava, soy, red, and butter beans, or blackeye peas... Every type of bean except green and wax counts as a carb. Green and wax beans are too low in carbohydrate to be considered a part of this group. They are more so a part of group #11. Beans are moderately starchy* carbohydrates, also known as legumes and are approximately 75 calories, 4 grams of protein and 15 carbohydrates per 4 ounces (oz). Gotta TOOT? It is not the beans that give you gas, it's the ham, bacon, oil and hot dogs you eat them with that interferes with your digestion. If you eat beans regularly by themselves, gas will eventually disappear into thin air.....

9) Grains: (almost totally starches*): Grains are high quality carbohydrates that contain fiber and come from the likes of brown/wild/other rice, cream of wheat, oats, pumpernickel, low fat biscuits, flours such as, barley, millet (which is a non-

Don Lemmon's KNOW HOW

gluten grain), rye, cereals, crackers, pretzels, grits, bulgur, or anything 'tan' like pasta, but NOT beer. (Beer contains hops which contain estrogen, which is something that causes fat cells to expand). Abstain from beer if you have a 'beer belly.' If it don't look good, you don't look good! I normally suggest whole grains (outer bran, inner endosperm and sprouting germ all intact) as the best. For instance, let's look at wheat. Wheat starts off as a berry.

It looks like rice and is then broken down in a milling process in a roller. The germ, the bran and the carbohydrates are separated. The carbohydrates inside are pulverized into flour (now white), and the germ (brown part) is discarded (carries the oil and vitamin E). The bran, carries the B-vitamins, and it too is pushed aside. What do they do with it all? Pigs are fed the germ, cows are fed the bran, and we are left with white useless starch. That is the problem with refined flour. The nutrients are gone and it is virtually useless nutritionally. White flour is been depleted of what we need most from them. Whole grains and cereals are good for you and generally contain 4 grams of protein, 20 carbohydrates, and 1 gram of fat per 110 calories. But always read your food labels first to be certain. Avoid white and bleached flours at all costs, even those found in health food stores may not be all they are cracked out to be.

10) Potatoes: (contain both starches* and sugary carbohydrates): All types of tubers (including pumpkin) are rich in the very powerful healer, potassium chloride. Red, yellow, baking, sweet, yam, purple... Nothing beats a baked potato topped with nonfat butter, onions and nonfat soy bacon flavored bits or a yam with cinnamon and nonfat cream! Mmmmm! Something the size of a medium potato (3 oz.) should have around 3 grams of protein, 22 carbohydrates and 100 calories. And although they contain both starch and sugars, it is a natural and healthy combo.

11) Garden Vegetables: Fresh or frozen, these treats are valuable sources of fibrous bulk or "FIBER" which keeps everything sliding through your intestines smoothly. Every body needs more fiber in their diet and green plants should actually be eaten with every meal. And I mean this. Garden vegetables are usually very low in carbohydrates and fit well with anything. At LEAST eat them with the protein and fat meals. They truly are a must to enhance digestion. Vegetables arrive to us in a variety of different vehicles and each contain different yet valuable nutrient profiles. They come in yellow, red, green, orange colors, as sprouts, roots, like carrots*, squashes*, and then there's celery, endives, collards, spinach, chard, rutabaga*, okra, the many green herbs, kale, leeks, zucchinis, beets*, different escarole, artichokes*, mushrooms, cauliflower*, asparagus,

Don Lemmon's KNOW HOW

lettuces like bibb or watercress (not iceberg however), cabbages, onions, seaweeds, radishes, mustard greens, tomatoes, cucumbers, eggplants, turnips.... Wow. There's so many and I use as many of them as I can in salads! Vegetables contain things that assist us in the efficient use of many of the other nutrients we eat and they actually fight disease. These beneficial plant chemicals are called 'phyto-nutrients' and 'botanical factors'. That's why pills and multivitamins aren't good alone.

They lack what's in food to allow them to assimilate. Veggies yield around 2 or 3 grams of protein, 5 or 6 carbohydrates and about 30 calories per 4 oz. Try this: Spinach, fried in garlic, peppers and olive oil! Italian greens are GREAT as long as you do not add the beans to them! Gas.... Gas forming organisms in your gastrointestinal tract are only alive in an alkaline environment. If you add acid, they die. Sauerkraut ferments in the intestines, produces lactic acid and balances the pH of the rectum. That's a good thing. So all things considered, eat your vegetables.

12) Fruits: These are sweet and sugary sources of carbohydrates that are to be eaten only during AM hours and as a dessert of sorts, following everything else after a carbohydrate meal or all alone by themselves (most enjoyable). Sweet grapes, mangoes, kiwis, applesauce, figs (did you know every fig has a bug in it), plums, papayas, nectarines, bananas, dates, raisins, cherries, pears, honeydew, cantaloupe and prunes just to name a few (prunes increase intestinal contractions and bowel fluid secretion like phenolphthalein, the chemical used in many laxatives) and are all fantastic in maintaining your digestive health. Potatoes are actually considered 'almost' fruits too you know! There's also the acidic fruits, such as oranges, grapefruit, pineapple, tomato, lemon, limes, peach (peaches and tomatoes are low carbohydrate fruits), apple, pear, apricot, berries, and sour grapes that also should be eaten after a meal and completely separate from sweet fruits. Eating acids with starches destroys the enzymes that digest those starches. 4 ounces or a piece the size of a good banana has 24 grams of carbohydrates and 100 calories or so. You know, fruits are most commonly associated with cakes, pies, desserts, creams...

There is a reason they are considered such sinful pleasures. So limit your intake. Fruits contain essential nutrients but not nutrients we need 10 bananas a day to receive. That means you can have a couple pieces if you like, but making fruits the staple source of carbohydrates in your plan is only going to backfire on you. What about juicing? If you do have juices, they should absolutely be the last thing you ingest after a carbohydrate meal (post workout maybe). Drinking juices during a fast may relax your digestive system but they do not contain as much nourishment

Don Lemmon's KNOW HOW

as the pulp left behind to produce it does. I do not care what nonsense you heard on TV from that guy with the crazy eye brows. The magic comes from eating whole foods. A glass of juice, around 8 ounces, has close to 120 calories and 30 grams of just plain plant sugar. If you are drinking store bought juices, make sure it does not contain any added sugars too like 'glucose solids' or 'corn syrup' at least. You'll overload your pancreas and make yourself FAT thinking it's healthy. Wine? One glass, every other day with dinner. No more than that. If you want to argue the matter, you're a drunk. Never drink to a point of intoxication. One more time. People with parasites should begin eating pomegranates for their naturally occurring enzymes which combat the parasites.

Calorie Tips Revisited: Most food labels list serving size (measure), servings per container (how many), calories per serving (you may be having more or less than one serving so read this), total fat (per serving), total carbohydrates (per serving), and total protein (per serving). Also read the ingredients. Hydrogenated anything or syrups or sugars or anything ending in 'ose' is a no-no. What you do to determine what is low fat enough of a carb food is multiply the total fat grams by 9 and divide that number by the total calories. If it isn't less than 10%, don't do it. Do not concern yourself with naturally occurring carbohydrate protein nor carbs found in nuts, seeds, cheeses etc when setting up protein meals. That also goes for odd foods like avocados that contain all three of the big nutrients (carbs, fats, proteins) or even just a little protein. Be wise. Study this section again and again until everything you see becomes second nature to you. If you aren't sure, YES it will kill you if you eat it anyhow! Using the 12 Food Groups makes exchanging different foods for one another easier than ever and simple enough you should never mistake one food group for any other again. Commit the following to memory.

1) Eggs: A larger whole egg (white and yolk together) contains about 6 grams of protein, 4 grams of fat and 60 calories. (The white alone has 5 grams of protein and 20 calories and the yolk is 1 gram of protein and all the fat.)

2) Seafood: Averages 23 grams of protein and 3 grams of fat per quarter pound.

3) Animal Meats: Trimmed of visible fat and skin (there is no benefit to eating the excess fat and skin), contain on the average per quarter (1/4) pound, almost 25 grams of protein, 5 grams of fat and 145 calories.

Don Lemmon's KNOW HOW

- 4) Organ meats: Their calorie counts vary widely. You DEFINITELY need a calorie handbook to check out the particulars of the ones you choose.
- 5) Dairy products: Protein and fat sources are cheeses and have around 7 grams of protein, 2 or 3 carbohydrates, 8 grams of fat, and about 110 calories an ounce. Carbohydrate dairy foods are non fat milk and yogurts which are about 9 grams of protein and 12 to 16 carbohydrates per 8 ounces.
- 6) Nuts and seeds: An ounce (1 oz.) of seeds, nuts or nut butter contains around 7 grams of protein, 7 carbohydrates, 14 grams of fat and 182 calories.
- 7) Fats and oils: A tbs of oil contains almost 14 grams of fat and 126 calories.
- 8) Beans (legumes): Approximately 75 calories, 4 grams of protein and 15 carbohydrates per 4 ounces (oz). That's one fourth of a 16 to 18 oz can.
- 9) Grains: Grains and cereals generally contain 4 grams of protein, 20 carbohydrates, and 1 gram of fat per 110 calories.
- 10) Potatoes: Something the size of a medium potato (3 oz.) should have around 3 grams of protein, 22 carbohydrates and 100 calories.
- 11) Garden Vegetables: Veggies yield around 2 or 3 grams of protein, 5 or 6 carbohydrates and around 30 calories per 4 oz.
- 12) Fruits: 4 ounces or a piece the size of a good banana has 24 grams of carbohydrates and 100 calories more or less.

What you should now understand is that all the hype, passion, wisdom, dream, reality and center of this program is balled into one goal. Health restoration. That is right. You can follow good nutrition, lose fat, body build, gain weight, exercise, and skip your way to good health by following this program. I am contacted daily by people concerned this is a program made strictly for bodybuilders or models and doesn't take a person's health issues seriously into consideration. This couldn't be further from the truth. Sure, I spent most of my younger years wanting to attain some very cosmetic goals for myself. But along the way I saw everyone I knew deteriorating themselves around me in their quest for a better body. I knew there had to be another way. I mean, come on, eating a snickers bar can't be just as good

Don Lemmon's KNOW HOW

as chicken breast, rice, broccoli and olive oil could it? Eating low fat and starving couldn't be good for you could it? Why is it so many fitness buffs have worse health than long time smokers? As odd as it seems, eating clean and exercising regularly is only part of the pie. I didn't realize this until I discovered my program was addressing health issues of my clients at the Burbank rehab center I ran. Vanity was just the underlying factor for getting started.

Well, Don Lemmon's KNOW HOW now answers all your health questions and teaches you an easy to follow, straight forward approach that really works! The solution to your health is simple. The secret to complete health is in greater knowledge about your other systems as well as what I teach you on exercise and nutrition! Here's a sample of some of the things you'll learn coming up. There are three things in your life that weaken your health no matter how well you eat. How this affects you depends upon how healthy your nervous system remains while under stress. Once you learn how the body works and the many factors that affect your coping with average every day stress, the bigger problems like unforeseen trauma and what about joint pain treatment and prevention you can finally control your health! There are things you just don't realize make all the difference.

I met a man named Dr Gary Eversole way back in 1993. We had a mutual friend who was being treated by him. This friend came to me one day and said he had a doctor that was doing all these amazing things that allowed him to actually help himself, and become healthy without the use of drugs. I was very intrigued but I thought it was a cult! I finally went in to see him a few weeks later anyhow. Much to my surprise, this was a real doctor I was visiting. I hadn't seen one for a while and this one seemed confident he could teach me something, always being willing to learn, I went. What I knew about anatomy and everyday 'normal' things we do to remain healthy changed in the matter of 20 minutes. Sure, you could think I mean I discovered I was toxic and required an overhaul, oil change, tune up and having your pipes cleaned but it was more enlightening than that. Dr Gary Eversole taught me in under 30 minutes that health was within all our grasps and we can call all our own shots. If you don't believe me, contact Dr Gary and ask him. He is a REAL doctor, not some homeopath. In fact, if you ever have any question at all regarding your health, one of us will answer it. If not myself, he certainly will.

You can read this book at home at your leisure, put it's information into action, achieve your goals of physical perfection, get rid of your poor health and save trips to the doctor all at once because you are about to receive a SPECIAL BONUS. I am making accessible to you not only an entire chapter written by Dr Eversole, but

Don Lemmon's KNOW HOW

giving you Dr Gary's own personal phone number. His email address and phone number are at the end of his upcoming chapter.

So, here you have it. The 12 Food Groups and in a moment, free medical attention. Let's shift gears for a second. This part is for those of you who haven't made the conscious decision to get started on this right away. Whether this program so far meets your standard or fits into your schedule or not is irrelevant.

If you are going to eat at all (once, twice, three or ten times a day), you can still make the appropriate decision to eat right. Saying that this system is too hard, too much, or a burden and inconvenience in any way is a joke. You eat anyhow so from now on, just eat right when you do. See and feel the difference before making the blind decision not to try it first. My belief is only someone who is lazy would go away without trying. If I am showing you a side of me or yourself you didn't expect to see, good. It isn't a matter of "Why is this guy talking to me like this?" It is more of the question of "Why am I not listening to him yet?" Climb out of the hole you dug and get yourself in gear! I understand you may have been through the ringer and back and are afraid of failing again. I feel for you but I am not allowing you to use that as a crutch. You can depend upon me. So co-operate. I will.

I know this is all very new to you and you are trying to sort it all out in your head before starting. But trying to apply logic to what you know so little about isn't going to make things work any faster than if you just get up and try it. You have been besieged by the media telling you what truly works and it has confused you. We are conditioned genetically, psychologically, physically and socially different. No body including your own friends or family are the same as you are. Their logic isn't your logic and it never will be. And neither will mine be. Some of us have traveled a few more miles than others and this opens us up to more experience and at times greater knowledge. Live with it. If you are mad I said this, it is because you are mad at yourself, not at me. If you start this program and applying the 12 Food groups today, you will see the frustrations of the past become the 'no-brainers' of tomorrow because you have decided to work on it and pay attention for a change. There are things that you and I will disagree about, now and forever and this is an agreement to disagree. I am willing to bet where we disagree isn't on whether what I do works, but whether you understand WHY it works. Know now, it doesn't matter if you know why, it matters if you KNOW HOW.

SECTION FIVE: GETTING STARTED

Don Lemmon's KNOW HOW

The 12 Food Groups have plenty of different vittles to select from but they aren't the only foods you are allowed to eat. No way. There is a wide variety of other foods to choose from while you devise your own diet and wean yourself out of old eating habits. Just make sure you pay attention to what their appropriate food categories are by using the 12 Food Groups as a guide and you cannot fail.

Remember, no added sugars (like in juices and canned products) or processed oils (like in peanut butters and processed cheeses) or fake sugars (in gum and fat free products). No, this doesn't limit your ability to eat flavored foods. You will see that even by adding just a couple of spices to a meal, you can experiment with virtually anything to flavor your meals. I sparingly use sea salt and black pepper on almost everything I eat. I love garlic too and I eat a lot of that, it's my preference. I also like other 'hot' stuff like spicy Chinese mustard (wasabi) and Tabasco sauce.

As far as cooking utensils to prepare your foods, I get by using plastic measuring cups, spoons, containers, bowls, plates, silverware, a microwave, blender, frying pan, spatula, boiling pot, and a big spoon. You might want more than this, if so, pick up a few other items you may find listed in any recipe book or you learn of somewhere else. Use your imagination! I have a peanut butter maker and rice cooker that I just love! If you are still one of those people who say there is no time to cook, mass prepare your food for three, four, or seven days ahead of time so you only have to prepare things once or twice a week. I refrigerate or freeze what I cook and simply pull it out and microwave it when I need to eat. We make soup out of virtually anything I can buy from the produce section of the grocery store. By adding all sorts of chopped vegetables, a broth flavoring, a few cups of water and a whole bulb of garlic, I have a soup that not only tastes good, but cleans my system out. It's easy and lasts all week too. (I normally use beets w/tops, carrots w/tops, celery, parsley, okra, squash, low carb soy milk, water, garlic, onions, meat... boil and eat!) GET OFF YOUR BUTT AND EAT!

Preparing your own meals can be both easy and fun plus awfully tasty if you pay close attention to the ingredients you choose. Using sensible flavorings on even foods that you normally wouldn't go near could end up making them some of your new favorite dishes. However, beware, it is possible to add too much of a seemingly innocent ingredient and literally destroy an entire meal by taste or by unwittingly adding sugar. There's one too many companies out there slipping bleached sugars into our foods and spices without you realizing it. Read EVERY THING before

Don Lemmon's KNOW HOW

placing it in your mouth. LEARN from your mistakes but try not to make any. Become aware of your every move. You can't eat something once you screw it up, so be WATCH OUT. Even if you added the sugar by accident, that doesn't make it acceptable. You can't digest a protein with sugar on it efficiently. For example, one morning, I added cinnamon to whole fat cottage cheese and the particular brand of cinnamon I used had sugar in it.

I ended up needing to throw it all out because you can't mix sugar (carbohydrates) with fats (in the cottage cheese) or proteins (the cottage cheese itself). I didn't do it on purpose NOR did I eat it! I also refuse to put sugar on anything else even my cereal. Sugar destroys your digestive system.

So with any of these recipe tips, just about every spice you find at the store can be used with the exception of products with added sugar. Look from now on to see if all your choices truly are sugar free. If you need to use any sugar at all for a recipe, you should only use the purest sources possible, like honey and maple syrup... But do your best to cut back in all areas. Being used to sweeter flavors really is NOT a good thing. Sugars tend to cause ALL other foods they are eaten with to ferment in your gut and remain undigested. That leads to all sorts of other very degenerative disorders. Reversible disorders, yes, but that's no reason to subject yourself to the torture to begin with. In fact, your best bet most of the time is to avoid all sweet and "white" colored food products so there is nothing left to worry about or question.

If you want to use sugar just because you think the taste of real food is generally boring, GROW UP. Do as I say, and get used to eating good for a change. Use these little spicy twists and you can make any 'bland' old food taste more "socially appealing." Bland foods are not really that bland if you learn how to prepare them folks. Look at it like this too, if you're only excuse for cheating is because of taste, spices are one of the greatest and most effective preventive measures against cheating anyhow. It's called LEARNING TO COOK! With all said and done, don't forget to count your calories, watch your grams of fat, carbohydrates, and proteins closely, and read all the labels of everything you eat from now on for both content and ingredients. That's all that really matters. Besides, we are only discussing your health here and nothing is more important than that. Here are a couple important (I say essential) recipes that get me through some meals.

Don Lemmon's KNOW HOW

HEALTHY MAYONNAISE! Mix 1 TB lemon juice, 1 whole egg, 1 TB tarragon vinegar, 1 TB Worcestershire sauce, 1 vitamin E capsule contents (squeezed out), 1 teaspoon sea salt, 1 teaspoon mustard, and ¼ cup sunflower seed oil in a blender for 20 seconds. Then slowly add ¾ more cup of flax seed oil. Vary the amount of oil for consistency, but the mix shall thicken. Keep refrigerated.

HEALTHY BLEU CHEESE DRESSING! Mix one whole egg, 2 TB tarragon vinegar, 1 TB Worcestershire sauce, 1 contents of a vitamin E capsule, 1 teaspoon sea salt, and ¼ cup sunflower oil in a blender for 20 seconds. Add 4 oz bleu cheese until it thickens. Slowly add ¾ cup flax seed oil. Keep refrigerated.

If you look closely and compare that recipe to other dressings, you will see that almost any dressing can be made healthy. Fat is alright to eat with meat. I have this recipe on cabbage with chicken breast almost daily. I use 3 tablespoons. You want to flavor your food, not drown it. So enjoy, and do it up! And GO eat! No more excuses, including calorie or portion size counting. If you aren't into it then don't bother. I mean, I could care less really. But if you don't separate your foods like this, I guarantee you won't succeed unless you know how much you are eating (only you know if you eat like a total pig with a disregard for what's right or not) and can determine what's enough or not enough. I've had a few clients do this and succeed without keeping a menu log, but not many. The ones who have made progress were very seasoned enthusiasts who knew what they were doing. Usually, not tracking your plan, only gets you lost. One claimed she was eating SO much food she couldn't handle it then I discovered she only eating a third of what she thought she was. She couldn't figure out why she wasn't losing weight, but I knew right away. It was because she wasn't eating enough. Three big meals a day doesn't work as well as 6 meals do. Another client ate a full pound of meat at each sitting with no carbs at all for 3 meals a day, but not 6, so it didn't work either. Another was eating 6 meals and 1200 calories a day but I told them to have 2100 and even though they ate 6 meals, it too failed. You know the deal by now. I know what I am doing. You do not. So eat. And eat good. Don't EVER forget to use the 12 Food Groups as a guide and NEVER under eat nor have less than 6 meals a day. TRUST ME ON THIS ONE.

But even so, if you sit around all day and blow off exercise, don't you dare tempt fate by shoveling tons of food down your neck believing that you won't get fat from it. Excess is excess either way. And every day you put off exercise is another

Don Lemmon's KNOW HOW

day that you will look in the mirror and complain about your fat gut, the cellulite, the bags under your eyes and everything else. I do not know you individually, so I cannot personally assess your condition. I can't say how long it will take to correct what's wrong, but a day worked is a day gained, isn't it? If you are interested in a toned physique, you MUST exercise. Diet melts the fat, exercise reshapes your body.

Eat and be merry but always measure your food so you know how much is too much by knowing exactly the level of calories that make you fatter and then again know at other times whether you're eating too little to progress or not enough to see any change. You must be aware of this very vital info to modify your routines for continued success and if anyone says you do not, they are fools. If you eat a lot and get fat while doing it, then its too much food. But how much more was it you were eating that caused this? No matter how well you combine or separate or digest, too much can still make you fat, but how much is too much for you as an individual? I allow you to add 50% more calories than ever before, but I never said to triple them. Know your intake and you'll never worry or falter without an escape route. And if you eat too little and see you are getting nowhere then it's simply not enough food. You get my point right? Learn to read your body. Discover for yourself what direction you need to go when it's obviously time to modify. LEARN your body and what makes it work. If you have any doubt, email me.

But I really want you to try what you have learned about yourself on my program out for a while on your own and then you can come up with your own conclusions, but do not deviate until you are sure you know how to. If you use my free online counseling, I will not only review your food choices for you but tell you what to change. Whatever you do from now on, as long as you do what I say the next 13 weeks, YEARS of dietary and physical abuse WILL be reversed. (Divide your age by 2 and that is about how many days it should take you to adjust. It's usually a day for every two years you have been alive or between 1 to 9 weeks.) Results? Progress? What to expect? First, you will begin to feel bloated. Not good. You'll feel like the devil got ya and Don Lemmon is a patron demon. But I am not so it WILL disappear. Days later, you will become suddenly 'lighter' and feel just fine. Do not quit due to this bloat! It WILL disappear. If you quit, every time you try again, you WILL BLOAT AGAIN! Ride it for the time it lasts and ignore the nasty, bloated, oily, gross and fat feelings that may tell you to quit. It is the body dumping toxins and shifting into over drive. It's like taking your car up a steep hill. It's tough going up, but it's a breeze coming down! The next thing you know, fat will

Don Lemmon's KNOW HOW

have vanished right before your very eyes! And the greatest thing about all the hassle of this initial stage is that you are absolutely 100% allowed to eat whatever you choose! You can literally vary your grocery list any way you like and keep variety in your diet. Unlike any other program, it's not what you eat, it's what you eat it with that matters. The reason this approach works better than any other is because proper mixtures of food complements your digestive system so well, and that **ALLOWS** you to eat not just more often, but more food.

More food means more nourishment! You just need to think a little before putting something in your mouth is all. The stomach has no means by which to separate poorly combined foods on its own. This doesn't mean you can over eat. It means that the old 1200 calorie diet is a thing of the past. Women tend to start off at 1800 calories and men at 3000! Now, **THAT'S** eating!

Listen, I am really glad we are together right now and you decided to help yourself before letting your body totally give out on you. However, being excited and being educated are two different things. Are you sure now that you know what carbohydrate foods are? What about a protein? A Fat? Don't remember? Are you still totally confused? No, you are not. And do not fret. Go back, learn the 12 Food Groups. Reread this section until you are sure you understand them. I want you to become self sufficient. Let me try to explain it to you one more time in simpler terms but even in easier terms, you must study it as though you are going to be tested. You **ARE** being tested every time you eat. So it is very important that you understand this and no amount of kicking, scratching, arguing or bogus propaganda is going to get your digestive fluids to react any other way than they already do and you **MUST** get this right every time! If you don't properly separate your foods, even (or especially) by accident, my program will not work for you! No program works without it. Low carb diets work a little because it removes the carbs from the fat and protein sources (but fails because you need carbs). Low fat diets work because it separates the fats and carbs too (but fails because proteins and carbs are mixed and fat is eliminated). The Zone diet works because it limits the amount of carbs you eat (but fails because food is still combined). Let me help you with your meal planning next.

For breakfast, it's **THIS** easy. If you want carbohydrates (meaning you want a low fat meal consisting of no meats or fats, only starch and fiber) and you choose to have cereal, use nonfat, not whole or 2 percent milk, and garnish it with a piece of fruit. You may even have a slice of toast with no sugar added jelly and nonstick pan fried hash browns with fat free butter on the side if you like (just do not fry the

Don Lemmon's KNOW HOW

potatoes in oil or spread butter on the toast as these foods are carbohydrates and can't be eaten with butter and oils, which are fats, you know this). You could even have pancakes or waffles instead if you prefer, using syrup in small amounts and nonfat butter. Just don't go HOG wild with the syrup and again, no real butter. If you don't feel like carbohydrates (starches), have some fiber, proteins and a little fat like eggs and bacon with a side of diced mushrooms, onions, and peppers instead.

Maybe you can treat yourself to a REAL OMELET. Use the same onions, peppers, mushrooms, but add broccoli and a piece of real cheese in the fold of those eggs and you're set! This then, is an animal source, higher fat and protein, therefore low carbohydrate meal.

What about lunch? Have pasta! But because pasta is a carbohydrate food, instead of having it at dinner where carbohydrates are harder to digest for most people, have it, earlier in the day when the body more easily handles carbs. Do not use any oil, butter and meat on it or in it either. You can still use all the same spices as normal, add a nonfat sauce and some parmesan cheese just don't mix fats, and proteins with your pasta dish (which is carbohydrates) by adding meatballs, butter and oil. On the side you could have garlic bread made with non fat butter and fresh garlic too. (I do not mean margarine. I mean NONFAT BUTTER. I assure you, you'll love it. I get mine as a spray.) Another carbohydrate meal alternative for lunch would be a nice big bowl of fat free brown rice or wild rice, maybe even rice-a-roni (made AGAIN without butter or margarine) with black or red beans and steamed veggies on the side topped by soy sauce. Do not add oil or meat to this either. It's a carbohydrate meal, so keep it low fat. Remember, 'non-animal based' meals of carbohydrates are to remain as low fat as possible in order to aid in proper digestion. Only have carbohydrates with other carbohydrates.

If you do not feel like carbohydrates for lunch, it's ok. Have a steak or some chicken (an 'animal based meal') and a salad using REAL cheese plus a little fatty dressing instead. NO FRENCH FRIES with this salad! Potatoes are carbohydrates (fried in fat at that). Just because they sometimes deliver extra foods off limit to that meal does not mean you should eat them. Keep such a meal low carbohydrate. You can have a potato with your rice or pasta if you want, but no butter (fat) and this addition is off limits at a protein meal. Order the potato 'dry' and take it home for a snack or something later. Getting it yet?

Don Lemmon's KNOW HOW

The same goes for Dinner. This meal is always best as a meat and a steamed vegetable feeding. You know, just like a typical steak and potatoes meal but without the potatoes! If you'd rather have carbohydrates, again, be realistic and keep the meal low-fat. Personally, I'd reserve carbohydrates for earlier in the day myself. Rotate and alternate anytime you like but I wouldn't have carbs as my last meal or snack for any reason. Learn to RELAX in your preparation and become flexible but never bend the rules beyond those of the 12 Food Groups. Make some decisions on your own separate from those around you if that is what it takes. They are only hurting themselves and that goes for your kids. Do not use the excuse that kids eat different. Kids eat HOW YOU TELL THEM TO. Get them used to eating this way or they too will be fat and sick when they grow up. If you allow that, you're an ignorant human being. I truly feel that way. My child's health means the world to me. Not having control is one thing, but if you do, enforce it.

We have covered your three main meals. Breakfast, lunch and dinner. Next, your snacks need understood. If you can't do three snacks and have time for only two, plan on breakfast and lunch OR both snacks being the carbohydrate meals because you can't have two carbohydrate feedings in a row. This triggers a chain reaction and negative internal response telling your body to burn muscle tissue and store fat, which is bad. The opposite, having two fat/protein meals in a row, is optimal, and gets your body burning fat and building muscle instead. I schedule one carbohydrate meal in the AM and the other mid-day usually. I have an extra, half size, carb meal directly after, but not NOT BEFORE, my workouts on training days too. Whatever you do, don't eat two carbohydrate meals consecutively. You see, everything you eat is somehow part of a long biochemical process you may or may not understand but what I tell you is still true.

As snacks, if your breakfast and lunch were carbohydrates, you should have protein snacks of cottage cheese, or almond butter (no sugar added) on celery maybe. Coffee with heavy cream, or a couple ostrich meat sticks are some of other favorites of mine. I always have spinach handy to follow my protein down the hatch. It's a good habit for this reason for you too to always have greens in the freezer if need be. Sure, it sounds crazy to eat greens at every meal, but it works wonders on healing your gut and intestines. If your breakfast and lunch are typically protein and fats like omelets and salads, then your snacks could be a couple pieces of fruit and nonfat yogurt, a bagel too or if you have already you're your fat down low enough, even a milkshake instead will do. But never more than one

Don Lemmon's KNOW HOW

shake a day and never a meal replacement. Only a protein like that from Ironman Magazine called Pro-Fusion.

Milkshakes are an easy way to substitute entire meals or to add a couple of snacks but meal replacements are normally pure junk food hidden behind a healthy marketing campaign. I admit, shakes add variety and convenience to your diet, especially if you are on the go like many of us are but you aren't supposed to live off of them.

Another problem is, believe it or not, some people do not KNOW HOW to use a blender. You can't just dump stuff inside of one and turn it on because some things will stick to the sides and others will jump right back out at you.

1. Make sure the blender is clean first and big enough for all your soon to be blended goodies. The bottom of the pitcher twists off. Clean that too, inside and out, then screw it back on with it's ringlet in place and TIGHT too.
2. Next, add your liquids, creams, diced fruits, and non-sticky solid items. Those items may include sweeteners like sugar-free cocoa, syrup, molasses or honey and nonfat dairy products like milk, ice creams, yogurts, and acidophilus. Other nonfat 'milks' are rice, coconut, or soy. Diced fruits and berries include unsweetened, fresh, frozen or chilled items. I also include some liquid colloidal trace minerals because they are nasty tasting plain, so I sneak 'em in this way. Now, you can put the lid on and start it up (on low at first). Gradually increase the speed until it looks like a whirlpool in the center. If it doesn't blend well, add a little water.
3. While spinning, add the following dry ingredients and watch closely so that they do not stick to the sides while blending. If necessary, use a spoon to dislodge anything that does stick (without digging too low and losing the spoon in the cutter at the bottom). I mix everything in a glass then slow the blender down, remove the lid, and only then add the dry ingredients (and more water if necessary). If it appears too thin though, I would add ice cubes. This thickens it up and keeps the shake chilled. I use pure pulverized whey protein powder with no carbohydrates (it's bland tasting, maybe has just a gram or two of fat and if it is gritty to the touch, that means it has added sugar, I dump it). Make sure the label also says it contains the amino acid Tryptophan too. No protein mix is good without it. All protein sources must contain each of the essentials and if it is devoid of tryptophan, it is not a natural source. Ladies, protein DOES NOT mean weight gainer. It's 'just' protein. You need it. Next I add wheat germ, oat bran, or other whole grains. Just a few TB will do. Another option: Vegetables like broccoli!

Don Lemmon's KNOW HOW

4. Shut everything off once it is blended, unplug and enjoy! Soak your blender in hot water when you are finished so it is easier to clean!

Sounds good or like too much trouble? Again, if your primary excuse for failing to stick to this program is your laziness to prepare your own food, or eating often enough, then failure is your own fault. Do not write me and tell me this program failed you, only YOU can FAIL this program. An eating plan like the KNOW HOW will save your life. It is designed around how "Nature" and intended to work the way things were to have always worked and all you HAVE to do is follow things the way I have already told you to in order to succeed (naturally).

There is one thing I know, you don't MESS with GOD! Get with the program He intended for you! Forget being vain. Get your health in gear and I guarantee you will sooner than later look your best. Another thing, it doesn't matter if you wake up at 4 o'clock in the afternoon because you work a midnight shift (try to get 8 hours of sleep daily anyhow), and AS SOON as you do get up, immediately begin eating 'breakfast' or your first meal anyhow. Call it the start of your day, the breaking of your fast, and eat some food. No matter who you are, continue to eat again and again at least every third hour between your very first meal and your last feeding of the day before bed. You can eat every third hour you are awake, even if that is 36 hours in a row, eat on time, every time. If you do, you'll easily fit all 5 or 6 meals in every 24 hours. You can vary your feeding times, if necessary, catering to your work, sleep and exercise schedules, but at least make sure you are fitting in 5 good meals each day. PLEASE do not skip meals no matter what happens. If you won't be able to eat on the third hour, eat sooner then. Never later. If it's unavoidable, fine, but I honestly doubt you couldn't eat sooner somehow at least.

If you do not, digested and undigested food can sit in your digestive tract too long and begin to spoil. You'll receive little or none of the nutrients you are needing and expecting from them because they will die in there before getting to the small intestines where their nutrients are supposed to be absorbed. The stomach is merely the first stop. Food must somehow exit the gut next and enter the intestines to begin actually nourishing you. Not only is it a waste if the food cannot continue this simple trek, but the spoiling process is what creates the toxins that make you sick, tired, you migraines and slow your metabolism down. Sad thing is, it is such a simple process to assist along. Just eat another meal (on time). This is all it takes and is the primary reason why you shouldn't let more than 2 1/2 hours pass between your feedings all day, every day. (Assuming it takes 1/2 hour to finish each meal, and you schedule these meals 3 hours apart, this is optimal. Waiting 2 1/2

Don Lemmon's KNOW HOW

hours after a protein meal and just 2 hours after a carbohydrate meal is about average.) If you aren't hungry this often, it's because THERE'S UNDIGESTED FOOD IN YOUR GUT waiting to be pushed through. A stomach rarely empties on its own. You just think it does because you eat like a bird and it digests so quickly. So, just in case something doesn't get efficiently digested from the previous meal you ate, it is a good idea to make sure it gets pushed through your digestive tract by another incoming meal. Think of the food in your stomach as a clog in a sink or toilet drain. Something must apply enough pressure behind the last meal to move it down and out your drainage (digestive) system.

You'll always be 'clogged' or 'backed up' unless you do this. Which leads me to my next point, if you do not poop regularly (FULL movements more than twice daily, not pebbles and turds but full on large craps), you DEFINITELY need to add more fiber to your diet. If you are EVER constipated, ask yourself, "Am I sure I am eating ENOUGH food?" first. No matter what you believe causes your constipation or whether or not it will go away on its own, it is time for you to make certain that you are eating enough food and getting an extra 20 grams of fiber in your diet for every 100 pounds you weigh with a sugar free fiber supplement unless you want your health to really get bad. Milky, pasty, purple-ish, easily bruising skin is a sure sign of being 'backed' up. Solving this amounts to a little less than one teaspoon of psyllium husk fiber at three or four of your five or six meals.

If it is a persistent matter, you may also need colonic therapy. This means you may actually NEED to clean your backside out. No? Hmm. Think that is gross or too personal? Then you KNOW you have a dirty butt. Listen to your mind. If you think it is dirty. It most definitely is dirty. That's a sub-conscious clue. Your mind KNOWS you are dirty down there. And it needs to be cleaned inside out by performing a regular series of enemas. Let me tell you, it's not what comes out, but what is left behind that hurts you most. What goes in must come out. Think about it. If the body wanted to store that bodily waste it works so hard to drop out your backside, you would not need to go to the bathroom and wouldn't be so uncomfortable when you can't. And you shouldn't have to struggle to have a bowel movement either. That should never be an issue. So don't fool yourself, if you are constipated, you are toxic. Go out today and buy a half gallon enema bag. Set up the bag from a towel rack filled with 7 parts warm water, 1 part coffee. Yes, coffee. Caffeine will challenge the liver to release bile. Bile is useful in many ways. It emulsifies fats in our foods and also is a means by which toxins are eliminated from the body. If you work in a polluted environment (which is anywhere these

Don Lemmon's KNOW HOW

days), things are absorbed into the lungs when you breath and then dumped into the liver. This is like the oil filter of your car.

The body is supposed to pull toxins out of the blood and mix them with bile to be carried out of you through your digestive system. See the connection now? Sometimes bile gets backed up and this is how we get to it. Coffee enemas. Are you burping, belching or bloated when you eat fats? Bile is backed up and this leads to gall bladder problems. Bile is composed of salts, cholesterol and lecithin. Cholesterol can either thicken or thin the mix. Usually cholesterol is turned into a bile salt to thin your bile.

The conversion and production process depends upon anti-oxidants, b-complex vitamins, essential fatty acids, taurine (taurocholic acid), glycine (glycocholic acid), copper and is based upon your regularity. (Do NOT go out and supplement copper unless you find it in 1 mg tablets. You can get quite enough from TJ Clark's minerals discussed later.) However, it is copper that gives bile the green color you see in your diarrhea and bowels. This is a good thing if you get diarrhea. Disgusting and irritating but good. Just let the diarrhea pass and allow the body to eliminate itself. Take NOTHING to stop it.

Some bile salts are secreted into the small intestine and reabsorbed into circulation heading back to the liver eventually. The enzyme (7-cholesterol dehydrogenase) is regulated by the amount of salts returning through this process. So, the more salts secreted, the more reabsorbed, the slower the production of salts from cholesterol. This means a build up of cholesterol. With regard to fiber choice, select a barley fiber, as this is a great source. Psyllium will do, but the more fiber in the diet, the more bile salts that are bound, hence fewer recirculating and therefore the stimulation of increased bile salt production from CHOLESTEROL. This then removes a great deal of excess cholesterol from where it's building up and causing all these problems! Work on it so bile thins out and no longer backs up! You get it now?

To perform your enema, the hot water bottle part must be hung high from a rack or wall so the water flows downward through the hose. You will lay on your back with your knees bent up and your feet by your buttocks. Keep a towel under you and be positioned near a toilet. You want a stable position where you can raise your hips and shake them up and down once the water is in you. This will dislodge old decayed feces from inside your intestines and prepare it for excrement. It also forces the coffee higher up in you to stimulate the bile release we just discussed.

Don Lemmon's KNOW HOW

Alright, now that you are on the floor, on a towel, on your back, you might want to lubricate the hose nozzle with KY jelly or Vaseline maybe. Do the same with your anus. There is a clip bear the end by the nozzle that releases the water once the tip is in you, but make sure you let a little water run through it first so air is in the way. Once it is in, let the water flow inside of you. Of course there will be discomfort and bloating and cramps and contractions. If they become fierce, pause the water release and relax a moment. Do not move during a contraction or you will shoot water and poop out your butt all over the place. When the cramps disappear, let more water in. Eventually, you will be taking a whole bag. At first, maybe only a little, but you still need to do this.

If someone tells you this only cleans out the lower intestine, let them know two things. One, they obviously aren't using enough water because a half gallon goes much deeper than just the lower end of your colon. And two, at least your lower end is clean while theirs is still full off.... You get the picture.

Do these enemas daily for 30 days. Then every other day for 30 more. After that, do an enema every 3rd day for a month and in the fourth month, twice a week is good. I now make sure I perform a cleansing once a week, usually before bed. Immediate detoxification IS something of the utmost importance for those of you wanting to take control of your health, let alone your appearance. All of us are toxic and each of us in different amounts. However, the differences between me and you are: 1) Our individual ability to naturally detoxify ourselves. 2) Our total exposure to contaminants and our intake or lack thereof in essential dietary nutrients and 3) Regular hygiene practices that assist in the cleansing process. Common symptoms of being toxic include feeling constantly tired, aggravated, or just plain miserable (possibly because you are FAT and BLOATED). I will say it a million times before I die, make health your #1 concern and vanity will come full circle. (I truly believe, life, in case you haven't figured it out by now, depends on your health. Vanity is the glow which results from a healthy body.) Of the many health challenges that we face, problems with the digestive system are the most dangerous. And the colon tops the list. Imagine what would be the result if a major city's sewage pump system failed. What would happen if the pipes got so plugged up that the system EXPLODED internally? A crisis would develop and a huge sanitation threat would affect society. People would DIE.

Few realize that failure to eliminate waste from the body through the colon frequently results in an untimely demise! Infirmary (illness, death) is the direct result of toxic waste matter. Some of us are holding feces inside our intestines

Don Lemmon's KNOW HOW

from the past 20 years of our lives! You can fix this though! But you need to take action! Has it sunk in yet? You must eat right, sleep right, breath right, drink right, exercise right, put effort into fixing what you broke and skipping feedings, is worse for you than over eating ever will be. It allows foods in your gut to rot. It results in constipation. Therefore, eating only breakfast, lunch and dinner as main meals without snacking in between (especially since you have been taught to cram all four food groups into each meal) IS NOT good enough. Four meals a day is better for you as it maintains your metabolism (by pushing one of the three rotted meals stuck in your gut out), but it's five meals that speeds up your metabolism and six meals a day that optimizes your digestive system. I eat 7 to 10 times a day. It's not impossible. Upon awakening, on the way to work, your first break, lunch, your second break, dinner, mid-evening, before bed, if you wake up in the middle of the night and if you workout, before and after the sessions too. That's 11 times a day. Just you see. In a few weeks, you will be figuring out how easy this actually is too.

I want to discuss CHOLESTEROL a little more with you now. Cholesterol is an essential nutrient. No two ways about it. In fact, $\frac{3}{4}$ of the cholesterol that is inside of you right now is produced by the body itself and only $\frac{1}{4}$ of it is actually derived from the food you eat. There are only two explanations for high cholesterol. Either you are producing too much of it or you are eating too much (the latter of which is actually only a problem if your body isn't breaking it down efficiently). Most people do not have that problem. Either way, you have total control over it. Don't make the decision to cut back your food sources of it just yet. Read on first. It's the synthetic, fake and processed fats you eat that are causing the problem and that you need to become more aware. They are what interfere with the body's ability to break cholesterol down, not your meats, butters and eggs. Hydrogenated fats interfere with normal fat metabolism it seems and they are in everything, especially junk foods. Meats and natural sources of cholesterol do not interfere with your metabolism, they enhance it. So as of this moment, you need to make the conscious decision to cut out junk food if you need your cholesterol under control. Do it now because before you finish reading what this chapter has to say, you're gonna feel a bit queasy if you don't.

Hydrogenated oils (even partially hydrogenated) like margarine, although cholesterol free, are the center of some of the biggest lies in dietary history. Sure, butter (and egg yolks too) contain cholesterol, but they also contain natural fat mobilizing nutrients. When they are in their own whole food form, they are

Don Lemmon's KNOW HOW

more than able to metabolize themselves if eaten in moderation. Margarines do not have this going for them. Margarines are fake fats made by taking an otherwise good cis-linoleic acid and adding hydrogen to the double bonds to turn them into an un-natural saturated fat in a Frankenstein-ish 'trans' form (more on trans and cis fats later). Margarines and lards are marketed as a natural oils but aren't and while they are pretty because they are solid at room temperature, they are killing you inside and out. Unbeknownst to you, these fats are harmful because they block the normal metabolism of real, good and ESSENTIAL fats. It stinks because you try to eat natural fats and get good cholesterol then sit back and WATCH your blood levels of cholesterol escalate beyond your control.

Drop these un-natural fats from your diet and you will watch these elevated blood levels of cholesterol decrease quite rapidly whether or not the genetic tendency runs high in your family or not. It isn't genetics. It's HABIT.

Habit is actually why many people also have bacterial imbalances in their digestive tracts too. It's from the growth of bad bacteria which is another interference with the liver's ability to breakdown cholesterol, hence, further elevated blood cholesterol levels. Refined carbohydrates (sugars) cause this by feeding bad bacteria, which is of course what makes matters even worse for you in the health battle. You need to only eat good clean complex starches and fiber from now on, not sugar nor hydrogenated oils. To avoid these things, we are again back to avoiding junk foods which usually contain not only both but there are plenty of 'health' foods that contain these same poisons too. This is why I SUGGEST YOU READ ANY AND ALL LABELS from now on so you know exactly what you are putting in your body! Enemas get rid of the bad bacteria, exercise assists by increasing your GOOD HDL cholesterol, and your diet decreases your BAD LDL cholesterol levels but you must be seriously consistent if you expect visible results.

With what you have learned from me up to now should actually explain why what you have been doing may or may not "work" after all and why some of you are doing things that cannot EVER work. But then again, I realize a small percentage of you still think and feel you will not succeed unless you follow a lower fat diet. That's too bad. There is also a group somewhere in the middle still talking about a moderate carbohydrate intake. And let's not forget the high fat dieters. Well, guess what? You've all been misled. You poor souls have ALL been preyed upon by those who know you're desperate and willing enough to try anything! I blame it on marketing and the media. But whatever they said or did, it got your attention.

Don Lemmon's KNOW HOW

Publishers today have no shame and push not only all the right buttons, but programs that the authors of these supposedly magical systems never even followed themselves to begin with. Further, these people refuse to admit the overall failure rates of their programs (that were never destined to work from the start) for fear you will demand your money back. I can't condemn them. They got you off your butts and doing something and the fact is, they actually don't realize what's causing all the failure. They may remind you they are physicians or doctors only to bully you from asking questions, but if being a doctor was all it took to be so smart, why aren't ALL doctors agreeing with them? Titles mean nothing. If they did, why do so many doctors have trainers and dietitians?

And why do so many doctors in the same fields of medicine continue to disagree? Because they know so little about nutrition. They weren't taught it. They do not practice it. This, unfortunately means trainers are limited in knowledge as well because they typically aren't taught much about it either. Dietitians and nutritionists are a lot like doctors. They are taught their ABC's and then each thinks they have the secret to proper nutrition all of a sudden. They are all taught the same and yet they too disagree. Have you ever really met a dietician that wasn't emaciated, overweight, or following a fad themselves? I haven't. I will not dignify the use of drugs and plastic surgery to market a supposedly perfect nutrition plan either. If you take drugs, odds are you can eat anything and look good outside. You could also have some surgery done and look smaller or better in a new outfit, but come on already. Yeah, yeah, surprise, surprise, you thought the people in the magazines or on TV are the prophets of our times and have all the answers. Wake up. They are actually borderline clueless, lying through their teeth and just trying to sell something a little different, maybe even a little more clever than the last guy who sold you their useless theories too.

Here's the thing. A program is only successful if it works with and does not work against the natural mechanisms of the human body for all different types of people ALL THE TIME. Just being on the market for years IS NOT 'standing the test of time.' Do not get me wrong. I am sure whatever program it was you were on last probably did work for a while. Toy with your calories a bit, eat a little cleaner or better than you did before and most programs do work. Despite your results, I have a handful of questions to ask. 1) When did that diet QUIT working for you? 2) Why did it suddenly fail? 3) Did it leave you with unattractive loose fitting skin? 4) How do you get out of such a rut? 5) Can you see your abdominal muscles? 6) Was it a practical program you could follow forever? 7) Were there limitations? You now know by alternating carbohydrate and fat/protein meals (which yes,

Don Lemmon's KNOW HOW

somewhat lowers your overall intake of carbohydrates and is a combination of both low fat vegetarian dieting and low carbohydrate meat eating), you can now work out the glitches of any program you have ever tried before or are currently following. If you have been eating low-fat, separate your proteins and carbohydrates, then add a couple low carbohydrate meals to your daily schedule. If you have been eating low carbohydrate, add a couple low fat no meat meals to your daily schedule to start with. If you have been mixing proteins, fats and carbohydrates on a diet that leaves you eating in a zone of 30% proteins, 30% fats and 40% carbohydrates, all you have to do is to place the carbohydrates you eat in meals separate from the proteins and fats. Pretty simple.

I bet it works too. It's worked for me and thousands of others JUST LIKE YOU for over 12 years now. I put my life into it. I have had other questions come up about this program. It seems many people believe the thyroid is a major key in fat loss. I am told people think that diets slow down the thyroid, and sometimes the use of hyper thermogenics can further lower thyroid output. The truth is, fat people have slow thyroids. Thin people do not. A fat person who becomes thin actually finds their thyroid suddenly returns to normal after losing the weight. You do the math. I did and I saw it is more dietary habits that interfere and make the thyroid slow down. It is not just because the sluggish thyroid gland started out that way and over time MADE you fat. YOU 'made' YOU fat. YOU also make yourself thin. And THAT effects the thyroid, not vice versa. Fatter people tell me all the time that they eat less often than you think they do. They usually eat like a pig once a day and possibly snack at night but starve themselves all day long and believe it or not, eating like a bird really isn't that different. Look, I had two twin sisters at 160 pounds once come in and they each had 25% body fat which is about 120 pounds of muscle and 40 pounds of fat. They were ironically twins and both told they were to begin thyroid medication in 28 days by their physician. Tell me, have you ever lost weight before and swear you got fatter? You probably did! Here's why!! One sister ignored my advice and went from 160 to 130 losing all her weight in muscle. With 90 pounds of muscle left out of the 130 overall pounds she weighs now, it had her at 31.77% body fat instead of the 25% she started off at! She looked AWFUL too. But her sister on the other hand listened to me and lost only fat and saved her muscle. It doesn't matter if she lost ALL the weight she wanted to, only 20 instead of 40 pounds, but she did the right thing. And she LOOKED GOOD and GOT HEALTHY. She went from 160 to 140 and down from 25% to 14.3% body fat (as opposed to the 31.77% her sister achieved by starving herself)! Even if they did not get to what they thought was optimal at 120 or 110

Don Lemmon's KNOW HOW

pounds, 140 is a great weight for a woman at 5'9" and only one of them were told to start their thyroid medicine. Guess which.

Many people also suspect that they'll experience a loss of energy on this diet because the body isn't getting as much glucose from carbohydrates anymore but, that just isn't true. It gets glucose from all foods it digests. There's never a lack of energy unless you subject yourself to a lack of sleep. Others think eating carbohydrates alone will cause a huge insulin spike, but then again the choices I list are pretty low glycemic in most cases so I can't understand why they would say that.

They also think that having protein and fat without carbohydrates can cause an insulin spike. If your blood sugar is very up and down at this point as it is and you aren't doing these things (separating foods) then how do you know what you are saying is true? Most of the time people are eating white flour pasta, white flour breads, white rices, drinking syrup filled sodas and juices along with their meals and that's the true reason for concern. The key is eating often enough to avoid those typical dips, rises and fluctuations in your blood sugar levels. Your body will rejuvenate in time and adjust once the foods are separated and the next thing you know, there won't be any fluctuations at all anymore. Only positive results. Bottom line. Don't eat junk!

Here are 26 diets that came from the clients all around the World based upon their questions, needs, results, worries and submissions. Many of these diets are the same diets emailed to me by the people before you asking for reviews and revisions. Clients need to know how to fix what they are currently doing wrong and these are some of what I handed back to them after making a few changes here and there. It's pretty simple to do if you use the 12 Food Groups as a guide. Just find your calorie ranges based upon my previous recommendations then set your own diets up if you like or apply your daily caloric needs to the following menus. If you aren't familiar with some of the spices I have listed, that's alright. Your grocer will be. Ask a clerk at your store where to find them.

I suggest you follow each diet here for 7 days straight if you can. Why seven? Because most people get bored after 7 days and never make it very much further. And 7 days fits into most work week schedules and weekends. Most people really don't care what they eat during the work week but when the weekend comes around, many prefer to loosen up a bit. So on weekends, loosen up if you like. But really, what I do is follow the cycle for 5 straight days then switch it around only a

Don Lemmon's KNOW HOW

little bit on weekends. I don't cheat, I don't drop or increase calories, but I do switch the foods around. This way I am not overloading the refrigerator either. I shop for 5 days worth of food for my wife and I (yes, I do most of our shopping) and then pick out special treats Friday for us based on our likes for the weekend. She likes her wine and beef jerky. I like pizzas. These are healthy selections we create though because we do not like the bloated, fat, gross feeling of actually cheating. Sure, every now and then I have a Burger King fish sandwich or something, but I can AFFORD TO because I am not fat. I would suggest you do not cheat either until you are in good enough shape too.

You can always rearrange your foods any way you like according to the 12 Food groups at anytime. You don't 'have' to cheat. I would use each plan here for at least the 5 days I am at work if you cannot take it for 7 straight. Friday's dinner all the way through Sunday night can be a little different, but really, you're just trying to get through the work week most of the time. Who really cares if there is variety those 5 days anyhow? Sometimes a tweaking is in order, and that is why you must keep notes, follow the 12 Food Groups and use your KNOW HOW Menu Logs. It's always great to see how you progressed by looking back over time anyhow, so keep score! All these diets are pretty much for 6 meals too. There is one that's for 7 because I always have an extra small snack on workout days. You may need to adjust or add a full meal (especially a protein meal) or rearrange the meals to schedule around a workout, kids, school, who knows. Take each menu for what it is worth, as examples, and make it work for you. Just please remember, meat and eggs or protein and fat meals ARE allowed butter or olive oil to cook with, carbohydrates meals are NOT. And dairy is a carb if it is nonfat and is only allowed with other carbs. Remember? Use only nonfat milk or yogurt with carbs? Whole fat cheeses go with proteins... And realize, on workout days you are adding a small meal before and after the exercise sessions. One last thing. Serving sizes vary for everyone and every product, make sure yours are accurately recorded and read. Divide your daily allowance of calories by however many meals you are having that day and count the pre and post workout meals as ½ feedings.

MENU ONE! Breakfast: Steak, spinach, peppers in chicken broth. Tea w/ cream.

Mid-Morning Snack: Oats with a little raw cocoa and pure maple syrup.

Lunch: An omelet or fried eggs, bacon, and cottage cheese with a house salad.

Mid-Day Snack: Tomato and onion flavored bread, rice and boiled seaweed.

Dinner: Chicken and bleu cheese dressing in a spinach salad.

After Workout Snack: Nonfat milk and bagels with nonfat cream cheese.

Don Lemmon's KNOW HOW

Mid-Evening Snack: Tuna, decaf-coffee w/cream and celery w/sesame butter.

MENU TWO! Breakfast: Grits, banana, raw skim milk.

Mid-Morning Snack: Tuna and cheddar cheese with diced olives and cabbage.

Lunch: Cornish hen and spinach with butter.

Mid-Day Snack: Mexican rice and beans.

2nd Mid-Day Snack: English muffin, tufo turkey slice, nonfat cheese.

Dinner: Chicken, sugar free BBQ sauce, broccoli, olive oil.

Mid Evening Snack: Deviled eggs made with mustard, sour cream, vinegar, paprika, olives, pimentos all mixed and put in the center of sliced boiled whites.

MENU THREE!

Breakfast: Whole wheat toast, no sugar added blueberry jelly, nonstick pan fried hash browns, and sliced apple.

Mid-Morning Snack: An omelet made of egg whites and yolks, shredded cheese, diced ham, mushrooms, green peppers, and a little tomato.

Lunch: Chicken flavored rice-a-roni made without butter with a side plate of snow or plain peas.

Mid-Day Snack: Cottage cheese with Udo's oil, ginger and cinnamon.

Dinner: Scallops or another fish, brussel sprouts, herbs and real butter.

Mid Evening Snack: Extra firm tofu, soy sauce and green beans.

MENU FOUR!

Breakfast: Scrambled eggs, diced onions and broccoli. Herbal tea.

Mid-Morning Snack: Cold shrimp, sauce, diet rite (no aspartame) soda.

Lunch: Ground beef patty, collard greens and sesame oil.

Mid-day Snack: Whey based protein powder, vanilla and nonfat milk.

Dinner: Tuna, olive oil, mayonnaise, relish, tomato, olives, celery and mozzarella cheese on a bed of romaine lettuce.

Mid Evening Snack: Pork Rinds. Spicy!

MENU FIVE!

Breakfast: Natural coffee, nonfat flavored creamer, cheerios, nonfat milk, prunes.

Mid-Morning Snack: Hard-boiled whole eggs, salt and pepper, fresh broccoli.

Lunch: Cornbread, strawberries, a whole or half fat free soy hot dog or veggie burger on a bun with nonfat cheese and condiments.

Mid-Day Snack: Tofurky slices (see tofurkey.com)

Dinner: Chicken thighs, salad, garlic and safflower oil.

Don Lemmon's KNOW HOW

Mid-Evening Snack: Peaches, jello, fiber supplement.

MENU SIX!

Breakfast: Creamed wheat, ginger, nutmeg, nonfat milk, raisins, diced apple.

Mid-Morning Snack: Steak, diced bacon, green beans.

Lunch: Peas, corn, yam, Italian bread, nonfat butter.

Mid-Day Snack: Cashews.

Dinner: Potatoes, black beans, red beans, salsa and an orange afterwards.

Mid-Evening Snack: Smoked salmon, collard greens, celery and onions.

MENU SEVEN!

Breakfast: Eggs, mozzarella cheese, onions, peppers, mushrooms, turkey bacon.

Mid Morning Snack: Sugar free almond butter, celery sticks.

Lunch: Wild rice, steamed cauliflower, red beans.

Mid-Day Snack: Sunflower seeds.

Dinner: Chicken, cheddar cheese, green leafy salad, radishes, and ranch dressing.

Mid Evening Snack: Chicken wings, broccoli, bleu cheese dressing.

MENU EIGHT!

Breakfast: Corn grits, oat bran toast, no sugar added elder berry jelly.

Mid Morning Snack: Cashews

Lunch: Oysters in soybean oil on a bed of romaine lettuce and cheddar cheese.

Mid-Day Snack: Diced banana, pear, cantaloupe, nonfat cookie.

Dinner: Pork chops, rosemary, Dijon mustard, white wine.

Mid Evening Snack: Herb tea, whey protein, heavy cream.

MENU NINE!

Breakfast: Toasted oat cereal, raisins, diced apple.

Mid Morning Snack: Steak and spinach salad with sunflower and olive oil.

Lunch: Nonfat grilled cheese, tomato soup, pear.

Mid-Day Snack: Chicken legs, broccoli.

Dinner: Baked Potatoes, vanilla yogurt, bacon bits, and mushrooms.

Mid Evening Meal: Turkey, asparagus, Udo's oil.

MENU TEN! Breakfast: Pancakes, maple syrup, mangoes and strawberries.

Mid Morning Snack: Chicken thighs, collard greens.

Lunch: Linguine, fat free clam sauce, cottage cheese and spinach.

Mid-Day Snack: Liver, wax beans, Caesar salad.

Don Lemmon's KNOW HOW

Dinner: 3 diff. colored rice, bean and zucchini mix.

Mid Evening Snack: Cottage cheese, nutmeg, Udo's Oil.

MENU ELEVEN! Breakfast: Poached eggs, cheese sauce, tea, onions and peppers.

Mid Morning Snack: Nonfat milk, whey protein, toast and 1/2 tsp. of peanut butter.

Lunch: Ham salad (low fat mayo) on bed of romaine lettuce and beets.

Mid-day Snack: Grape juice, fiber supplement, gelatin drink mixed. Prunes.

Dinner: Scallops, almonds, butter, brussel sprouts, coffee.

Mid Evening Snack: Brie on celery.

MENU TWELVE!

Breakfast: Eggs, jack cheese, mushroom, zucchini, turmeric, celery salt.

Mid Morning Snack: Nonfat cottage cheese, maraschino cherries, strawberries, blueberries, kiwis, orange slices, sprinkled with mint.

Lunch: Chicken thighs stir fried in bell peppers of 3 colors, broccoli, mushrooms, vinegar, basil, oregano and topped with sesame oil when done.

Mid-Day Snack: Non fat Swiss cheese melted on rye.

Dinner: Chicken breast, spinach, shallots, cloves, pepper, parsley and olive oil.

Mid Evening Snack: Assorted cold cuts, crisp finger vegetables, low fat cheeses.

MENU THIRTEEN!

Breakfast: Eggs folded over cheddar cheese, onions, zucchini, mushrooms, tomato puree, marjoram, basil, oregano.

Mid Morning Snack: Crumpets, strawberries, nonfat milk.

Lunch: Turkey breast, onions, mushrooms, seaweed.

Mid-Day Snack: Apple baked with all spice and raw brown cane sugar.

Dinner: Fish, pine nuts, butter, balsamic vinegar, chicken broth, bamboo shoots, pepper strips and green tea with raw cream.

Mid Evening Snack: Pickled eggs.

SECTION SIX: FAT LOSS

This program cures cellulite. Yes, I have a cure. It's just fat loss. Ah, yes. The mysteries of the World lie in fat loss. So does success in bodybuilding, modeling AND health. I have decided to fully explain the contest preparation method used by many of my best clients in this chapter. It something anyone carrying too much fat needs to understand. Fat loss is probably what brought you to me anyhow. Calling your program a 'fat loss' program is like calling it pure gold in the fitness

Don Lemmon's KNOW HOW

industry. The fitness industry preys on fat people. Whether you have 100 pounds to lose or just 1 inch off your belly, they know either way, you feel awful. They have you where they want you, huh? Well, I can save all of you from these horrible leeches by teaching you about just one word. Thermogenesis. Doesn't matter if you are a bodybuilder or are over 400 pounds of the grossest form of obesity. Thermogenesis is what makes you LEAN. Thermo means 'heat' and genesis means 'create' and this is the process that takes place in most all species of animals in order to maintain their normal body temperatures. You also burn fat during heat production (thermo-genesis).

Unfortunately most of us do not KNOW HOW to control our thermo-genesis on and off switches so we are getting fatter by the minute. Wouldn't it be great if we could naturally manipulate and control thermogenesis so we can burn fat, rest easy, and do it without drugs? Well, we can.

The thermo-genesis on and off button separates skinny people from fat people. No, not everybody eats right, but not everyone naturally burns fat efficiently even if they do. Is that a result of poor nutrition? Yes and no. By learning those 12 Food Groups I was talking about, and following this No Fail Fat Loss chapter, you'll never have to worry about the answer to that question. It boils down to this. If you burn fat through thermo-genesis, you are lean. If you do not, you store it, and I think you and every one else around you knows you are overweight. There are at least three reasons why this information is of such great importance. Getting lean. Being healthy. And Vanity! (Vanity alone is enough! We all want to look good. It makes us feel good!) But without health, would we ever really be happy with ourselves? I mean, anyone can look good. But I know a number of good looking people who are SO unhealthy I don't even want to be around them. Most people will tell you they are quite content with the way they look but are they content with the way they feel? Looking good isn't a difficult task my friend. It requires 6 feedings a day. One upon awakening, one mid way between breakfast and lunch, then LUNCH, one mid way between lunch and dinner, eating at DINNER, and having a mid evening snack. Eating late in the day only matters if you are mixing your foods incorrectly.

All I ask you to do is start counting your current calorie intake. Determine what amounts of proteins, fats, and carbohydrates you are eating. It doesn't matter what percentage or zone they are in, just pay attention to your habits so you discover which ones are bad. You need to know what calories you are taking in just long enough that it becomes second nature. Why? Because if you learn where your

Don Lemmon's KNOW HOW

mistakes are, you won't make them again. You will be on auto pilot. I eat 4000 calories a day, every day without fail, nor needing to write them down. I know what I am doing just as well as I know how to breathe. So if you figure up your calories right now, then compare them to how many calories you SHOULD be eating, I bet you'll discover a few mistakes right away. You're probably either completely overeating or just not eating ENOUGH. You never are right on the money. You'll see why in a minute. The entire program is centered upon getting and feeling better as quickly as possible. That's the only true and permanent path to fat loss. Your current route obviously hasn't led you in the right direction, so try mine now.

After all, what we all want to do is feel better and hopefully in the process look a little better and I promised to deliver, right? There is nothing wrong with having that competitive edge, I just want you to know this is about health, not vanity, so don't give up before you begin.

While it is clear that thermo-genesis, winning, being underweight and obesity all go hand in hand, or run parallel, here is the real question. Does the process or lack of thermogenesis actually produce the obesity or does the obesity produce the defective production of heat? What or which causes the other? This is important. So read intently. In a study less than 10 years ago, a group of patients were led into a relaxed and controlled environment while hooked up to some very expensive electronic monitoring devices. Every change in anything they experienced including emotion, breathing, thought, sleep, activity and thermogenesis was recorded. Each patient was fed different sources of calories and nutrients during the study so they didn't starve. Their basal metabolic rates were monitored and the scientists wanted to determine exactly what was being burnt, what was being stored and at what rate through thermo genesis this was or was not happening. The goal was also to determine how much food energy got stored in their muscle and how much was stored in fat. Some patients did use a comparatively large portion of their calories in thermo-genesis to keep the body warm, and ended up storing very little fat. Others however, stored a large amount of their food as fat and burned very little in creating heat. What did this prove? Something very conclusive.

The leaner the patient was that came into the study, the better they were at burning calories via thermogenesis. The overweight patients had much slower metabolisms and stored most everything as fat. It was concluded the obese had thermogenesis defects. Something wasn't working. But still, not satisfied with such a limited conclusion, I asked, was the defect the cause of the obesity or was it a

Don Lemmon's KNOW HOW

result of the obesity? Well, the same patients were all contacted and tested again some 5 years later. The patients that gained weight over the past 5 years had become LESS efficient at using fat as energy in the new test. The patients whom were obese that came back having LOST weight displayed a greatly INCREASED ability to burn their fat calories. Ironic? Not really. Those controlling their weight had properly functioning thermogenesis systems and thyroids. Those who did not have their thyroid nor thermogenesis up to snuff were the ones who were bad over the last 5 years. Do you understand what this means? That means THESE PEOPLE DID IT TO THEMSELVES!

Those who were unable to burn calories were the ones who were overweight. Those who lost weight sped their metabolism, those who gained it, slowed down their metabolism. Point is, either condition is reversible. But for fat loss to occur, are you supposed to increase your exercise frequency and time spent in the gym session per session? Absolutely not. Obesity does not result because the amount of energy in the diet exceeds the amount of energy expended by the body. Nope. We need calories for digestion, cardiac output, cellular metabolism, muscle movement, healing, growth, and all other energy demands. It is when these demands are not met that the metabolism slows down and we begin to store fat. That means UNDER EATING IS VERY VERY BAD. Sure, excess calories will always be either stored as fat, burned through thermo-genesis if we are already fit or removed through other natural processes BUT that's EXCESS calories! NOT Essential Calories! You no longer overeat, but you do NEED TO EAT, so just make sure you never UNDER eat and we will be fine! In most cases, once you count your calories the first time, I usually ask my clients increase their food intake by around 25%. That's why I am more concerned with your starving than eating too much.

So, fat loss all boils down to good and bad habits, not heredity, not genetics and it only takes about 2 months to fully regain control of your thermogenesis. If you ignore me and decide to cut back your calories anyhow, sure you will lose a little weight, but you will be following a rough and wild road towards nothing but frustration. It's like the same one you are already on. Every single cotton picking time you start eating less than you need, the net results is always grotesque saggy skin, a loss of muscle, degenerative organ integrity and weakened bone structure. I want you to eat, be merry and enjoy your fat loss. I want you to learn to use your body to it's own advantage. I will tell you exactly how many calories to eat and how to adjust them accordingly so your progress NEVER slows, but you must hear my words and take heed. I can teach you all about this mysterious path to fat loss. But

Don Lemmon's KNOW HOW

you have to want it so bad nothing will stop you once you start. It begins by finding your lean body mass weight one more time. Divide it by ten. Multiply that by your lean body mass again and that's where you really should be on a daily caloric intake level. Are you there? Well figure this out as we go along.

Look, I know how tough it is to deal with being fat or not lean enough when the time comes for being seen by the right people especially when you are supposed to be up on a pedestal or a stage. I will personally begin coaching you the very moment you email me if you have questions, but I need you to do what I ask of you first.

Doing what I ask is like allowing your body to do what it does best instead of forcing it to compromise it's natural functions. By ignoring everyone else and listening to only me, you will discard any other option you feel is your only solution like drugs, surgery and or a useless bottle of diuretics. **THE BODY IS ALREADY A DRUG.** While I have never built a 300 pound monster, neither has anyone else besides the Monster itself and let's be realistic, these type of people are really only built on drugs. I have however produced bigger and leaner bodies than a comparable cycle of drugs could on many a client. Problem is, just as there are so many NBA athletes over **SEVEN FEET TALL** playing amongst those at 6'6" or even 6", none of them made themselves taller to compete. They made themselves **BETTER** and worked **HARDER** with what they were born with to excel against the competition. With work, we can all get **BETTER**. With shortcuts, we pay the price later in life.

I had a roommate once who came home with illegal fat burning drugs in tow. He told me if I was interested in some, he could hook me up. He didn't tell me he had them already. He just in passing made the comment. I told him no thank you because that drug only tears you apart in the process of supposedly helping you and later in life it will show up when his organs begin to fail. I later found them in the freezer. I was shocked. But when I told him all about the dangers, like losing his health and possibly his job, he reconsidered. You see, no one has told you that some drugs do not show their side effects on you for a good 20 years. It takes that long for the little scratch they make on your organs to become a full out knife wound. And if you take a drug test, you will probably deny taking anything illegal so the only other possibility as far as the test is concerned is that you have a strange disease. When they test you for that and they know for sure you are on something illegal, you could go to jail or lose your job. Maybe even get kicked out of school. You are obviously prepared now to learn more about what you're doing wrong or I wouldn't

Don Lemmon's KNOW HOW

still have your attention. Just realize, there is always a safe and healthy way to do things. Nutrition is the foundation of not just the way you look and feel, but LIFE itself. This is also why without the proper nutrition, your hopes and dreams for success in fat loss OR weight gain are also nonexistent. Make the decision to listen to me now and in less than a month, you will be on the road to visible stomach muscles like NEVER before. The path is a bit different than you have followed before, but it works, and this is why we are often referred to as The "UN" Diet! This section however, is not just for physique oriented models, bodybuilders, etc. etc. etc.

I am using this section of the book to inform everyone who reads it of a few secrets that the 'establishment' and supplement salesmen just aren't going to tell you. Why? Because if they did it would put an end to their multi-billion dollar weight loss and bodybuilding businesses. It would take money out of those damned fat farm clinics and multitudes of QUACK doctors would have no one to peddle their to. It would also put many pharmaceutical companies out of the picture. This is partially because most companies haven't even a clue what they are doing anyhow, it's all just big business. They are driven by the all mighty dollar and ironically, many of the folks out marketing the hottest fat loss products available today only know about, you guessed it, marketing. Not nutrition. They make their entire living telling you what you want to hear. They know the buttons to push. They honestly know little to nothing about you and your actual needs, but they know your weaknesses. This of course means you're never going to succeed by listening to any of them. They are whore mongers. Let me teach you the truth.

You have learned up to this point in the book why anabolic activity (muscle growth) and fat loss can or cannot take place with what you are doing currently to any discernible degree unless you eat right. You should take a moment to determine right now if you are ready or need to get really lean or not. If you are not just about able to see your abdominals, you aren't ready for this section. For now, continue to follow the basic food separation plan of the 12 Food Groups for a while longer and that alone will work in getting you there. When it gets to the nitty gritty of losing those last few pounds of unwanted fat, then come back here.

After all, do you want to be sitting there, burning fat and growing new muscle all the while, OR do you want to wonder how you are going to keep from taking your shirt off in public for yet another summer season? That's all I ask. Are you sure you're ready to DO SOMETHING and finally have DEFINED abdominal muscles? Be

Don Lemmon's KNOW HOW

sure it is the right time and then we will move on. You may recognize some of this advice as common sense BUT what exactly is common sense? Hopefully what you think is common sense isn't the same as a pot belly piglet thinks it is. Ask yourself another question. "If I am carrying more fat than I'd like, what are the odds it could only get worse if I do not do something about it right now?" You have to admit the chances are good. Since we agree so far, what are you going to do about it? Cut your calories back? Thermogenesis is not now nor ever has been dependent upon pills or powders. Folks, we know we have entered into a realm beyond that of simply maintaining a healthy diet and into an area of absolute vanity here. This realm requires calorie counting not quick fix solutions.

We know that too. Yes, chromium is a nutrient to take into consideration but you do not need chromium as much as you need all the other minerals instead. We do not want to take anything that blocks fat digestion either. We know we need to eat fat to be healthy. We also know to be careful not to eat so many REFINED SUGARS anymore either. As soon as I begin discussing fat loss, I get asked a lot of questions about these things and about the thousands of other new products, ideas, diet fads and what ever else is surfacing from underneath a rock these days. And yet, no matter what new comes along, somehow, my methods always seem to work and continue to prevail. So let's keep it simple. The biggest fad in diet history revolves around the idea of carbohydrate depletion. Sure, I agree depleting some of your carbs is a good idea once you start to see desirable progress, but what we do is quite different in comparison to anything else you have read. Although carb depletion is exactly what we need to do in order to lower your overall sugar levels in many cases, I would rather work on removing any and all of your other bad habits that you may have left first, and still let you eat carbs. In moderation, yes, but you NEED carbs. However, we will eventually decrease them gradually enough no one will notice they are being depleted at all.

I want to get this out of the way next. Supplements. All you need are covered in my Top Ten Supplements Of All Time report in the supplement chapter. If you decide to supplement with something more outside of the recommended base vitamins, liquid minerals, essential fats and fiber, as I have suggested and you insist on taking chromium, use ONLY 500 mcg of chromium poly-NICOTINATE (GTF) *not picolinate* for every 100 pounds of lean mass you carry. That should be plenty to cut your sugar cravings back and satisfy your state of mind. If you continue experiencing hunger or sugar cravings, from there, simply increase your regular intake of colloidal minerals from two tablespoons to 6 tablespoons a day and pop down 2500 mg of the amino acid glutamine before each meal per 100 pounds of

Don Lemmon's KNOW HOW

muscle you weigh (I weigh 200 pounds so I would use 5000 mg which is actually 5 grams). This should also speed up fat loss. But I am not so sure it makes such a difference you should rush out to buy it. Over the years, I have heard of so many other different things that supposedly speeds up fat loss that ended up not working that I won't even cross the street to see what's new anymore. If you have followed the 12 Food Groups as directed for a few months, fat loss really shouldn't even be an issue any longer anyhow. That is unless you are a model or an athlete. But keep reading, this will be educational.

Just in case you aren't going to quit bugging me until I tell you what you want to hear about fat loss supplementation, I am not quite ready to disclose the only fat loss product that I know works yet, but here are a few more gems of info for you. I was also told once by a pro competitor that 1000 mg of phenylalanine or tyrosine per one hundred pounds of lean mass upon arising with a FEW carbohydrates (like that tablespoon of maple syrup I suggest you put in your water) will also stimulate fat loss. He was on drugs though. I am going to assume everyone reading this is NOT on drugs. You could also try the fat mobilizing amino acid carnitine during the last four weeks of your fat loss phase if you like (carnitine is most effective in mobilizing stored fat when carbohydrate intake is at its lowest), but you will need several grams at a shot, several times a day, and that can become quite expensive. I know I seem like I am just tossing that info to you with little guideline but as I said before, I am not into a lot of supplementation. You will soon discover fat loss does not come faster if you waste more and more money on useless supplements but too many people have been enquiring me for more info so I figured I better cover it a little bit. Most of the time, if there is any sort of major hype surrounding a specific supplement line, like Met-rx, sure, that means they are making big money, but that's also a clue that it doesn't really work. Why not? Why would you need so much hype if you had the magic product? Besides, you pay for that advertising. It costs them 20 cents to fill a packet and then they turn around and sell it for \$4 each. And the product never seems to work either. Admit it.

Nutrition. Back to square one. These companies are pumping you full of supplements but aren't giving you any usable dieting tips nor essential nutrition. So the supplements always backfire. Nutrition is without a doubt, absolutely individual and I have determined almost exactly how individual, so before you start popping any more magic pills or drinking magic powders, get your diet right. Thinking anything else will cause the results you dream of to manifest, is just that, a dream. So let's talk diet now. This specific system of fat loss is rather detail oriented, so make

Don Lemmon's KNOW HOW

your commitment certain NOW. It requires attention to detail. For every pound of lean body mass you change or are different from the person next to you, there is a coinciding change in not only the amount of calories you ingest, but the structure of those calories and the mixtures in which you receive them! This is why you MUST PAY ATTENTION. The percentages of protein, fat and carbohydrates in the total amount of calories you eat daily in order to maintain or build muscle while simultaneously stimulating your thermogenesis, thyroid and metabolism, is going to be different every single time you alter the amount of weight you are carrying. Things are about to change for you in a big way.

The original suggestions for daily calorie requirements are no longer the recommendations I want you to use to reach your lowest body fat levels ever. They are also NOT what you will use the entire time we spend in getting you to that level especially once you begin to see progress. Why not? Before we get to that, begin tallying up what you already eat and count those calories as accurately as possible if you already haven't. How many times must I ask you to do this until you do it by habit?

Know your intakes at all times. It is crucial. If you do not know what is in the food you eat, you shouldn't be eating it. Pick up a calorie counter and get to work. I gave you generalizations in the 12 Food Groups but you still may want another calorie guide and keep it readily available. The goal overall is to not only reduce your carb intake but to somewhat raise your fat intake too. We will gradually do this by using the recommended fat sources in the 12 Food Groups and at least try to reduce your carb intake to 1/3 of what it already is at the same time. You won't do this overnight. It will take the next ten weeks to accomplish. Let's trick, not shock, your body into getting you as lean as you need to become. Moving too fast will sabotage your progress. An optimal level of fat is desired before we begin here. Unless you can just about see your abdominal muscles now, you're not at an optimum level of body fat. To get to your desired body fat level, a few modifications must be made.

Here is what I want you to do. Figure up your current daily calories. That's absolutely everything you ate for the past seven days added together meal after meal and divided by seven for an 'average' day's caloric intake. If you need to wait and eat all this week and track things using our Official Menu Logs, then refer back to this in seven days, that is perfectly acceptable. It is not necessary to get things done a week faster like it makes that big of a difference between now and the day you die, so relax. Just track your calories starting now so you know for

Don Lemmon's KNOW HOW

sure what to do when I ask for this info. Next, weigh yourself and take a waist measure. At the end of every seven days from now on, weigh and measure yourself again and lay it out on paper including all the calories, proteins, carbs, and fats you ate. Compare the final figures each week to the recommended maintenance requirements (I do not expect your totals to be in absolute accordance) so you can make proper adjustments time and time again. Take your current lean mass and divide it by ten. Multiply this figure by your lean mass. That is your daily maintenance level of calories. Say 180 divided by 10 is 18. Next, 18 multiplied by 180 equals 3240 calories a day. What were your calories like this past week? Check to see if your weight changed at all this week while monitoring the calories. Just make note of it. This isn't as important as learning what your current levels are in conjunction to the new recommended levels. Ok, so what are your last 7 days average of calories?

1. Your Current Lean Mass: _____
2. Your Current Lean Mass Divided By 10: _____
3. Line 1 Multiplied By Line 2: _____
4. Last Week's Averages:
Calories: _____
Protein: _____
Carbohydrates: _____
Fats: _____
5. Your Current Waist Measure: _____

Here are the NEW suggested levels of carbohydrates for each of the different caloric intakes I suggest you use from for now on. Mind you, adolescent girls require at least 1500 calories a day, and young boys at least 2000. It is so hard to set a calorie range accurately due to your kid's sporadic activity levels but try to assure these minimums and that they eat 6 times a day too. Trust me, it's an instable art form trying to accurately monitor any child's diet. Pick the percentage CLOSEST to your current caloric intake.

1000 = 34%; 1219 = 35%; 1438 = 36%; 1656 = 37%; 1875 = 38%; 2064 = 39%;
2312 = 40%; 2531 = 41%; 2750 = 42%; 2969 = 43%; 3188 = 44%; 3407 = 45%;
3625 = 46%; 3844 = 47%; 4063 = 48%; 4282 = 49%; 4500 = 50%; 4719 = 51%;
4938 = 52%; 5157 = 53%; 5375 = 54%; 5594 = 55%; 5813 = 56%; 6032 = 57%;
6250 = 58%; 6469 = 59%; 6688 = 60%; 6907 = 61%; 7125 = 62%; 7344 = 63%;
7563 = 64%; 7782 = 65%; 8000 = 66%; 8352 = 67%; 8676 = 68%; 9000 = 69%

Don Lemmon's KNOW HOW

What Was Your Current Caloric Intake Again: _____
Multiply It By The Percentage Closest To That: _____

Well, that's carbs. What is the best ratio of protein to fat? That depends. Beyond this, percentages are almost irrelevant. I am only going through the motions with this for you because so many people requested this type of info in the past. As I said before, unless you already have visible abdominal muscles and are looking to lean up for a contest, this information doesn't pertain to you anyhow.

Separating your foods alone will get you where you want to go. Once again, it is O.K. if you do not know off hand what you are eating and if you fall between these figures somewhere, just do the math anyhow. If you determine that you are eating more calories or carbohydrates than what I suggest for your weight, do not worry about that for the time being either. Some of you think you burn more or eat/need less/more calories and carbohydrates than others. Forget about that and going into a calorie deficit or burning more than you eat etc. This next week, I want you to begin eating halfway between your current carbohydrate intake and my recommended % for that particular calorie level. Let's say you are currently eating 4,360 calories, 273 grams of protein, 653 grams of carbohydrates, and 73 grams of fats (which would not be the case if you were actually on my program to begin with). You should be eating, according to my chart, at 173 1/3 pounds of lean mass, (173.33 divided by 10 multiplied by 173.33 equals...) 2993 calories and 42% of those calories are to be from carbohydrates. That is 1256 calories from carbs (4 calories per carb = 314 carbohydrates). This leaves 1736 calories for your fats and proteins. Well forget about that for now.

1. Current Intakes Again:

Calories: (Ex. 4360) _____

Proteins: (Ex. 273 grams) _____

Carbohydrates: (Ex. 653 grams) _____

Fats: (Ex. 73 grams) _____

2. Suggested Calories And Carbohydrates Intakes:

Calories: (Ex. 2993) _____

Carbohydrates: (Ex. 314 from 42% = 1256 carbohydrate calories) _____

3. Add Line 2 Carbohydrates To Line 1 Carbohydrates And Divide By 2: (Ex. $653+314=967/2=483$) _____

4. Divide the actual recommended carbohydrates by 3: (Ex. 314 divided by 3 equals 105 carbohydrates) _____

Don Lemmon's KNOW HOW

This larger number is how many carbohydrates you will eat now and the lower number is the amount you will work towards eating by the end of the next ten weeks. So, this means, over the next two months, you must get your carbohydrates down from 483 grams to 105 grams. How? Easy. 483 minus 105 equals 378 divided by 10 and this is how many carbohydrates you drop each week for ten consecutive weeks and BOOM, you are there.

Your Week Two Carbohydrate Count: (Ex. 483) _____

Subtract Goal Carb Count For Week Ten: (Ex. $483-105=378$) _____

This Total Divided By Ten Is: (Ex. $378 / 10 = 37.8$) _____

Round that figure off to the highest number: (Ex $37.8 = 38$) _____

Next, let's look at your 105 grams of carbohydrates again. Technically, you will be losing a lot of calories from what you have been eating until now to get that low (or maybe not, these were just examples). So what I want you to do over the next ten weeks is add more protein and fats as we go along to replace some of those lost calories. How much you ask? Well, that's where knowing the amount of calories from carbohydrates you are losing come in to the picture. We know you were eating 273 grams of protein (that's 1092 calories with there being 4 per gram) and 657 calories of fat (73 with 9 calories a gram each). That is a total of 1749 calories. That is about right on the money because you are only supposed to have 1736 calories left over from fat and protein anyhow. ($2993 - 42\%$ in calories from carbohydrates = 1736 approx.)

BUT your ratios are probably wrong, and on top of these 1736 calories, you need to add those missing calories that you are dropping from the newly SUGGESTED 314 carbohydrates and what you are supposed to deduct each week ($314 - 105 = 210$ grams at 4 calories each is 840 total). So over the next ten weeks you will add (840 divided by $10 =$) 84 calories a week to the protein and fat sources. You need this additional protein and fat to support the muscle you're about to build during the fat loss (yes it's true, you WILL be BUILDING muscle). So 840 PLUS 1736 is 2576. If you add the 105 carbohydrates (420 cal) you will be taking your calories from (hypothetically speaking) 273 grams of protein, 483 carbohydrates and 73 grams of fat at 3681 calories currently, to a newly restructured set of calories that have only 2996 (hypothetical) calories over the next ten weeks. You now know how to manage the carbohydrates. This is now how to manage the proteins and

Don Lemmon's KNOW HOW

fats. Take the 2576 (1736 plus 840) portion of your calories and multiply it by .57 and then divide it by 4. This gives you a protein total. Your protein grams are about 367 (yes, that much, it is quite safe since carbs are not interfering with its digestion). Take 2576 again and multiply it by .43 and divide it by 9. This is for fat gram totals. Your fat grams will be about 123 when we are finished. LEARN BY TRYING THESE CALCULATIONS FOR YOURSELF. Do your math. So in ten weeks, your proteins must INCREASE from 273 (hypothetically) to 367 (also hypothetical) by adding (367 minus 273 which equals 94 and divided by 10 gives us) about 9 or 10 grams of protein to add each week.

This protein will replace the little protein lost, if any, over the next couple months from the decrease in carbohydrates and shift you in the right direction to speed up your metabolism.

Your fat however will INCREASE from 73 grams to 123 grams by adding (123 - 77 = 46 divided by 10) about 4 or 5 grams of fat per week. This fat you are adding, once again will only be from your essential fats list. In fact, most of your fats should already be only healthy fats anyhow. I have discussed fats quite extensively throughout the manual. You should know what you need, when you need it and where to get it. So, that is how to determine the 10% incremental changes YOU would make each week for the next 10 weeks to achieve your fat loss. What ever you do, do not attempt starting your diet at 1/3 the carbohydrates right away. If you increase or decrease your current intake too much right now, you will sabotage your own progress by slowing your metabolism. Removing a hundred or so calories can stimulate a metabolic shift in the right direction, but making more than subtle changes all at once will cause your metabolism to slow itself down. It is also possible that the metabolism could even signal the body to eat away at muscle tissue if it's not fed precisely what it needs to keep all your other systems energized. So do not short change yourself. Eat what you are required to.

If you do not, you will begin hoarding calories instead of burning them when you try to revert back to normal. Begin with last week's averages. Monitor what time you eat, how much you eat, and how it makes you look and feel. This takes time and patience. But you can't succeed at anything by jumping the gun. I demand you read this section of the book several times before embarking on ANY one portion of it if you do not understand it. Then email me. It should have taken you 3 or 4 months to get where you are in the program anyhow before considering this chapter. So, once again, take this next week to count every calorie you eat and thoroughly study the book thick and through. Do it now. Determine your needs and know what is best

Don Lemmon's KNOW HOW

for you first PLEASE. For instance, over time, you may discover it is best if you only alter your calories EVERY OTHER week instead of each seven days. You will eventually know what works best for you better than I will by taking all things one step at a time and by taking at least 4 months to get it right and see your abs start to come in first. Let's continue.

About five weeks into the ten week program, even though you may or may not have noticed a substantial fat loss or feel secure that you are becoming as lean as you wanted to be, relax and take another waist measure and/or get a fat analysis done. A regular fat analysis will come in handy because the waist measure (on occasion) may become stubborn. Burning fat is like peeling the layers away from an onion. One layer at a time is removed but the center always seems to be carrying most of the fat until that last layer is removed. Just keep a close eye on your food. Don't make yourself fatter instead of fitter, thinking you're making progress by increasing calories again right away. Stick with prescribed protein, carbohydrate and fat levels wherever there are now. Remain diligent and consistent. If you aren't, you WILL end up fatter not fitter. I recommend that you have a fat test done today and again anytime you notice enough of a positive or negative change, but definitely have it done once every 5 to 6 weeks. If, when you receive one of these follow-ups, you find a loss in both fat AND muscle, you have waited too long to manipulate calories and/or aren't calculating correctly. (These are the reasons you must keep note of so that it doesn't happen twice.)

Sometimes from one test to another, you may make progress and the other times you may not. It happens. Observing little things such as this and knowing how long you stayed at your last calorie count as well as how long it was between tests is also important. If you get fatter instead of leaner, you have simply underestimated your lean mass requirements. I recommend over estimating a little to start with, but be careful. That's a little, not a lot. You will probably also find a loss of muscle if you ate too little. Remember, you want fitter not fatter! Getting the hang of it yet? It's not real difficult. Read again. If you gain some fat you also lost some muscle. It's because you ate too little. If you eat enough, your muscles will always feel full, your body will be tight and your look will be tone. Feel like counting calories now? You need to be aware of what your body reacts to and what it does not. So suck it up and start counting. And take each step with extreme caution. If no matter what you do, it seems you continually put on a little fat along the way, stop adding calories any further until you visibly lean back out again. You might have WAY over estimated your intakes. For some individuals, it could take a

Don Lemmon's KNOW HOW

couple of weeks at a time to adjust. You aren't supposed to start this type of routine until your fat is down to lower levels for this reason entirely. How can you tell if you are totally on track if you have 100 pounds of fat to lose? It's virtually impossible. So, even if you are ready, the next ten weeks could very easily take twenty weeks. Thus, THE PATIENT PATH TO FAT LOSS.

There may still be some of you who are trying to lose fat at that tenth week (or twentieth for that matter). Stay at the 1/3 carbohydrate level until you reach your fat loss goal even if it takes you another 6 weeks.

There is no need to drop calories any further by trying to reach a desired leanness faster. Your last couple of pounds are the only hard fat pounds to lose and it could easily take anywhere from a few weeks to a few months to get rid of. That's why the pros take so long to diet. Some of them are pretty lean but need to be just that much leaner and it takes a while. Especially if you are drug free. So stay there without reducing your carbohydrates until you reach your goal. (In case you are wondering, you will keep your metabolism stimulated by regularly changing the foods you eat and by altering your exercise routine.) Lowering your carbohydrates any further could be a costly mistake that you do not want to experience. If you do not get enough carbs, you will cannibalize your muscle tissue for energy, and that will trigger a fat storing process (two steps backwards). You may want to try the original 13 week plan of adding a few calories like in chapter 3, but keep your carbohydrates at the 1/3 suggested % for whatever your current lean mass is at all times, and only add protein and fats in a 3 to 1 ratio. It's the same deal as before. Men, add 40-50 calories a week and ladies add 20-25.

There are a few other things you can do like start having carbs only 2 of 3 days then just every other day and next every third day. From there you would have carbs just twice a week and begin dropping the meals down to just one carb meal a day over time too. However, reports of a decrease in testosterone during a fat loss such as this keep coming in. It isn't as measurable a decrease as with the typical fat loss diets of today, but it does exist to some extent. If this is a concern of yours, I know of a safe and effective testosterone boosting product you can take. Estrogens and glucorticoids are also synthesized inside of you from cholesterol in the excessive protein intakes during this phase too. You will of course need cholesterol for other requirements, so we cannot drop the animal fats entirely. But elevated estrogen is what causes water retention and a smoothing out of your muscles. There is a balance in both sexes between estrogen and testosterone. The more testosterone you have, the less estrogen have and that makes you a man. And

Don Lemmon's KNOW HOW

vice versa. Women have more estrogen and less testosterone. Women do produce testosterone in their lower kidneys, but show marked increase in their leanness and strength while dieting if they are also taking estrogen blockers. So, in either case, keeping testosterone in check may be the key to fat loss during contest preparation. Especially when the bodybuilder wants to be at his or her absolute leanest. Ok, twist my arm, let's discuss fat loss supplementation at greater lengths. (Preparation H and other skin tightening creams by the way are only to be used to temporarily tighten the skin the day of the show and are NOT intended for every day use. It may absorb in the skin, reach your organs and poison you.)

With the change from glucose as an energy source to using more free fatty acids to burn that stored fat, which is full of toxins that are ending up in your bloodstream, you might need a good antioxidant. I prefer to drink an excessive amount of a special Chinese tea blend (no, not green tea) that I will mention in the Supplement section. Just know, toxins WILL make you feel tired, sick, cranky, hungry, and ect. You may need 'ANTIOXIDANTS' to remove these toxins (and other waste products that are free floating around). You won't need a prescription to get them either. Antioxidants are nothing more than vitamins and minerals that protect the body from free radical damage which cause wrinkles, cancer, cellular damage, pain and cramping. Your optimal antioxidant should be found to contain upwards in the amounts of 150 I.U. of vitamin E (DE, not DLE. DL signifies synthetic, meaning not natural), 1000 or more mg of vitamin C, at least 25000 I.U. of beta carotene, 200 to 400 micrograms of selenium, and 15 mg of zinc per 100 pounds of lean mass you carry all in natural forms. Try to find them in one capsule and with the least amount of synthetics possible. I simply take one capsule and one tablespoon of the vitamins and minerals I mention in my supplement section at each meal I eat and that covers those requirements.

Other antioxidants and free radical scavengers are herbs from tea, milk thistle, grape seed, ginkgo biloba, schisandra extracts and plenty of other stuff too. Just be careful some huckster doesn't try to convince you gravel is an antioxidant (someone is bound to do this sooner or later) because anything over priced is NEVER worth it. I would also ensure you take in a minimum of 20 grams of fiber daily for every 100 pounds you weigh with a sugar and aspartame free fiber supplement. If going to the bathroom is regularly like giving birth, you can solve that with what amounts to approximately a little less than one teaspoon of psyllium husk fiber at each meal. Have you been taking health food supplements because your joints hurt by the way? If you do, I'm not so sure you should be wasting your

Don Lemmon's KNOW HOW

money on these overpriced snake oils which supposedly prevent cancer as they heal joints at the same time. Fishes don't get cancer nor do they get hit by buses. From what I have learned on this subject, it's plankton that protects those big fishies from cancer, not their cartilage that most everything on earth is born with. And what it does is assist minerals into your tendon cells. (Where are you going to get a ton of plankton on a daily basis anyhow?) I certainly believe that other species' cartilage may relieve pain by strengthening your joints because eating chicken cartilage (yes, that's true) does this. But cure CANCER because the fish doesn't get cancer? Puh-lease.

I would double my mineral intake, eat more chicken legs (skinless and not fried or breaded), start eating seaweed (buy sushi paper and roll some rice with it or get the weed itself and make soup), and in extreme cases, I would begin taking an extra 100 mg. of B-6, and two or three grams of rutin daily until the pain subsided. Mind you, following this diet alone will do wonders for your pain but during this type of extreme fat loss routine practiced for doing modeling and body building shows, you are becoming depleted again. (Rutin is a bioflavonoid from the pulp of citrus fruits that has displayed a role in healing tendons and ligaments by the way.) Rutin is also great for carpal tunnel syndrome. Drinking gelatin has also been recommended for years in treating achey joints and for strengthening hair and nails. But gelatin is also a cartilage itself that has calories in it, so include them in your records. Glucosamine is important in the process of synthesizing new connective tissue. If you have a lingering problem this may be of use, however, odds are, more minerals and eating the ends of your chicken bones will suffice.

Even if you find a product that works in curing real disease (which is rare, only those herbal teas I spoke of and AG-Immune have ever proved me wrong), taking an antidote after taking a poison only works temporarily and partially. There are other factors in your lifestyle which you should change and supplements do not remove the bad habit which caused the ailment. There are a lot of hokey and costly products out there. Each one preys upon your weaknesses and picks up where the marketing campaign left off. One thing is for certain, some things you need, some things you do not. Getting back to nature, getting back to the basics, ALWAYS works, so do that instead. This is just such the issue with water pills. While fat is less than 15% water and over 70% fat, and muscles are over 70% water and contain only 6% fat, guess where you'll lose weight from if you use diuretics (water pills)? From wherever the predominance of your water is stored, that's where! Muscle!

Don Lemmon's KNOW HOW

If you want to burn a few more calories, and therefore burn some more fat, avoid over priced supplements and begin keeping mildly active ALL DAY LONG. If you are over 50, growth hormone therapy may help, but probably not much if you are younger than that. In very low therapeutic dosages, HGH can help anyone, but in higher dosages, if you are below 40 especially, you are only looking for trouble. You won't see the negative side effects right away, but in 20 years you will. That is if you are below 40 and try the form which requires a needle to inject. I know most of you will think you need more "stuff" than this, but really, you do not. Some supplements serve a purpose, but usually this purpose is met quite quickly through limited use and only if the product is of high enough quality. You'll see. Especially once your diet becomes secure. One week into this program, you will see exactly what I am talking about. Never settle on a quick fix. Quick fixes never last. That's why they are called QUI CK. They always end up taking you just short of nowhere and are not designed to last you a lifetime. Supplement abuse is only my second biggest concern with you regarding this program.

My biggest concern regarding the success of this program is your laziness. Do not ever let yourself be lazy. That is the only thing that causes this program to fail. Trust me, it will get easier and easier, the more and more you get off your can and actually do something about being unhappy with yourself. This chapter covered a fat loss regime used for those last 10 pounds beginning when you could already see your abs. To follow this routine for 2 or 3 full months can become grueling. Have I ever done it myself? Yes and no. I never needed to get that ripped. But 100's of my customers and clients have. I only ever needed to diet for maybe 30 days like this. Was I ever fat? Yes and no. Growing up I never really had a fat problem. It wasn't until after I was body building in 1994 when I tore my rotator cuff that I ever really had any extra fat to contend with. This is not to say that dropping body fat levels to that well below of necessary isn't required in some fields or occupations, but having abs and being truly defined or really ripped are two very different things. It was in September of 1989 that I first dabbled in the fine art of becoming ripped. My mentors at the time were all bodybuilding champions at local, state and national levels from the gym I trained at. I held them in high regard but much of what they did, wasn't coinciding with what they said they did so I asked to borrow notes if they had any from their diaries and journals. I read everything they had in their notes from the various diets they followed and saw similar variations of the same things with the exact deviations the others were taking but none of them realized. For instance, if you have a set schedule, at work even, you might always have a break at around 10:30 a.m. for a snack. Well, what if you had

Don Lemmon's KNOW HOW

to work until 11:00 instead? What if one day you didn't feel like carbs at all? What if you ate more red meat, therefore more fat just one day? Maybe they ate more fat on the days they ate less carbs. They each did the same things the days they craved and had more carbs, but didn't seem to eat as much protein with those carbs. It all adds up to specific deviations from what I was gathering. These body builders all hated one another. None of them compared notes. I was the first to get to do this. And again, these weren't run of the mill wannabees. These guys had recognizable names.

So what I did was take their several points of view and concluded the following: Each diet lasts 13 to 17 1/3 weeks. That is 3 to 4 months. Each diet somehow tapers off the carbs as the diet progresses. The longer the diet, the more days where a FULL meal of carbs was substituted for a meal of protein somewhere along the line, usually at lunch or mid morning. As the carbs decreased in the overall diet, red meat became more desirable and the more often olive oil or another fat, even egg yolks were eaten. This made the person feel better and the longer they stuck it out, aerobic exercise was less and less necessary as the fat came off faster and faster without it. Meaning it seemed the more fat you burnt, the more fat the body would WANT to burn. It also seemed that if you made it Monday to Friday without eating carbs and mostly proteins, you craved both fat AND carbs by Friday. If you ate fat and protein all week, a couple of carb meals twice a week was enough to subside cravings.

On New Years 1990 I officially began the program myself. It was mostly eggs, tuna, and other fish as protein. I had a lot of lettuce salads and my carbs were exclusively from peas and brown rice with an occasional bowl of pasta or cup of yogurt. I went from 200 pounds to 185 in six weeks, but was so ripped at that point that I decided to stop for a while. I didn't want to get any lighter either. That's when I determined that controlling the desired weight class was simple if you could only attain it first. From there, preventing overall weight loss while getting leaner by the day was also a breeze. I pretty much followed these rules anytime I needed to drop fat. The Fred Hatfield method of Zig Zagging your calories and results is a great method where you eat a certain level of calories for a few days or a week and either drop or increase them a little bit for another few days or a week again. You zig zag back and forth going up and down, in this or that manner, and in turn, you stimulate the metabolism over and over again, never allowing the body to ever really adjust. Met-rx originally had a diet plan with their first product line that

Don Lemmon's KNOW HOW

stole this idea. I have followed his lead at times too, but that isn't the subject of this particular discussion.

AN EASIER WAY IN SUMMARY

1. Determine the amount of calories, carbohydrates, fats and proteins you currently consume on a regular basis.
2. Determine the amount of fat you need to lose and know how much you weigh.
3. Cut your carbs back by 10% a week every week until you see results.
4. If your weight drops too fast and you know you are losing muscle, increase your protein intake.
5. Once your carbs are cut in half, begin adding a tablespoon of essential fats each week to your diet.
6. When your carbs are down to below 100 grams, begin having them only every other day for maybe 10 days. Next, only every third day for 2 weeks and finally just twice a week until your diet is complete.
7. Allow the exercise routine to give you 2 full days rest prior to your appearance. So, if it is a Saturday show, train Saturdays through Wednesdays and take every Thursday and Friday off for complete rest.

Are you sure you want to body-build though? That's cool if you do want to body build, as this program works almost too well for bodybuilders of both sexes, but body building is a very competitive field. Our principles should be applied by anyone looking to tone up a little bit or even a lot and drop some fat or build some (or a lot) of new muscle but when it comes to bodybuilding, even though this may be the Holy Grail, body building is not something you should take for granted. I have seen one too many 'bodybuilders' compete at a weight far too low for their own good taking what they do for granted. I mean is it really healthy to drop from 225 and compete at 155? How about a woman going from 140 to 100 just to prance about in a bathing suit? Absolutely not. I am here right now to say IT CAN BE DONE without dropping so much weight.

What you have just read is YOUR complete blue print for success in bodybuilding. If you follow it in detail, it is going to literally change your life. In fact, it will most

Don Lemmon's KNOW HOW

likely make you the most popular person you know! Who else has abs year round? I have worked with and spoke with most all the leaders in the bodybuilding and fitness industry. I have literally gathered information from all around the globe and it has always been the same old story. Most people achieve their goals by accident. Hard work and perseverance are taken into consideration, but if you ask people what works, no one really knows or realizes what it was exactly that got them where they are. It's amazing. After reviewing what they did, however, all I had to do was alter one or two things and their progress sky rocketed! It's usually something very simple you are doing to sabotage yourself.

Just apply the 12 Food Groups, and you will not only surpass all the goals you have set for yourself by leaps and bounds but you will know exactly how to tweak everything you do from now on.

So many people take up bodybuilding and end up eventually throwing in the towel because of frustration. And if they don't give up, they struggle staying the same for YEAR after YEAR because they do not know how to adjust their own plans. You know you MUST make yourself stronger to move forward. You cannot become more muscular if you do not become stronger. You cannot burn fat by any healthy means if you do not build muscle. And you cannot build muscle unless you eat enough food. Sure, it has a lot to do with resting and recovery too, but even more so, you can't make bricks by sitting around waiting for the concrete to be delivered. Your personal best may not be like some of the other people you see in the magazines, but do you really need to look like that to consider yourself a success? I went from 180 to 270 drug free in a year. I felt at first I had failed by not gaining a full 100 pounds that year. But I was actually a success at 225 because I had never weighed over 205 before that. So be realistic. 15 to 20 pounds is all most men need to gain to look their best ever. I do feel EVERYONE, both men and women could stand to gain 15 to 20 pounds of muscle. And if they follow the program correctly, they will simultaneously drop fat so the scale may not even budge one single pound, but they look their best. Admit it. If you could at least replace your current fat with the same weight in muscle, you would look fabulous. That is if you want to. You're in control.

Maybe you still want to be a part of that elite group, the bodybuilders. We have all been precisely where you are right now! Confused about our real goals. Killing ourselves in the gym. Training like a maniacs possessed with the devil and trying every supplement or new piece of exercise equipment on the market. It doesn't take secret equipment. Just good equipment. It doesn't take secret supplements or drugs. Just basic vitamins, minerals and essential fats along with a good diet.

Don Lemmon's KNOW HOW

And as far as working out 4, 5, 6 or 7 days a week... 3 days a week is sometimes too much. Yes, even for a bodybuilder. If you think because you made a little progress over the years using the same routine over and over or dabbling in a few others, you know what you are doing, you're wrong. Unfortunately, you aren't going to get anywhere regardless of your commitment without knowing what the heck you're doing wrong first. Being the best is reserved for only one person at a time. Maybe you can be one of the best. Who knows. Even being second best is a great achievement if you do it honestly, drug free and remain healthy. But is just being BETTER than ever before enough for you? That's all even the best shoot for.

I am 100% drug free. Sure, I thought about taking steroids. And I almost tried them once. But I didn't. And that's what makes me a winner no matter what I do. After 16 years of training and research, I have proven the human body is quite capable of doing whatever you want it to if it is trained, fed, nourished and rested in the proper intervals. There are the "laws" that govern your anabolic, fat burning, health building cycles and following them always prevents plateaus. I train, I study, I work, I sleep, I eat, I live, and I breath my goals. Are you willing to do what it takes? So what if I ask you to do the opposite of what you think you should? What you are doing isn't working to your expectations anyhow. The thousands that came here before you cannot all be so genetically gifted and so different that only they are the only ones who could get results. If you aren't succeeding, you aren't following it. So take advantage of your free counseling and email me when you have a question. It could make or break you.

All I ask is that you follow the instructions I give you first. You aren't expected to understand them nor even like most of them, but try to do them every day and give it time to let it work before contacting me. I do not understand how to build a microwave oven but I do know how to make it work. Any the first time I tried, I burnt my food. Over time, with trial and error, I eventually figured things out. On occasion I turned to someone for help, but I didn't ask for it if I didn't need it. Maybe you think it's too late for you to put any effort into something new or ask someone questions. The heart reflects this sort of denial destructively. Do not interpret my advice as a personal attack on your own intelligence. You want to be different so I want to help you to become different. I know in the back of your mind sometimes you think you do not have what it takes to succeed, but you will succeed if you just do your share. And I will do mine.

SECTION SEVEN: WEIGHT GAIN

Don Lemmon's KNOW HOW

I developed the KNOW HOW weight gain program originally to put size on under weight football players, like I once was. Not only effective for weight gain, this program packs on the mass, strength AND power! Combine this chapter with the exercise chapter and you will have a sure fire approach towards knowing how much intensity is necessary to get bigger. How to continually to make big gains without hitting a plateau. How to attain incredible power, in comparison to your peers, fast. How to create a natural anabolic state without ever needing to turn to drugs. And there's plenty more too. I can personally attest to this program's effectiveness as I used it myself when I was bodybuilding. That story is even included in here now!

If you're a hard gainer (actually, we ALL are hard gainers) and if you have been wasting time and money on all the latest fad programs and "miraculous" supplements, while still not getting the results that you expected, then this program is for you. Because of my own experiences and the many clients I have had, I fully understand how you feel about wanting to pack muscle on your supposedly genetically average physique.

You are about to discover my tried and true system that has proven successful for my friends and clients during the past three decades (80's-2000). And you read it right, here by popular demand, is the story of my personal quest in 1994 to become the World's LARGEST NATURAL BODYBUILDER. It's right here within these pages. Yep. Everything I did to reach 274 from my starting weight 57 weeks earlier at 186. From day one over Memorial Day weekend in 1996 to July 7, 1994 when I tore my rotator cuff. It's all here now. But listen. Whether you're a physique star, a model or just someone trying to shed some unwanted body fat, it's still the same. The first thing you need to do to succeed on any program is determine what your goals honestly are. My book teaches you how to achieve any and all goals plus how to plan and implement this system based upon your individual needs, but you need to focus on one goal at a time. Whether it is weight gain or weight loss, all you need is a body fat percentage to start. Do you even know how much fat you carry? The third section of this book tells you how to get a good enough guess by using a simple tape measure. And it's VERY accurate. Much more accurate than what you have ever seen before.

We then can use an easy formula also in chapter three to determine your EXACT daily caloric intake needs. After 3500 clients, it's right on the target every single time. It's not how fat or built you are that determines your caloric intake. It is your lean body mass. So make sure that part is right first. Then forget what you think you know. This isn't as simple as 10 X your weight or 15 X whatever either. It's simpler and carries uncanny ACCURACY. For weight gain, I determine this info

Don Lemmon's KNOW HOW

then add another 10%. The next step is determining what % of proteins to fats you are allowed overall daily in your diet and then figuring out the amount of carbs you should aim for reaching your goals (more than you think but not as high as you're used to). I bet you didn't realize for every pound of muscle you differ from the person next to you, the intake of these nutrients alters considerably. The Zone only works for certain weight classes because of this. I ASSURE you of that. Doesn't take a Ph.D. to understand the facts (but it seems to take one to overlook them). You see, most physicians look for the answer they WANT and then gather the info they need to substantiate their theories.

They later spend their lives running in fear from the contradictions people throw at them and it's all because they simply wanted an angle around the competition when putting out their own diet book. Sure, you would think a physician has a lot more education than we do that they also know a lot more than Don Lemmon ever would. But the little bit I know that they do not, MORE THAN MAKES UP FOR IT! Let's talk about how to build muscular weight and drop your fat all at once now. If your interest lies in mere fat loss, well, that's covered in the previous chapter and is not the point of our current discussion.

Weight Gain. Fat Loss. Exercise. Nutrition. We know they are of the essence and they each go hand in hand. Problem is. Do you have a clue as to how to combine the groups and achieve muscular weight gains without adding any fat? The same information applies to a little weight gain or a lot of weight gain (if that's your desire) but without building at least a little muscle, you are NOT going to look good after you drop your fat anyhow so listen up. Believe me, nobody to date outside possibly an archeologist has ever found a skeleton attractive. I am also sure some of you still think you know what you are talking about when it comes to weight gain and maybe you bought this book only to challenge me about it. Good excuse Mr. Fatty Pants. But you can't hide behind your baggy clothes and visions of steroids forever. Look yourself in the mirror right now. Are you ashamed? Are you afraid to peak a look at yourself as you exit the shower? Been to the beach lately? All right, all right. I will stop picking on all of you that walk around like He-man thinking you are big and cool because you are taking drugs. You are just following the wrong routines and eating foods in combinations that lead you down a road to nowhere. You already know you're getting nowhere. Unfortunately, until now, you haven't a clue what to do about it.

So listen, if you want to get from point A to point B for a change, instead of spinning your wheels in one place all the time, make the decision right now to adhere to what I am about to give you, whether you understand why it works or

Don Lemmon's KNOW HOW

not. Then again, go ahead. Start putting your KNOW HOW into action. Take your time if you like. I am not as worried about how you look, as you are. I do however know what it is like to be a skinny kid wishing I weighed more, but that is the least of my concerns these days. I made a decision not to look a way I found undesirable and I changed my ways. I went from 108 to 170 during just 18 months in high school after making those changes. I didn't grow an inch. I just gained muscle. I started off by weight lifting and eating different. I now weigh 200 pounds.

After I was in the military got into bodybuilding. I know all the tricks now because of that experience.

I know what it is like to be a bodybuilder scraping for extra pounds in body weight like they are gold coins though that too is a thing of the past. Weight gain is simple. Like I said, I proved it by going from around 190 to over 270 in a year once. It was a project for a major muscle magazine to demonstrate extreme weight gains without the use of steroids that failed when I tore my rotator cuff. I cover it later.

This KNOW HOW chapter is actually over 20 ALL NEW pages devoted entirely to the topic of Weight Gain. Remember, the ORIGINAL Nutrition Program was barely 30 pages long itself and sold like hot cakes. These brand new 20 pages summarize everything I show my clients who come seeking weight gain with me their first 30 days on the program (Hmmm... Maybe I should charge more...). I mean really. I can go ahead and charge you, like I charged them, \$150 a session for 5 sessions every two weeks all month long to learn what I have to offer or we could wrap it up into a tight package of 20 or so pages. I wonder which will save you the most time and money. Either way, it's your choice. And once you decide, let me know. You can email me right now and I will revise your current program just to give you a taste of the pie being glad to discuss what you are doing wrong for a moment. That is only icing on the cake. What lies inside the pages of this chapter are the mysteries of Willy Wonka's Chocolate Factory. Maybe one day I will tell you more about this subject. If you only knew what I knew. It would blow your mind.

OK. Let's get started. Are you familiar with the bodybuilder who gained 60 pounds of muscle in only four weeks back in 1973, DRUG FREE working with the notorious Arthur Jones and his Nautilus equipment? Well, it is true this happened. Not quite like Ironman Magazine allowed Arthur to dramatize it, but it did happen. And I have spoken with this bodybuilder. I know what he really did. I know the exact hormone boosting routine he used and even the ones used as the prototype of the experiment after talking to others involved at the time. No one has duplicated these amazing results but reports of 10, 20, 30 and even 40 pounds have come in

Don Lemmon's KNOW HOW

using this routine you are about to learn. I will also give you access to the anabolic diet used by the biggest bodybuilders I have worked with I later learned were similar to the ones used way back when drugs weren't available. I have modified things accordingly based upon the results of all those that came before you, tweaking them with what I know works better for most, and guarantee an ENHANCED result. Remember, I have worked with, spoke with, hung out with many pros and their trainers too. I have spoke with the experts (and continue to do so regularly). I have had dinner and trained with the best of the best. I know what it all boils down to now. I have outlined every juicy detail and today, I give you what works.

I remember a time way back when I was bodybuilding that what my partner and I were doing in the gym was producing so many results that it was almost a joke because everyone thought we were definitely taking steroids. My partner and I used to spend 3 meals a day at buffets here in Vegas. Breakfast, lunch and dinner. We of course would only eat foods that were allowed to be eaten together at that particular meal but we would still eat so much food that today, we are responsible for many of the signs you see around town upon entering the buffet reminding customers the 'maximum dining experience is NOT to exceed 60 minutes'! No joke. We were about 250 pounds each (and GROWING) with visible abdominal muscles and because of the combinations of foods, we would consume literally 1500 to 2000 calories at each of those 3 meals and NOT BE FULL! Wild huh? You might not be in a weight class that allows you to eat that much but imagine doubling your calories at three meals a day and NOT getting fat..... That's what this KNOW HOW weight gain routine produces.

If you are serious about adding muscular body weight, you are about to astound yourself with 10 to 40 pounds of pure muscle in just 31 to 45 days. It all depends on where you are at right now. If you are carrying a lot of fat, then you will have a lot of muscle to build while the body burns enough of it's fat to actually show a weight gain. Together however we might revolutionize the bodybuilding and fitness world in the process. So take some pictures, you'll never be the same again. YOU ARE ABOUT TO CHANGE THINGS all around you. Who knows? YOU could be the next BIG thing. If you still have questions after reading this chapter, Email me.

There are calculations in this section that at first may seem confusing. Even if you do not use them, understand the reasoning behind it all before passing it by. Physique transformation is a precise art form and you must educate yourself well enough to never EVER look bad again. Weight gain is not hard to accomplish, but done wrong, you get fat. I laugh when I think about how simple it is actually

Don Lemmon's KNOW HOW

because of all the media hype making you worry about being a 'hard gainer' is nonsense. At the end of this section I will tell you why. Just understand, gaining weight the old way is your only road block. So promise me you have read and understood the 12 Food Groups before finishing this section and try to follow them for a little while first. It will lean you out a bit, firm you up and mentally prepare you all by itself.

Once you have followed the KNOW HOW prescribed nutrition principles long enough and are at where you need to be in desired leanness, remain there a little while longer. Maybe a month first. Do this by staying at your final calorie count at the end of your fat loss cycle for another 4 full weeks and 3 and ½ days. You may need to add a few calories to each of those weeks, say 50 to 100, but either way, take 4 weeks minimum to secure your hard work and lean condition. At this time you can decide whether or not you may want to build even more lean muscle mass for sure. We all think we do, but like in my case, I began another bodybuilding program, went from 185 to 225 and was working on getting to 265. Out of nowhere, I was contacted by my entertainment attorney about moving back to Los Angeles for film work in movies. But I can't be THAT big and make it in film. I may never make it in film, but I will never make it as Mr. Olympia either. I do not have those delusions. But to achieve my goal of doing a few movies in a lead role, I can't weigh that much. Actors just don't weigh that much. So after a few weeks of achieving your leanest physique ever, decide if you really need to gain any more weight or not. If you do, you will make further adjustments in your diet gradually (yet cautiously), by continuing to climb up in calories.

This is not a simple task. Adding calories is simple. But when and where to add them is the critical info you need. You should never rush blindly into things. You do not want to become fat again! For those of you who are already lean and do not need the KNOW HOW fat loss info, you must still learn this entire weight gain scenario inside and out anyhow because although you may feel fully prepared, you still must perform the same and critically accurate steps as anyone else does. Maybe not to the same extremes, as others, but detail is the key and focal point here yet again. Understand first off, our bodies will decide for itself the state at which we will be healthiest along the way. This includes as far as body weight is concerned too. This is a decision we can't always make on our own. Not everyone can gain 100 pounds in pure muscle. You may only have room for 50 or 25. Do you have any idea how great you would look with just 25 pounds more muscle on you after dropping 25 pounds fat? Assuming your fat is gone and that's why you are

Don Lemmon's KNOW HOW

continuing to read along here, that 25 pounds could make you look pretty awesome! But keep your priorities straight. Women normally DO NOT LIKE BIG BULKY MEN. And the ones that do are not the type of girls you take home to mother either. Ladies, don't worry. You do not have the physiology to bulk up like we men do, let alone very fast at all either. You'll simply tone up real nice taking this weight gain advice. A simple five pound weight gain for girls will make the difference you are looking for. You may gain some more muscle than you first thought you should, but you are also dropping mucho body fat at the same time, so don't let it worry you. On this program you most definitely will lose overall weight in the form of body fat (without a doubt) and may even notice your clothes fitting better and better daily, but neither men nor women can bulk up without added attention to detail.

There is always going to be positive results for those using the KNOW HOW, just watch the mirror! But you MUST stay AWARE of EVERYTHING you eat at ALL times to control the desired results. It's not as simple as eating the right foods in the right amounts and adding or dropping calories while hitting the gym anymore. It's serious DETAIL. Those of you looking to gain weight right now that can't see their abdominal muscles MUST go through the previously fat loss chapter first. The body becomes most anabolic when you are lean. You WILL be able to build more muscle DURING your fat loss program as a result of this fact. The scale may or may not go up, but you WILL build muscle while you drop fat. So do not confuse a weight loss for an actual muscle loss on my program here. That's not possible. If you have 30 pounds of fat to lose, but continue to lie about it and say its just 20 when figuring up your calories, your chances of losing overall weight is not much greater than if you did nothing at all. Be honest and accurate.

Anyone who has just 10 pounds of fat to lose can expect to maintain their current body weight as their fat melts. If you have 30 pounds to lose, expect to lose 20 as you will replace 10 of those 30 with 10 in muscle. So get lean first. Wait 4 weeks. Then slowly begin adding calories back into your diet over a 9 or 13 week period like I am about to recommend. Be certain of where are you now. It is the time to figure up your current daily calorie levels. Add them up by calorie counting everything you ate for the past seven days meal after meal and determine an 'average' day's caloric intake. Take the totals for all seven days, all the proteins, carbohydrates and fats and calories and add them up too. Divide the results by 7. That's your daily averages for the last week. If you haven't been doing this until today, wait another week, record and eat all you eat this week and then you will have the info ready seven days from now. That is fine. You are not in any hurry, so

Don Lemmon's KNOW HOW

relax. One more week of remaining patience will be good for you anyhow. You waited more than a week to make the decision to change anyhow, so wait.

If it seems like too much to do, I suggest you stop shoveling your problems under the table and get to work on it anyhow. So weigh yourself, get a fat analysis and take a waist measure. At the end of the seventh day, weigh and measure everything including yourself again before laying out on paper all the totals for all those calories, proteins, carbohydrates, and fats you ate all last week. Use the info on next here to tally things up. Have seven copies of the menu pages properly prepared as well and then and only then are we ready to begin.

Let's compare the week's figures to those recommend as maintenance requirements for your body weight (I do not expect the totals to be in absolute accordance). To do this, take your lean mass (your body weight minus your fat weight, see the third section of the book for details) and divide it by ten. Multiply this figure by your lean mass. That is your daily maintenance level of calories. Say 200 pounds of fat free weight (muscles, bones, organs, blood etc.) divided by 10 is 20. 20 multiplied by 200 equals 4000 calories a day. 150 divided by 10 is 15. 15 times 150 is 2250. Understand? So what were your calories like this past week? And please, do not forget to check to see if your weight or waist measure changed at all this week while monitoring those calories. Make notes of everything you do. It is more important to learn what your current levels are than what the recommended levels are right now.

1. Your Current Lean Mass Is: _____
2. Your Current Lean Mass Divided By 10: _____
3. Line 1 Multiplied By Line 2: _____
4. Last Week's Averages.....

Calories: _____

Protein: _____

Carbohydrates: _____

Fat: _____

5. Your Current Waist Measure: _____

Next, here are the suggested % of carbohydrates for each of the different caloric levels you might fall into. Mind you, no matter what, adolescent girls require a minimum of between 1000 to 1500 calories a day. Young boys 1500 to 2000. It is difficult to set them accurately due to the sporadic activity levels of kids these days and inability for them to sit still long enough to monitor their actual intakes,

Don Lemmon's KNOW HOW

but try not to let them eat less than this. And keep their food within the 12 Food Group rules and your kids will never get fat nor be too skinny. If they are, simply decrease or increase their calories accordingly. Let's keep it simple for them right now. But YOU, you must pick the percentage below coinciding CLOSEST to your current caloric intake.

1000 = 34%; 1219 = 35%; 1438 = 36%; 1656 = 37%; 1875 = 38%; 2064 = 39%;
2312 = 40%; 2531 = 41%; 2750 = 42%; 2969 = 43%; 3188 = 44%; 3407 = 45%;
3625 = 46%; 3844 = 47%; 4063 = 48%; 4282 = 49%; 4500 = 50%; 4719 = 51%;
4938 = 52%; 5157 = 53%; 5375 = 54%; 5594 = 55%; 5813 = 56%; 6032 = 57%;
6250 = 58%; 6469 = 59%; 6688 = 60%; 6907 = 61%; 7125 = 62%; 7344 = 63%;
7563 = 64%; 7782 = 65%; 8000 = 66%; 8352 = 67%; 8676 = 68%; 9000 = 69%

Current Caloric Intake: _____

Multiplied By The Percent Closest To: _____

If you fall between a certain set of figures, 4000 for instance falls between 3844 and 4063, then you would fall between 47 and 48% and select 47.5%. That then would be the percentage of carbohydrates allowed in your overall daily calories. If you determine that you are eating more calories or more carbohydrates than what I suggest for your weight already, do not worry about it for the time being. Some of you do burn more or eat or need less or more calories and carbohydrates than others. Forget about going into a calorie deficit anymore or trying to burn more than you take in. The diet isn't about deficit.

It's about staying OUT of a deficit, ketosis or catabolic 'zone'. I made this carbohydrate chart based upon the results of everyone else who came before you and we found this structure of calories will work better than what you have already followed by far. This next week, begin eating halfway between your current carbohydrate intake and my recommended levels for that particular calorie level. Here is what I want you to do. Lets say you are currently eating 3000 calories, 285 grams of protein, 150 grams of carbohydrates, and 140 grams of fats. You should be eating, according to my chart, at 200 pounds of lean mass, 47.5% of 4000 calories from carbohydrates. That is 1900 calories from carbohydrates (4 calories per gram = 475 carbohydrates). This leaves 2100 calories to come from your fats and proteins.

1. Your Actual Current Intakes:

Don Lemmon's KNOW HOW

Calories: (Ex. 3000) _____

Proteins: (Ex. 285 grams) _____

Carbohydrates: (Ex. 150 grams) _____

Fats: (Ex. 140 grams) _____

2. Suggested Calories and Carbohydrates Intakes:

Calories: (Ex. 4000) _____

Carbohydrates: (Ex. 47.5% = 1900 carbohydrates calories) _____

3. Add Carbohydrates At Line 2 To Carbohydrates At Line 1 And Divide By Two:

(Ex. $475+150=625$ divided by $2=312.5$) _____

Just so you know, after a fat loss routine, your carbs should be lower than normal, however, pretty close to what we are discussing right here anyhow. And the suggested percentage of carbs is how many you will work towards eating on a daily basis by the end of the next month. So over the next four weeks, you will be adding JUST carbohydrates. How many? Easy. For example, the 312.5 carbohydrates from line 3 minus the 150 carbohydrates you are already eating equals 162.5 which divided by 4 is how many carbohydrates you add each week for the next 4 weeks and BOOM, you are there.

Your Starting Carbohydrate Count: (Ex. 150) _____

Subtract This From Your Goal Carbohydrate Count For The Final Week:

(Ex. $312.5-150=162.5$) _____

This Total Divided By 4: (Ex. 162.5 divided by 4 = 40.625) _____

Round that figure off to the closest even number: (Ex $40.625 = 40$) _____

Next, let's look at your calories again. Technically you will need to be eating a lot of calories in comparison to what you have been until now (or maybe not, these were just examples). Along with carbohydrates, we will also need to add more protein and fats as we go along. How much you ask? Well, that's where the calorie counting comes in to the picture again. We know you were eating 285 grams of protein (that's 1140 calories being 4 calories per gram) and 1260 calories of fat (140 with 9 calories a gram). That is a total of 2400 calories. That is about right on the money because you are only supposed to have 2100 more calories left over for fat and protein anyhow. ($4000 - 47.5\%$ in calories from carbohydrates = 2100 left.) BUT you personally may or may not be close to your actual recommendations. Either way your ratios are normally all wrong so start with the carb % first and move on to your proteins. So right now, we need to adjust the protein and fat calories. You

Don Lemmon's KNOW HOW

require additional protein and fat to support the muscle you're about to build, so let's take this seriously.

The calories from your current intake of fat and protein may fall short or exceed that which is required of your suggested total caloric intakes but that's all right. You're fine. We will figure up your needs in a moment. Let's look at the percentage of carbohydrates you are allowed for your recommended calories again though.

That is how we will determine what the amount of protein and fat will be. Using the previous figures for example, 4000 calories minus 47.5% of it's calories in carbohydrates (1900) leaves us with 2100. This remaining 2100 calories needs to be divided into a 3 to 1 protein to fat ratio. That would be 12 calories of protein from 3 grams, and 9 calories from the one gram of fat.

Added together this is 21 calories. Whatever your caloric intake will be, you divide it by however many times 21 can go into it. In this case 2100 divided by 21 is an equal 100. Multiply this number now by 3 and that's your daily protein intake. Multiply by 1 and that's your fat grams.

So your goal at 4000 calories is to be at 300 grams of protein, 475 carbohydrates and 100 grams of fat. At the end of your first 4 weeks, you will only be at 285, 312, and 140 respectively because that's where you are meeting by changing just the carbohydrates by meeting them halfway to your goal. Nothing else changes. I would take the calories from my 285 grams of protein (1140) and add them to the fat calories (1260) then divide it by 21 to find how much fat and protein I should really be eating, but that's up to you. A 3 to 1 ratio of fat to protein is usually best. There is really no need to increase or decrease your proteins or fats right now unless you seem to be literally eating way too much of either. If you are, then just decrease your intake halfway to recommended levels as well. Otherwise, don't touch them just yet. Wait 4 weeks. Adjust carbohydrates first. When the first 4 weeks are over. Review what you did.

You got your body fat down a while back and waited a month before starting your weight gain program. You began by counting your calories for a full week. You checked out what your recommended calorie levels were and determined what the percentages of carbohydrates needed to be and as long as the protein and fats aren't too different than what's recommended (just change them to a 3 to 1 ratio), or left them as is. You then took your carbohydrates and either increased or decreased them depending on where you started and in 4 weeks you should be at a level that is half way between the starting point and the recommended point. I only

Don Lemmon's KNOW HOW

review and repeat these things so you remember them. It's pretty simple. Ok. So 4 weeks have passed. Five more weeks to go in our 2 months of weight gain.

Over the next 5 weeks, I want you to make 20% incremental changes and add or subtract some more things to meet your goals. You will ultimately, as figured, need to determine your own calorie levels again. So check to be sure where you are. By now you will have seen your weight change, your waist change, and your strength increase at the gym. I mention this because whatever you do, never get so gung ho that you start blindly adding anything you want into the diet without understanding what, where, when and why. Follow my lead here. If you increase or decrease your current intakes too much by mistake, you will sabotage the entire program and therefore all of your hard work.

Adding or removing a few hundred calories or so here and there can stimulate a metabolic shift in the right or wrong direction. Making even a subtle change in the wrong direction will cause your body to slow itself down. Eat what you are required to. Don't change a thing and you won't get fat. If you are uncertain you are accurate right now with your figurings and more than feel you are getting fat, changes must be made again. The weight gain process must be ALLOWED, not, forced, so give the body more time to adjust. Only add calories every other week if you KNOW that's what is going to work best. There is NO hurry. Let the magic work. Begin week 5 by checking what your last week's average intakes were again.

Hopefully you monitored what time you ate, how much you ate, and how it made you look and feel last month. If not, this is your cue to do this every day from now on. It takes time and patience. But do it. You can't gain weight with any amount of assurance you won't get fat by jumping the gun. I demand you read this information several times if that's what it takes before embarking on ANY portion of this process. It should have taken you 3 or 4 months to get where you are right now following my program to even bother thinking about weight gain, a month to stabilize and another week to average your intakes, then 4 more to get to the half way point in a two month weight gain cycle. Start that 5th week by counting every calorie you eat out on paper and continue to thoroughly study the book again and again so nothing is missed. Do it and determine your needs. As time passes, even though you may or may not have noticed a substantial weight gain yet or feel secure that you are becoming as muscular as you wanted to be, the only way to assure progress is to take notes and possibly even have another fat analysis test performed. A fat analysis comes in handy because your waist measure may become stubborn on occasion.

Don Lemmon's KNOW HOW

I would say if your waist stays the same but your weight steadily increases, you are right on track. It can be quite crazy without knowing for sure though. You can grow A LOT and yet see nothing in the mirror if you spend too much time in front of it too. Walk away from it if this starts to happen. I know the anxiety when the scale goes up but you think you look the same (actually this is great news). Just stay off the scale for 6 days, and measure your weight but once a week from now on. Keep a closer eye on your food instead. See, feel, know, what your diet does to you. Schedules mean nothing without flexible planning and patience. What this means is that I don't want you to make yourself fatter instead of fitter thinking it's progress by increasing calories too fast when you know it's not working right. I also do not want you dropping the routine because you have convinced yourself it isn't working when it really is either. Forget the time involved. Just relax and increase your calories when you know it's the right time to do so. It doesn't matter if you have 4, 5 or 105 weeks left. Life is way too short to stress out over something that can change in the matter of a few days.

Remain diligent and consistent. If you aren't, you WILL end up fatter, not fitter. I recommend or advise that you do fat tests performed anytime you notice enough of a positive or negative change, just for insurance's sake, but definitely get one once a month. If, when you receive one of these follow-ups, you find you have took a turn for the worse, you have either waited too long to adjust your calories and/or you haven't been calculating them correctly to begin with. This definitely isn't my fault. It's your fault. The program is pretty flawless. All you do is work to increase your calories by adding carbs and setting your proteins and fats up in a 3 to 1 ratio. If you didn't get it right, learn from your mistakes. Do not quit. Work around yourself. For instance, sometimes things seem to be going good, but sometimes, they can turn bad before getting good again. From one body fat analysis to another, you may progress and the next one you may not. It happens. Make the right adjustment and you will start to make progress again. Not a problem.

Observe all the little things between tests and do not lie to yourself about where you are when you start. Take it for granted you need to step back a moment to step forward. If you get fatter instead of leaner, you have simply over estimated your lean mass requirements. On a weight gain program, you will find a loss of muscle and body weight if you eat too little. And you will get fat if you eat too much. It's not real difficult to understand that. Read it again. If you gain fat AND lose muscle, you possibly need to increase calories then too. If you gain fat AND gain muscle, simply decrease your calories just a little bit. Feel like counting them

Don Lemmon's KNOW HOW

now? You should, because you need to be aware of what your body does or does not react to. So suck it up and start counting your calories today.

If you continually seem to put on a little fat along the way, just stop adding calories any further until you visibly lean back out again. For some individuals, it can take a couple of weeks at a time to adjust. Maybe three weeks. So, the next 5 weeks could very easily take 15 weeks. One thing is for certain. Six months from now, you will not recognize yourself. Be sure to take your before and after pictures so you can enter the Don Lemmon's KNOW HOW Fitness Challenge. Our last attempt at a fitness contest had a \$40,000 Harley up for grabs. So, wherever you are now in lean mass, figure up what your new intakes of proteins, fats and carbohydrates are supposed to be.

If you are say 180 pounds of lean mass now, or whatever you may be these days, I want you to determine the amount of calories you would be eating if you were 15 pounds heavier. Yep. 195, or whatever 15 pounds heavier than your current lean mass is. To find this amount, 195 is divided by 10 and that is 19.5 which is multiplied by 195 and gives us a 3802.5 calorie total. That allows for 47% of the calories in carbohydrates (see the carbohydrate % chart a few pages back). So at 47%, that's 1787 calories and divided by 4 grams a carb, 447 carbohydrates. Next, take the remaining calories and divide them by 21. That's how much fat is recommended. It's $(3802 - 1787) / 21 = 2116 / 21 = 100$ fat grams or 101 if you want to round it up. 3 times that is your protein intake. 300 or so. From these new totals or whatever yours actually are, we subtract the totals from your fourth week of the weight gain program and divided the difference between the two figures by 5.

1. Your 9th Week Caloric Intake Goal: _____
2. Your 9th Week Carbohydrate Intake Goal: _____
3. Your 9th Week Protein Intake Goal: _____
4. Your 9th Week Fat Intake Goal: _____
5. Subtract Your 4th Week Calorie Intake From Line 1.: _____
6. Subtract Your 4th Week Carbohydrate Intake From Line 2.: _____
7. Subtract Your 4th Week Protein Intake From Line 3.: _____
8. Subtract Your 4th Week Fat Intake From Line 4.: _____
9. Divide Line 5 by 5: _____
10. Divide Line 6 by 5: _____
11. Divide Line 7 by 5: _____
12. Divide Line 8 by 5: _____

Don Lemmon's KNOW HOW

These totals are what you add or subtract to reach your goal at the end of nine weeks. You will notice it is anywhere from 50 to 200 calories you are adding each week. That is a very effective, yet subtle change. Now go put your figures and your 5th week menu on paper. You will need to put it all on paper if you want to set your eating plans in stone. Records are priceless. They are like contracts with yourself. When I first began a weight gain program, I was only at 180 pounds. I followed these same principles to gain 20 pounds and was able to remain at 200 pounds without any added effort. The following story explains the reason why I laugh when people tell me they have trouble with weight gain. It's too simple to gain weight if you follow the prescribed steps. Just get the 12 Food Groups stuck in your head.

Take a month or two and add 100 to 200 calories a week and you'll drop fat and gain muscle automatically for a while at least. You'll feel better, be stronger and it won't set you back one bit this way actually. You don't need to do all that math. But after a month or so, you might reach a plateau and wish you did do the math. You always want to make sure your efforts are calculated to ensure the weight gain maintains your fat loss at least and keeps your abdominal muscles visible. From there, if you see a plateau, then at this point, you should take your current calorie count and adjust your requirements over the next 4 week period. Learn your lesson from my mistakes. Pay attention to your percentages of fats to proteins to carbohydrates ALL the time.

However, this has nothing to do with being in a carbohydrate 'zone.' Sure, if you add the day up, it may or may not look like the percentages found are in a zone or something or other, but it's not. We here at Don Lemmon's Know How do NOT mix our foods, as THAT leads to FAILURE. For continued weight gain using our methods, take another 4 weeks after this first cycle but increase the calories about 100 more calories first. Do not increase them for 30 more days. All of the math seems crazy, but realize again and repeat it again and KNOW it again, we do NOT want to get FAT, we want to build MUSCLE. Adding carbohydrates or any type of calories too quick WILL ALWAYS make you fat! You MUST stay where you are for a month and then work your way back up again for another 9 weeks. From there, a simple 100 calories a week for a month or two will bring the weight up. All you need to do this time though is continue in accordance to the % of carbs allowed for that new intake level and keep the protein to fat ratio 3 to 1. For example, in 9 weeks I went from 3200 calories to 4200 calories adding around 100 a week, when I started again at 4300, my entire ratios for the day's intake are altered to get in

Don Lemmon's KNOW HOW

accordance with my carb % chart. Same with 4400, 4500 and so on. Everything changes every time your calories increase. After reviewing my notes from over the years, I learned that 6 ½ week cycles of weight gain were actually always best. And that starting off from the leanest condition and dropping carbs a bit to get there first was the best place to begin from.

How I did it this time, going from 180 or so up to nearly 230 in just 4 ½ months was like this. I started off my first 45 day period with 10 days at my first caloric level 3200 then I altered it once a week for the next 5 weeks. So, I did a complete cycle ending up at 3700 calories and then began the next 6 ½ week cycle at 3900. I stuck with this for 10 days before adding just 100 more calories once every 7 days for 5 more weeks.

Since I took 4 weeks in between those cycles at 3800 calories, I started the new cycle at 3900 and ended it at 4400. I went from 180 to 195 and then up to 205, all in 17 weeks. I did not add any more calories again for another 6 ½ more weeks. I stayed at 4500 calories during that break. I felt good and wasn't getting fat so I plotted out yet another weight gain cycle. Keep in mind, this may seem like forever, but I gained 10 more pounds at my 4500 calorie and 6 ½ week rest from working hard. I somehow in my next cycle at 4600 for 10 days and then going up to 4800 calories a day got up to 227 pounds pretty fast. But I didn't complete the cycle.

I was out walking my dog one morning with my wife and another dog was making an effort to attack him. I ran as fast as I could to get between them and broke my foot tripping over a concrete curb (ouch) and twisted over that curb slamming and tearing muscles in my right shoulder (my left one is the one I tore a few years ago). Double ouch, and double stupid. The dog coming after mine was now where near him. A fence trapped him. I felt like a klutz but at least the dog was safe. I unfortunately am sitting here at 225 wondering if I will be able to get back into the gym with enough consistency to build some more. I am telling you, it's all you'll need to gain an incredible amount of muscle. I probably won't. My legs and upper body are limited now. I laugh about it but it looks like all I will do is maintain myself until I heal. But listen to me. To gain weight, all you need is to get rest, eat right, and train like I have suggested in my exercise section. Trust me. If I were lying, you wouldn't succeed. If you do not succeed, you will not tell your friends to buy my program. If that happens, I go broke. So believe me, this is only as hard as you make it AND as easy as it gets. How do I know? Here is my story!

Don Lemmon's KNOW HOW

I was a thin kid growing up. I did not consider myself being skinny until 10th grade, at around age 16. I was always thin or small in comparison to the kids I ran around with so when I turned 14, my mother bought me a weight set for my room. A good bench. I will never forget it because it had a leg extension, and was red and black. It was a solid little bench, and came with concrete filled plastic weights. It turned out to be the best clothes rack and magazine shelf I ever had! I eventually removed the leg extension though because it began to get in my way and I hated the need of walking around it without banging my shin into it. The weights I still used to hold my bedroom door shut so my brother couldn't break in and bug me. It was a great gift. Thanks Mom and Dad! They got it for me when I was 14 if that puts things into further perspective.

Then one day at age 16 I was standing there in the lunch hall with a sleeveless shirt on and the babe I thought was the cat's meow came walking over. This was a theme day at school. "Punk" day, where we all dressed up as rock and rollers and I decided wear a sleeveless shirt, like guitarist Vinnie Vincent did in the KISS 'Lick It Up' video (what can I say, I was a fan, and I remember because I burnt the shirt the next day). I certainly thought I was looking cool. I even had a studded bracelet (WRIST BRACELET) around my upper arm too (yes, an 8 inch bracelet fit around my upper arm). Note. I was 5'8" and only 108 pounds! A TOTAL RAIL! But looking COOLER than ever 'that' day! Or so I thought. So this girl I had a crush on came walking up to me and said 'Nice arms, Donny' and proceeded to squeeze one of them. I knew, right there and then, I had to do something to change my physical appearance. I felt like a total nerd. All the guys I ran with either trained with weights or took karate, so I tried karate first. It seemed easier and that way, if anyone teased me again, I would beat them up!

I figured that if 'The Karate Kid' could be cool and dorky all at once, so could I. Well, my attempt at martial arts failed miserably and turned into nothing more than another humiliating experience! I decided never again would I get picked on, beat up, or rejected still so I had to try something else. I wasn't giving up, just giving up on karate. What a LOSER I felt like when I starting breaking MY OWN BONES after taking martial arts! No, I do not consider telling you this story as 'therapy' nor that I 'must' get something off my chest, I am just being honest with you. Most people haven't the guts to be honest. They need to grow up. I want you to know I relate to not being happy with my appearance and feeling ridiculed by those around me for it. This is what it's all about people. Being able to laugh at the silly things we all do. So, I went home after having my latest cast removed and

Don Lemmon's KNOW HOW

started reading some books. I got Arnold's Encyclopedia on Bodybuilding, which was co-written by Bill Dobbins, who is now my friend, and I hit the weights in the privacy of my own room. Arnold recommended taking protein powders, amino acids and multi-nutrient packs. I managed to get the support of mom and dad and they took me to the shopping mall to get some. I lifted every day until I felt burnt out too. I ate cauliflower, cheese and peanuts like there was no tomorrow. Meals weren't regulated, but those 3 foods, my amino acid tablets and my vitamin packs were staple in my routine. Like I said, I found that lifting every day wore me down, so I took days off in between sessions if I felt I needed to. I kept lots of notes too. And I do mean lots of them. I had a calendar on the wall, a weight gain chart and I took my measurements religiously. I was dead serious about returning to school for the 11th grade a changed man. And I did.

I showed up 35 pounds heavier and where my stomach was flat 3 months earlier, I now had abdominal muscles and weighed 145 when school started. I gained 37 pounds in 13 weeks, only 9 of which I lifted weights. Honestly, all I did was read Arnold's stuff then took some advice from a guy at the karate studio. I think he was Mr. Mississippi or something when he was younger. I had previously asked my best friend at the time what all he did at the gym and asked if I could watch. He just wanted me to teach him how to use nunchucks. So that's how I started. I know this chapter is about nutrition, and it still is but follow me here. I have a point. I can actually still remember that first routine. I would do the bench press, upright rows, close grip military press, barbell curls, behind the neck press and overhead tricep extensions. 3 sets of 6 reps each. I did it at precisely 9 p.m. sharp every evening. One set every 2 minutes so I was done at 9:36 p.m. and asleep by 10 p.m. If I didn't weight lift, I was doing sit ups in bed till I passed out. I didn't know what a bent over row was so I didn't do lats at all (upper back) and since Arnold split his workouts into upper body one day and lower the next, I figured I would skip the lower body (didn't have a squat rack) and build those broad shoulders and arms that I thought all the girls liked. I know, I was a nerd. Weren't we all though at some point? ANYHOW... I worked.

I went to Church camp that summer and then to school that fall and the girls were really digging my new muscles and the guys were finally cool with me also. Just like the Charles Atlas ads. Finally, I thought, I had some respect! I had the fever too. As time passed, I read my notes and realized that I was taking a lot more days off than I had intended to from training. I thought at first I should train every day, but was averaging more like every other day and then only 3 days a week and sometimes only 2 times a week (where my best gains came from). So I picked up

Don Lemmon's KNOW HOW

the intensity a bit figuring if I was working out less, I might as well make up for it in effort. That's when I began paying really close attention to whether I was getting stronger, or bothering to try to, or not. By the end of the 11th grade, I was weighing a good 155 pounds. I wasn't huge, but I sure was looking good for a kid who weighed 50 pounds less a year earlier. School was grueling. I didn't eat right, but I got a lot stronger. I remember when I was only lifting the 30 pound bar for 15 reps. I was now using over 200 pounds. Over the following summer, commencing my first year of training and right before my last year of high school, I tried exercising daily again for a while because I finally added some leg exercises to the routine. I gained another 10 pounds over those 13 weeks, but nothing the first 42 days. Why? I didn't know at first. I trained daily.

But it wasn't until I became busy with camp again, school, cruising with the guys, girl chasing and such that gave me an excuse to back and train only every other day that I gained that weight. It was the REST. I know that now, but back then I figured I was just lucky because I had only lifted weights every few days instead of all the time! The secret was training hard one day BUT resting the next day to 'recover' and I was finally starting to figure it out. Well, whatever it was, it worked.

I trained only 3 days a week and ended up gaining another 10 pounds almost as fast as I switched routines the first part of the school year too. Right after Christmas I let the workouts stop for about 2 months. That's when the next bit of logic arrived. No, not just that people try to get in the way of others when they want to better themselves. It was obvious that because I wasn't eating right, I began losing muscle (from no exercise) and getting a little fat too (also from no exercise) but since my diet was bad, I fell apart fast. My buddy at school however ate nothing but proteins all day and he hadn't worked out much lately either and yet was still pretty buff and lean.

It was time to review the diet. I ate cereal with whole milk, no snacks early on in the day, drank very little water, had pizza at lunch, no snacks mid afternoon, hot dogs after school, and dinner was a typical American something or other meal (mom was a great cook). Mid evenings were nachos and jalapeno dip. That was it and trust me, besides pizza Friday nights, McDonald's on Saturdays and the feast we had as a family on Sunday afternoons, nothing deviated from the norm. But my friend who ate just proteins, and would cuss his mom up and down if she tried to feed him anything else than what he wanted, was still lean and buff. If he felt like it, he ate

Don Lemmon's KNOW HOW

more than just eggs, chicken and beef. He had pasta or rice on occasion. I thought he was wacko with his clean eating until I put two and two together and saw that with just nutrition, he was fine. I was the one fattening up. Not him. Exercise helped us both build muscle, but nutrition made ALL the difference because his muscles were fuller and he was still in shape while I had dropped 15 pounds on the scale and friends started commenting on the belly I was building. So, with school almost out, the cheerleader gone, and having just joined the Army, I was now ready for a new workout routine, a diet maybe, and if nothing else, I was a free man, no parents to tell me what to do, I was about to become a high school graduate, nearly 18 years old and ready to make my mark on the World. Even with lessons learned, dieting somehow once again became the last thing on my mind. I couldn't follow a diet in the United States Military anyway I figured. So I put it off until later.

I couldn't seem to weigh more than 175 pounds, definitely because I wasn't eating right, but at least I gained the lost weight back before I entered the Army. Six months later, and no weight training, I somehow came back home weighing 185. I couldn't believe eating more, running and doing calisthenics (even though I had a back pack on most of the time) could pack on the weight that it did. I looked pretty good. And although this is the weight I remained at for the next 2 years, as soon as my enlistment was over, I decided it was time to study nutrition. Since that winter of 1988, I learned a lot. While eating like I did in the Army was a lesson, I learned that now that I wasn't limited to Army chow, I could call my own shots. I had to, I was on my own and was budgeting my funds to just feed myself anything at all. I took some time, kept some new notes and spent the next month looking through all my gym notes. I saw that my strength had increased mostly over layoffs of 2 or 3 or even 4 days at times from training. The shorter, harder sessions I snuck in while I was supposed to be at work in the Army also seemed to be the more result producing sessions as well. Those 20 minute workouts produced greater results than the 60 to 90 minute ones everyone else said they do. And with three big meals at the Army base, snacking in between, training just twice a week on the average I still hadn't budged a bit in size nor gained an ounce of fat in over two years. Maybe it was all the running and hiking and war games that kept me from gaining weight, I don't know. I do know that even though I hadn't gained more weight or gotten fat, I had definitely become stronger, faster and tighter than ever before. All on reduced workouts.

I promised myself that day that by age 21, 5 years since I was a 108 pound weakling, 6 months from this day, I would crack the 200 pound body weight barrier

Don Lemmon's KNOW HOW

by only changing my nutrition. I packed my meals, trained regularly 3 days a week, slept my 8 hours a day or night and made sure that my diet was tip top (or what I thought was tip top) at all times. In fact, at one time, regarding sleep, in my one apartment I had this horrid cricket that seemed to like toying with me by doing his blasted chirping only while I was trying to sleep! Not while anyone else slept, JUST WHILE I TRIED! So to ensure my rest, I wore earplugs. How funny is that? So, I was out of the Army, weighing 185, cleaning up my diet and set a 6 month goal to gain 15 pounds. In no time at all I was at 205. Not in 6 months, in just a few months. Not bad for a young pup and my first experiment. At the Gold's Gym in Niles, Ohio where I trained, I became one of the local physique stars (so to speak). But I wasn't as RIPPED as I wanted to be at 200 and that is when I learned about dieting for a contest from another local bodybuilder.

I took what he told me, what he had written in his notes and what I had, and sat down to review my training and diet notes yet AGAIN (thus the importance of keeping notes) before going any further. He wasn't really big, but he was the only guy I knew who achieved that really ripped and lean bodybuilding look, so I trusted his opinion.

I discovered that there was a pattern to both of our eating. I would each week set up a schedule of specific meals, but never really followed through with them. By mid week, I always found myself eating not only different foods than scheduled, but splitting my meals up in an odd fashion. It seemed as though I was craving more and eating more protein meals by later in the week and was NOT eating as many starches and meats together because mixing like that left me tired and feeling fat. It seemed he was eating less and less carbs himself. Knowing that I needed protein most of all, I started eating more meat and having it first in my meals, before the carbs, probably just to avoid weighing myself down with them (carbs). My notes showed me, that by eating carbohydrates first I didn't feel like having as much protein after. This is also when my results would slip. Also noted, when I had carbohydrates second in a meal, I wasn't eating as much of them. It was then that my strength increased and fat began to disappear again. I decided maybe eating MORE protein and MORE carbohydrates, BUT separating them at different meals might be the next logical path to follow. I thought everyone else I knew felt that depleting carbohydrates was the answer anyhow so it made sense. Maybe it was because there were less carbs to interfere with the protein digestion. I wasn't totally sure, but had a good idea this was it because if I eliminated carbs, my energy was null. Well, when the carbohydrates are decreased, but not depleted, doesn't the body use them more efficiently and burn more fat anyhow? I figured

Don Lemmon's KNOW HOW

out later why that was true, sure, but at the time when I separated my foods and leaned out before everyone's eyes I knew I was on to something they weren't so I kept the secret to myself! I stuck to what I was doing for 6 months and without increasing my calories, I went from 200 at 10% body fat to 205 at 6% body fat.

It wasn't too long after this studying, working and trying to keep up, caught up with me. Along with this came two years of total disregard for training and diet. I was surrounded by people who didn't care about their training nor eating habits. I tell you about this one to make a point. Nothing and no one belongs in your life if they are not supportive. I was 24 years old. 180 pounds. Out of shape and feeling pathetic. Worthless and WEAK.

I went from having a rock band, studying to become a doctor and working for an Internationally recognized male review, back to square one again. I was out of shape. I probably felt worse than I looked, but I was not enjoying it either way. And this leads us to the next part of my story. I want you to understand, since I was out of high school, I was always weighing somewhere between 180 and 205 pounds from diet and training whether I ate or exercised right or not. I worked hard to get to my goals but it wasn't much to maintain them. My problem was, I didn't realize until I was 24 that this eating program of mine was a way of life and not just a diet. As long as my diet was followed, no other weight gain program or supplement routine compared. Now I had to prove it.

I had written a number of articles and compiled thousands of notes in preparation for this book's foundation and presented it along with my client's accomplishments over the past few years to some publishers. The magazines weren't interested in anything unless it related directly to body building. I could relate. I was 180 pounds, had a bunch of buff clients, but I myself, while not 108 anymore was only anywhere from 180 from 205, and was once again, in their eyes anyhow, the little skinny weakling. I decided to challenge them. I personally challenged a major magazine publisher to give me one year to show that not only did my clients who followed my command gain on the average of 30 pounds each, but that I felt I could personally manipulate the body through training and diet alone to gain as much as 3 times that much! Much to my dismay, they accepted. If I could produce a drug free 90 pound weight gain documented officially with all the legalities surrounding it, then I would get full recognition, coverage, contracts, etc. Now all I had to do was find some clown to gain 90 pounds. I went home. I looked in the mirror. I realize. I AM 'that' clown. So I had no choice, the quest began.

Don Lemmon's KNOW HOW

Day One: Ohio. 4 months until my 24th birthday. Eight years since I first weight trained. It's May. I weighed in at 186 pounds precisely. I came to Ohio to take the summer off from writing and maybe relax. I was from Ohio to begin with if you remember, then went into the Army, eventually moved to California, then to Vegas and now back Ohio for a break. I weighed 186 pounds. I joined a local gym that was the size of a two car garage. It was Hell on Earth. No fans. No vents. No air. I loved it and even looked into buying the place from the owners. I started my diet at 2800 calories. 2 weeks later I was already at 192 pounds. 2 weeks later I was 202. I chalked it up to regaining lost weight. 3 weeks later I was 212 and 3 weeks later I was 222. Yes. In 10 weeks I gained 40 pounds. Only 50 more pounds to go. I decided to slow down because I had over 9 months left.

I was consuming 4500 calories a day at this point too and didn't want it to start becoming fat. That was a lot of food for me. All my life I have had only a few workout partners. None really panned out. Artie Kaikou, the well known martial artist was one and the others all just came and went. I had to do things alone this time too.

Everyone I met that summer was CERTAIN I was 'juicing' up with steroids since I was training alone, was getting strong and didn't talk to anyone during my training sessions. I didn't care. I was 24 years old, over 220 pounds for the first time in my life and had put 2 inches on my arms and 3 inches on each thigh. The workout schedule was simple. I trained about 4 days a week. 20 minutes a session (was summer and in that sweat box, that had no air conditioning, it's all I could stand). I did one set for each body part when I came in and maybe added a few sets for a specific muscle or two here and there and then I would leave. On the days I was feeling especially strong, I would go in and do a set of 315 on the bench press then stand on the bench and do rows with the same weight. I'd sit down and press 135 then get up and curl it. Slap 90 pounds back on and close grip bench it or leave the 135 as is and do skull crushers. To finish the 'warm up' I would either leave the 225 on or add 90 to the 135 and perform stiff leg dead lifts. Finally, the REAL work, the 20 rep squat with 315 pounds. Mind you, as time passed, I was adding 5 pounds to every exercise once 3 more reps were possible with whatever the latest weight increase was. You can't let the body be too comfortable. If you want change, you must MAKE change.

I stuck with just a few core exercises the rest of the year to make it simple. I would only have a few movements, therefore I would only need to make sure

Don Lemmon's KNOW HOW

strength increased on those things alone. I figured this was easiest. If I felt like more, cool, but if not, I would stop all exercise or focus on just one muscle group a session. But I trained every other day, and sometimes not that often, sticking to the core 3 movements always. We needed another chapter for that information (it's in the exercise chapter). But the weights I was using weren't nothing to warm-up with when you weighed 225. They WERE my workouts. From October to Thanksgiving in November I took a break from hard core training although I was now eating around 5000 calories a day. I trained a little less at only 3 days a week with the same hard core methods I started off with. But I took a complete week off first to drive back to Vegas. At Thanksgiving, when I was driving back to Vegas from Ohio (with my 4 ferrets in the car, what a trip that was) I weighed 235 pounds upon departure and 235 pounds upon arrival.

The week off felt good and my muscles felt full. I moved into a great place called Eagle Trace outside of Vegas near the Air Force base that had a full gym in it. I trained there until February. By February 1st, I was 8 months into the program and weighed 250 pounds, eating 6300 calories a day dispersed over 9 meals. I was thick everywhere. My legs looked like tree trunks, my hips as solid as a wall. My calves and my shoulders were the size of melons and my upper body was definitely at it's best. My waist however was up from the start of the game at 32 inches to 35. I still had abdominal muscles mind you. They weren't washboard ripped, but I had definite abdominal muscles. I had put on some noticeable size and my belly was always stuffed with fresh food. My friends and family were in awe. I had gone from GQ/Chippendales model to looking more like a Pro Wrestler in their eyes. I didn't like the way people were reacting either. I was still the same guy inside from last year, 5 years ago and or even 20 years ago but I had this new tank sized shell. This is why I never went back to body building and really do not think since hurting my foot last month I will return to it. People treated me weird. I was like an outsider looking in all the time. It wasn't just "Oh, are you really going to eat that health food stuff again?" It was now, "Look out! He's gonna eat the kids!" I HATED EVERY MINUTE OF IT.

I couldn't play with my nieces and nephews without scaring them or being afraid someone was going to get hurt. I went to restaurants and was subject to ridicule or prejudiced for my size. I was kicked out and given time limits at buffets. I couldn't go to movies because it might mess up my eating schedule (they never let you bring your own food inside the theaters). And EVERYTHING came to revolve around my BODY BUILDING. It was no life to live. Not at all. Still, I had another 20-25 pounds to go and couldn't quit. Feeling the mental strain, I changed gyms by

Don Lemmon's KNOW HOW

joining Gold's in Las Vegas, Nevada on Sandhill Blvd to work out with my good friend Dr Gary Eversole. It became my home away from home. I found more of 'my kind' to hang with there. More apes and freaks. I became comfortable by being surrounded by other 'body builders'. It was a great, fun, cool, but an unusual thing. Just 2 years earlier none of them were my friends when I worked out there because I was too small at 200 or 190 or 180. Wild, huh? My workout partner for 2 months was Gary and we tried all we could to motivate each other. We were monsters. But he worked long hours and I needed another training partner. Next came Eric Drury and he was 235, and trained with a vengeance I had never witnessed before. I learned from him that I was working hard, but not hard enough. When I told him he had but one set to do, he put his all into it and that forced me to work harder to keep up. From the months of February to April, I went up to 7000 calories a day and 260 pounds.

This is when I took a little time off again to mostly relax and maintain my weight. I felt good allowing my body to adjust to the newer weight rather than forcing it to grow too much more too fast. I mean, when a person is gaining this kind of weight, they put themselves at risk by FORCING the body to make such dramatic changes. I ate at least ten times a day and sometimes the body just didn't want it. I remember the first time I threw up and thinking (while my meal was exiting my body through my mouth), I remember calculating in my mind how many calories I was losing and trying to guess at how many calories I needed to get replaced as soon as possible. I felt diseased. I really did. Anyhow, whatever I was doing, by May I had gained another 5 pounds. This left only 5 more pounds to go.

Consuming over 8000 calories a day at this point (feeding in hourly or every 90 minute increments) had me either confined to home, eating while I was talking and driving or throwing up a meal if I moved too fast and needing to go eat again every time I turned around. Worst of all, I thought, my waist was now 36 inches. Not fat, but it was now 36 inches. I was told by several top bodybuilders this was nothing, as they at 250 would have stomachs at 38 inches and some were larger! The difference was that the fans watching the bodybuilder onstage had no clue cause all they saw were ripped abdominal muscles not bloated intestines! For me it was very psychological not having pants that fit me anymore. I remember the day I was at Gary's office cleaning his bathroom where I vomited out meal number 8 while impatiently awaiting for my friend to return from the store with replacement food. I wanted it all to end, but only had FIVE MORE POUNDS to gain and ONE WEEK TO GO. I sat down and cried. I literally cried. I almost couldn't take it

Don Lemmon's KNOW HOW

anymore. I came within moments of completely giving up. I went to the mall for a walk.

Fully clothed, I got on the scale at a health food store and weighed in at my heaviest ever, 274 pounds. I was eating 8400 calories a day. I was not officially there at 270 naked, I knew, because I had just eaten and had a full belly, was totally clothed and was carrying a bicycle pack, I was probably 270, but in no way was I going to be 276 pounds, empty belly and bowel with in the next 2 days. I took another break. I relaxed at home. I ignored all phone calls and weighed myself. I assumed I failed. I weighed 270, up 84 pounds in a year, and yet my mind was telling me I failed. Mike Mentzer called me that day for some reason. Probably to argue. He said he had a solution to help me with those last few pounds. He said to take the next week off. Oh, Mike, please, I only have 2 days.

In reality, I gained 88 pounds on the scale over 52 weeks. I went into a fit of rage. I told everyone I was going on a diet. They laughed. I only had 4 months till a show I wanted to enter approached so I could seal the project properly by appearing onstage. I talked to my people and after they knocked some sense into me, I agreed to finish it out. But I insisted on taking the month of June off and to do things slow. I did. I had friends come visit, we ate, drank, partied, and relaxed. I trained twice a week, dropped a little muscle, put an inch on my waist (which I couldn't afford) and BOOM! Month over. July was here! Time for business and BOY was I READY! I looked in the mirror. I was 265. My waist was an inch bigger at 37 inches. 5 more above where I was a year ago. With a 36 inch waist, I had abdominal muscles. Now, my stomach was smooth, but if I posed right, under the right light, I could see a hint of my abs. I suited up on that first Monday of the month after the 4th of July, drove to the gym and met my partner. I started my new diet that morning all mapped out at a steady 6300 calories. As much as it seems I did, I rarely looked in the mirror or used the scale (Except for the times I remember here, not many others. It's too much of a mental game to play watching as the scale fluctuates back and forth.). Knowing that day, I was 265, I knew I wouldn't look in the mirror or get on a scale for another two weeks. I was ready. We did chest. I was SO pumped up and SO swollen. I felt AWESOME.

We then set up for the military press. We loaded 225 for me. Not a problem. We were at the Gold's Gym on Decatur Blvd in Vegas. Not the one on Sandhill Blvd. This was another Gold's. Not home. I wanted to look good for anyone watching us. I was psyched! I sat down. I reach up and placed my hands on the bar overhead on the

Don Lemmon's KNOW HOW

rack. I get a good grip on the right side. I am about ready to grip the left side and I accidentally give my spotter the nod a second too early to lift the bar and hand it to me! The bar DROPS! I catch it! I fall back! I can't speak! I knew right then and there, I tore my rotator cuff. My ENTIRE body building career was over. 13 unlucky months after it began, I was done. Oh man was the whole experience an eye opener. From start to finish. I knew it was done.

The 'recovery' period lasted about 8 months, from that July to the next March. I spent all of July and August depressed because all my efforts to train were now done in vain. I literally had only one arm all summer! I dropped all my clients and hibernated. Nothing and no one was allowed near me for a long time. September was supposed to have been my competition announcement and public debut at the Mr. Olympia in Atlanta. This was in 1994. I went to the show but hoped no one would recognize me and went without an announcement nor issue of meeting anyone. I had fattened up, lost a great deal of muscle and even refused to rehabilitate my arm because I just hated the way everything was going for me. I lost friends over it, as it was pretty crazy. I went to the Olympia and just sat back and observed everything silently from the shadows. Only a few people actually knew I was there. It was totally embarrassing. Then I was scheduled to attend the Nationals in Orlando the next month. No one had talked to me in Vegas for about 3 months. When I say I had changed mentally, I really did. I hibernated.

I began eating good again after the Nationals and during those next 6 weeks, I leaned up and dropped down to 240 pounds. I managed to get my waist down to a level where, while for me, a little bigger than it should be, was acceptable at 35 inches again. My diet worked in dropping a gang of lard off my body without a dime of exercise, so for certain I knew I was doing something more than right. My confidence was returning. That November however, depression hit again. My father died. I slid once again into a 'who cares' attitude and ended up spending the entire Holiday season alone. In January, I started seeing a new chiropractor again for therapy on my spine and shoulder. I didn't go to Dr. Gary I think because I was embarrassed of what I had let myself become. I learned from my new doctor, Dr. Dave Williams, that while torn, my rotator cuff wasn't suffering from a complete tear so I didn't need surgery, just more time to heal. That was a relief. By March of 1995 I was also mentally back in order. I was about 220 and all was going well again. I went home to Ohio to visit my mother, brother and my nieces. It had been a long time since I felt really good and it was nice to be with family.

Don Lemmon's KNOW HOW

Upon my return to Las Vegas, I announced my desire to body build again. The adventure only lasted 6 weeks but I got back to nearly 240 and then remembered what it had done to me last time. I wasn't the same man I used to be any longer. Inside I was, but mentally I was fried. The training, the dieting, the behavior, the friends, everything just wasn't right anymore. 2 years after beginning what was supposed to be a bodybuilding experience turned into a spiritual journey, I was fully awakened and walked away from it all. I didn't touch another weight for more than demonstration purposes or for a couple weeks at a time (if I needed a touch up for a film shoot or something), but besides that, I completely lost all desire to train again. Diet wasn't an issue anymore. I had just come to dislike exercise, what it led to and bodybuilders and what they stood for. I weigh 225 pounds today, but in May of 2000 I weighed only 180 (I dropped from 200 to 180 for a film role) and in the past 5 years I have followed my diet religiously. Why eat junk food?

The few things you can't eat on this diet, that I do enjoy, I do not bother with because I lead too sedentary of a lifestyle to allow for any junk food. I looked good without exercise and am not lying to make you think I exercise more than you think I do. Exercise IS very important. But once you get to a level of looking right, there is a point where you reach a level of vanity I am not interested in any longer.

I walked away from vanity when I realized my health was at stake by having bad eating habits, sitting around too much, worrying and getting hurt. Gaining 20 or 30 or more pounds IF you NEED it is one thing. Running around for other people to stare at you in your undies is another. To be strong and powerful so you can defend your self or your family is one thing but to believe that deserve a lifetime achievement award because you are bigger or better built than another person is crazy. I want you to realize, I am not trying to discourage you from bodybuilding. But understand, it is just a phase you are going through. We all go through similar phases. Mine is over. Let's hope you make it through yours the same as I did. By learning from your mistakes. I didn't fail nor did I quit. I gained 88 pounds of muscle in a year drug free. I then got hurt. I discovered the life style wasn't what I needed in life. I learned quite a lot from my journey. And for you doubting Thomas's, I drug tested the entire year. Just because you do not 'know' something I do, doesn't mean someone else doesn't know it either. Asking why more people do not know about this is like asking why if Einstein knew so much, why doesn't more people think like him? I think like me because I am an individual. I did what I did to teach people like you how to achieve your goals drug free. I didn't do it because I thought I was going to be bigger or better than Dorian Yates or any other Mr.

Don Lemmon's KNOW HOW

Olympia. I wanted to show there was another way. If you read this far, now you know there is.

Speaking of weight fluctuations and bodybuilders, there was a lot of hype surrounding my original 97 minute Demo Documentary Exercise Video and so I figured I should mention it here too. This particular video opens with a clip from pro bodybuilder Kevin Levrone's World Gym television commercial. His workout video is also available via the number on the screen for his gym there in Maryland. Good guy. He works with underprivileged children and has a rock band on the side. Tell him I sent you if you see this. It is called 'Full Blown' and documents a day in his life. The next few clips are from some of the audition tapes I was submitted while casting of the infomercial we were about to do around that time. They feature Playboy Playmate Echo Johnson, soap star (and old Army buddy) Mark Mortimer (last seen on Spin City with Michael J Fox) and Ms Fitness Olympia, Mary Yockey.

I also used clips from a television interview I did and edited in the commentator's quips throughout the tape to break up the monotony here and there, pretty funny. The first clip is near the beginning. The interview was done for WKBN Channel 27 CBS Youngstown, Ohio in August of 1997. I was kept up late the night before, I woke up way too early, and had to dominate the conversation to get an edge in. I was in no mood (laughs). But it's all here throughout the tape.

The first real funny part comes from the two guys that introduce the video who are from the rock band Bone Machine. Ted Poley, the blonde, used to be in Danger Danger, (he's the MTV pretty boy group's lead singer). Ted is cool and was kind enough to provide me with the project's theme song 'See The Light' too. The video begins right after he and his guitarist ham it up a bit. The intro is supposed to be a gag because at the time we filmed this, Beavis and Butthead were still popular. Thus the gag. Two guys, looking like drunkards, introducing an exercise video. Ha. Ha. Get it? Alright. The action begins like any other television show by introducing the workout stars (but not myself), one by one using cool screen graphics, the theme song and plenty of out take footage.

The workout segments you see here were filmed in Pittsburgh one night in late October of 1996 from 6:30 p.m. to 2:00 a.m. in the morning. It was tough because everyone flew in that just that day to do this for me, blowing off their own jobs for me, and most even left that same night. But it was all fun! The only thing that wasn't fun was my health. I was 'advised' to drop my weight down to 180 pounds from 210 without becoming too muscular (so I could appeal to the 'middle American' public) and

Don Lemmon's KNOW HOW

I looked and felt horrible. I am not saying this because I am vain, I am saying it because it was true. I had a cold that lingered the entire month and had to force myself to work straight through it all. (Some one want to send me a medal? Sniffle, sniffle.) This 97 minute video was never supposed to be more than a raw unprofessionally edited demo tape but since some very interesting people are seen here exercising with my coaching them, I am sure the people who saw it, appreciated it for what it is worth. The project was supposed to go directly to QVC, but since it didn't (an even LONGER story), I had this edited by a friend to people see what all went on the year surrounding it's production. Here are some of the interesting people involved in the video's first workout were (I suggest you do searches online for all these people and you will find quite a bit out about them if you're interested.): First, Jim Manion, the man who basically runs American bodybuilding, allowed me to use his private gym for the shoot. His son, famed photographer, JM Manion hooked this up and JM's uncle John, did all the filming.

I was honored and invited the ultra ripped big tan guy you see, Mr. America, Lee Apperson.. The bodacious former Las Vegas showgirl, Angela Villone. Angela was the next guy's, weapons champ Tiger's girlfriend at the time and quite frankly, that's the only reason we used her. No further comment there. The mohawked movie martial artist, Tiger. He was dead tired from his flight when we filmed here (he remains to this day one of my best friends and we still work together both in Los Angeles and Las Vegas). I was honored to work with Mr. America and real-life lifeguard Lee Apperson who just came from his Mr. Universe show looking ripped at 245 pounds. But he actually challenged Tiger to a brawl that day. Tiger, ever the humble person he is, suggested that would be fine but someone would end up in a body bag. I sn't he sweet? He taught most of the girls tricks for their fitness routines that day.

The blonde in amazing shape, reigning fitness queen, Theresa Hessler. A legal assistant at the time, she missed her flight home because we filmed so late in the day. She is now in California married I think. To whom I do not know. But sorry guys, she is definitely NOT available. If you run into her, ask her about the time we all went out and she had me mistakenly left stranded at a nite club! My chiropractor at the time, Dr Steven Novicky. Steve trained with me a few times but whined and complained the entire time. I moved on. Laughs. Funny how time changes things..... The Florida tanned, buff chick, National bodybuilding champ, Michelle Ralabate. A gymnast, Michelle who I also think has piercings everywhere on her body, worked a couple of conventions with me during the year and is quite the crowd favorite. The guy with a crew cut, who happens to be Mr. USA Danny Weigand and the always

Don Lemmon's KNOW HOW

alluring model, the resident red head with an amazing smile from the Ms Galaxy, Janie Tomasovich. I am the rail in grey with, yes, short hair (that was also advised).

I was hating this shoot bad. From weighing 270 while I was bodybuilding 2 years earlier to 180 here. The shoot wasn't about me though but the marketability of my friends and drawing attention using a variety of people and physiques. Thus also the diversity in visible degrees of their conditioning too. I didn't like the American average look I created going from 210 to 180 in under a month just in order to get financing, but I did it. You will see later in the video out takes, between the various workout segments, some footage from the May of 97 shoot 7 months later. I gained 20 pounds and grew my hair back out. (Feeling 100% better.) Again, I say this because detail is every thing, and if you pay attention, I was not exactly the epitome of health and it shows. This is what happens when you diet too fast, whether it is for personal reasons or business, losing muscle makes a person ill. I want you to learn from this experience. I for one, should had known better and took a stand refusing to go that route.

I know one thing is for certain. People really enjoyed the rock and roll soundtrack. Between workouts there are guitar riffs supplied by Jeff McMullens of Las Vegas. Songs heard during the exercises were by my old Chippendales friend, Bernie Tavis. David Lee Roth's guitarist Bart Walsh supplied others and my long time friend and client Paul Lancia of LazyJane.com supplied others. Don't forget Bone Machine (the guys who introduced the video). Narration was handled by Youngstown Ohio's award winning morning radio hosts, AC McCullough and Kelly Steven Mills. Although this video was designed for beginners, if you listen to the narration, the advice is, very cleverly, geared towards the seasoned pro too. Even as a demo tape, the video truly is a gem. At the end of the first workout, for comic relief, I added a clip from AC and Kelly's Benny Hill styled "No Sweat Workout". Both AC and Kelly were clients of mine at the time and were a hoot to work with.

After the bit with AC and Kelly, we get to watch workout number two. Despite the glitches here and there, home styled guerilla editing, having a large crew and a lot of guests on the set getting in the way, plus my turning my back on the cameramen at times who had a different vision than I (all combined for nothing but confusion), I am proud to say, there is a lot of usable stuff here. You will see the name of each exercise in one corner and two digits in the other. The digits, say "2:10" mean this is workout 2 and exercise 10. Remember this if you want to try these routines out. After the second workout, I have included clips from our May of 97 shoot at the same location. Ohio bodybuilder Eric Bergman and I start the clip off. Watching this

Don Lemmon's KNOW HOW

video shows how human and silly we are. It was a good time during this shoot, not as much rushing around. We all really enjoyed hanging out and filming and you can see that. In fact, we all spent the night before out after a convention out chasing down a stolen car! We had to get the local authorities involved and man, oh MAN, was it hilarious! The next clip shows Janie Tomasovich and myself playfully bicker over how to perform a calf raise then we see Eric again offering her an Ostrim ostrich meat stick snack (which she adamantly refuses)! I think Eric stole a box from me that weekend actually. I have also added in Tiger's endorsement of this product and the poster for the Mr. Ohio show I sponsored that year. He questions what part of the ostrich goes into these snacks! What else? Mr. Austria Markus Daxl, martial artist Artie Kaikou, Hawaiian fitness queen Dale Tomita (what's her deal here?), masters champ Jesse Mathesen benches 405 for reps, Ms World Karen Hulse stretches out and films everyone during the break, Ms Olympia Carol Semple shows us her new braces then there's the rest of the group goofing off while I am trying to do a photo shoot with JM Manion. What a day! 12 noon to 12 midnight. We shoot til we finish or til we drop. No exceptions (maybe next time though).

Workout segment three follows then more out takes. This time the out takes are from the shoot in my old gym where I was renting space for my offices in Youngstown, Ohio. This too was May of 1997. Just a week after the filming from the previous out takes. This video features the buff World Toughman Champion, Ray Hammonds. Ms Ohio, Michelle Talboo (now an internet model, but aren't they all). Artie Kaikou, who is a LONG time friend and is seen here teaching a martial arts class (the kids deservingly attack and beat me). Ms International Susie Curry rehearsing her fitness routine and taking a Spinning class. My brother, and my mother make cameos (very funny, I caught them eating all the sponsor's foods they supplied), model Brian Blazek, Theresa Hessler and Danny Weigand return to mug it up, Ms North America Errica Kern, a room full of my real life clients at the time and all the toasts to wine we did are there (and yes, that's me having a beer with Pan Am games medallist Angela Wolbert and Susie Curry during a break). Ray Hammond benches 500 pounds here too. BALANCE snack bars and Ostrim meat snacks both endorsed the shoot by the way. That was before Balance was bought by that candy company. I no longer eat their bars. Tiger gets a massage later on by our on site masseuse and well, there is more and plenty of sarcastic wit between me segment to segment with most of the guests. Quite humorous stuff. Did you notice my custom "Don Lemmon" hat? If you listen to our discussions, some of these out takes offer advice you couldn't pay any trainer you know for. They wouldn't know of these things.

Don Lemmon's KNOW HOW

Next, workout #4. Of all the workouts on the tape, this one is the most difficult and therefore, result producing, pay attention to it. Take nothing for granted. During the next break you will get to see my own line of bottled water, the original video box, original book cover too, some of my other supplements (like coffee replacements and healthy snow cones) then my shutting down interviewer Richard Opp for that morning show I did in August of 97. I was SUCH a prima dona that day because I did it for the gym I was at which needed a little exposure at the time. After these clips are the stretching recaps. I review all the stretching techniques used throughout the video here. You will hear the different voices doing the narration during some of these some segments. The editor handled a few that AC and Kelly didn't quite make fit. Hear the chipmunks? We even sped a few up a few that were too long for the exercise segment to fit and it might sound like rodents on a couple. At this point, we were almost ready to give up on ever releasing this video anyhow so we didn't take it as seriously as we probably should have. All a good time after all since everything else was wasted.

Here is where the credits begin to roll. We used live concert footage from Bone Machine, mentioned the many endorsements, had Tiger give us a martial arts display, and set it to an audio montage using the video's music soundtrack as a showcase. I decided not to let it end just yet so I added some camcorder stock from the Arnold Schwarzenegger convention, the Mr. Ohio (which I sponsored) and then Pittsburgh convention, all I had booths at. Everyone from all three videos are at these 3 conventions and show up at some point in this bonus footage. It seems so overwhelming for people to believe all this was so much fun and not really work, but you will see that here too. It was a privilege to present and film this footage whether it was 3 years ago or not. There is one part that is particularly funny where I try to embarrass Craig Titus who just asked my secretary to rub him down with oil by asking "Hey Craig, could you sign this to Alexis, my secretary please?" He turns red. His girlfriend was near by.

If you are a little unfamiliar with weight training or just want to see what a Don Lemmon session is like, I think you will like what we have here. It was the first attempt at a video production by myself prior to starting www.donlemmon.com. I want to re-iterate. Having given up bodybuilding, my advisors suggested America wanted a lean fitness guru instead of a fat guy like Tony Little. And possibly instead of a bald Susan Powter or fabricating liar Larry North or even a chubby bouncing baby permed and bodacious Richard Simmons, they felt America wanted something

Don Lemmon's KNOW HOW

real. Being too ripped according to my advisors suggested anorexia. Being too buff suggested steroids or other drug use. I couldn't win either way but with accepting the offer in order to get this thing on television, I felt anything they wanted me to do was negotiable. That was my only complaint the entire project. This video by the way, was NEVER supposed to be Don Lemmon exercising, wearing nylons, screaming, dancing or showing off his new liposuction (I am implying this is what my competition has done). It was meant to be a demonstration of exercise using several unique personality types that were both friends and clients to show the beginner how it's really all done. I wanted to teach you things you do not know and also remind the advanced trainer of what they have forgotten or never paid much attention to. With that all said, I now want you to know the situation surrounding why this took 4 years to release. I had the idea to film these videos while living in Las Vegas and at first planned on using my existing clients from Gold's Gym on Sandhill Boulevard in 1995. With some more thought, it seemed much wiser to use better known folk and film on the East Coast. So after a little negotiation, I did just that. We chose Jim Manion's place outside of Pittsburgh, PA.

Since then, some of the athletes involved here got into or were having contractual issues with their managers, agents or sponsors and it set our production and distribution back by several years (to present day). I myself suffered too from the people handling my personal accounting and finances during the filming. You wouldn't believe the nerve of some people who honestly feel it is alright to pocket another person's funds and claim they own a piece of you when they do not. Anyone in big business I am sure is familiar with the same song and dance. So, here we are, four years later, after a long battle over rights, concepts and such, although I have decided to reshoot most of the footage we did, I have put some of the best of what we did a few years back and am offering it for the first time ever.

The most important thing to realize is that this video itself was never actually finished. Despite the glitches here and there, we actually have 5 total workouts on the entire video. Each contains from 10 to 15 different exercises, including aerobics and stretches. All movements are explained in full detail. The people, places and things I list in the credits are far too expansive to describe here, but the music video style we put together to close out the tape is almost worth the time it took to film everything we did up to that point. Great stuff. If anyone is not in the credits and feels forgotten, they can kiss my butt. Just kidding. We only had so much space to run credits and I know you think with all the names we did use, you won't believe that! NEXT TIME! I PROMISE!

Don Lemmon's KNOW HOW

However, the producers, distributors, performers, and all the other contributors involved with this project are not liable for any injury, impairment or accident that may occur due to direct contact, relation or use of this video, the accompanying manual, it's cover, case, packaging, your VCR, automobile, mailbox, computer, especially while drinking your coffee. Please watch out for paper cuts, puncture wounds, hot liquids or plastic and such that may arise from sharp edges or whatever else bored people try to sue others for that anyone and everyone else normally may encounter while using this or any other household appliance for that matter. Is this statement really necessary? What was all the hype? Up to this time, no other video of it's kind had ever been attempted and yet we never finished it. I imagine being the first, having no one even close behind you, four years later still being able to make the same claims and yet no one even knows it is available. Well, spread the word. You can own a copy for just twenty bucks. Yes, just \$20 in United States funds. Email me if you are interested at donlemmon @ donlemmon.com

SECTION EIGHT: EXERCISE

I want you to know, if you have skimmed the previous chapters and have not applied the work involved to get on the diet, then you are not ready for this exercise schedule. I understand you may be very anxious here but the best route is still the originally suggested route. Diet first. If you didn't understand something, read it again or contact me. If you ignore this and jump into the training program, you are screwing up. No questions asked. Without proper nutrition you are running blind.

"In many aspects, medical science in the United States is superior to every other country in the World. Yet, in terms of overall health care, freedom of choice, sophistication of many doctors, and education of the average American concerning Health, Exercise and Disease, we are lagging far behind many countries. Worse still, most of you don't even realize it." - Thomas Edison

It took me a long time to finally realize what people like Edison had been preaching about. One day I had a killer workout for my chest and arms. I got a pump that is probably the best pump that I had ever experienced. My workout was like I was in an all new training zone. It was in one word awesome! It was then I thought to myself, maybe I am on to something. But could I put what I felt into writing? Could I explain to people how to do what I was doing? I could SHOW them. But could I teach them?

Don Lemmon's KNOW HOW

Was there already a book that made exercise knowledge definitive? No. Not yet. Maybe the KNOW HOW book would be just that. I know people will think it is if I could only convey the message correctly.

I have been involved with bodybuilding and personal fitness training for over 15 years now. I recently expanded this book to include more information on what I know that you do not regarding exercise. I feel I have finally discovered how to make you understand what to do for yourself. I know that what you want is quick results for your efforts. Through the years, I have learned and developed many techniques that bring about amazing physical transformations. My advice can definitely get your muscles growing, quickly and consistently! And that is what you need if you want to burn body fat. Whatever you know, think you know, or believe, the fact remains. We need more muscle in order to burn more fat. But my advice isn't what everyone else teaches. The routines I offer specialize in short cuts to achieve specific goals in reduced periods of time all completely drug-free using what I now have for the first time ever, made publicly available in this all new KNOW HOW manual. I guarantee any chimpanzee can follow this program and make progress.

If for any reason you are confused, email me. I will guide you. But I have made things simple enough and THAT'S EXCITING! This is a no nonsense approach to training just like I am no nonsense in my approach of delivering it to you. If you take advantage of these revolutionary techniques you CAN'T lose. Bottom line. One thing you need to do right now is realize your workouts all need cut down to one half of what they currently are. Drop ½ the sets you do or ½ the exercises, either way, you MUST do this now. For years, I have told people that if they are not getting stronger, whether it be 10 reps or 20 reps, they need more time between workouts to rest. Recovery, growth and fat loss occur out of the gym. Not in it. The weight lifting you do is simply the stimuli needed to produce your results. Disagree? Go tonite to the gym or whatever day you workout next and continue to go every single day until a session proves to be fruitless. Go every single day until you see a noticeable decline in your strength. Eventually you will encounter the inability to improve. Keep notes. When your strength decreases, take a day off. Come back a couple days later without exercising at all, and see if strength went up. I bet it does. If not, take another day off until your next session. I am certain you will be stronger now. Find a groove. And when you get into that groove, you may determine that you need two days off between sessions to assure progress. Who knows until you test yourself accordingly and by gauging the other techniques mentioned in this chapter. In fact, each muscle group must eventually be tested. That's easy enough to do and you will not even need a partner or a spotter. However, I recommend you think about getting one.

Don Lemmon's KNOW HOW

Ladies, I know you don't really like being in the gym around all those men. But since you will only need to do 3 exercises twice a week and spend 5 to 15 minutes doing them, from now on, you won't mind. And the weight loss you will stimulate is amazing. You'll see the appreciation in your significant other's eye. So read on.

As an official consultant for many corporations and individuals spanning the globe, I want you to clearly understand that I will not try to force you or anyone else to follow my advice nor any other program for that matter. It makes no difference to me whether what you think is right is actually 'right' or wrong. I will however attempt to pass what I know along to you in a sincere effort to let the facts be known regardless of what you have been led to believe prior to meeting me. Success is not just about nutrition. Mostly of course, but it also is dependent of PROPER exercise. It's a touchy subject. Some people think they know what they are doing because they have been at it so long. These folk are actually the ones who know the least. They take too much for granted. Their routines have gotten sloppy and it's even worse if they never learned what to do correctly from the get go. My routines defy logic. But let me ask you. Are you ready to stop spinning your wheels?

Then does it really matter how different what I ask you to do is? Or do you want to debate with me a while? No debate? Then make up your mind right now before we continue. Do you or do you not want better results for all the time and effort you plan to or already have been putting into your body? What if that means doing the exact opposite of what you think you should be doing? How much more time and energy is being wasted RIGHT NOW because of IMPROPER EXERCISE TECHNIQUE and FAILURE TO MONITOR YOUR PROGRESS? You do not know.

Well, let me tell you, by merely improving your weight lifting technique, exercise to exercise, just a little, even if you have been doing this for years, you'll experience GREATER and FASTER improvements in MUSCLE GROWTH, STRENGTH, FAT LOSS than ever before. By forgetting what you already 'know,' your physique's SHAPE will change before your very eyes and you'll spend TONS less time in the gym! Try THREE TIMES THE RESULTS IN A FOURTH THE TIME! On the average a 30 pound fat loss for women required just 4 hours and 38 minutes TOTAL of exercise over 7 weeks! Men on the other hand were gaining 25 pounds in 7 weeks with just 5 hours and 12 minutes of TOTAL EXERCISE! Men do not necessarily require more exercise as much as women simply require less. That could be a good thing if you are one of the flock whom climbs the stair master 10 hours a week thinking it is going to transform you somehow. What I also see too often are women performing aerobics before weight training or not weight training at all and men thinking one muscle

Don Lemmon's KNOW HOW

group a session from 5 different angles was necessary to attack (???) a muscle group. I could go on and on. But I won't.

After reading this chapter, you can begin to MAXIMIZE your efforts immediately each and every workout. Not only will the diet catapult your results beyond your wildest imaginations but the combination of that with the exercise information you will literally redefine what we mean by results! It would take months to teach you all this information in person. But that's no longer a problem. IT'S RIGHT HERE.

Without what you gain in this new knowledge, like everyone else you know, you will feel cursed to experience little or no rewards for all the effort you put forth!

It took me a while to realize the subject of exercise is learned through experience, paying attention to detail, and not listening to magazines (unless you read between the lines) or television stars (why don't movie stars, only TV. stars, hawk that crap in infomercials). I do not want to turn this into a study of marketing or the body's structure (anatomy) nor physiology (study of the body's function) or kinesiology (movement). I have made it simple and I understand myself that all things really do work. But you need to understand what you are doing cannot work forever.

I first need to cover some basic yet essential information. My entire program is built upon basic rules and even 'laws' if you must, regarding the building of new muscle in order to speed the metabolism to burn fat, or if you like, bodybuild or compete in sports and fitness. What I offer always works (if you have a healthy and unimpaired body).

Forget about bodybuilding or exercise for fat loss right now. Forget about what everybody else says. Your body is a wonderful and perfectly created machine that works best when used following its operation manual. There is a lot of truth in the expression "Use It Or Lose It" because as we grow older, even towards 25 or 30, things change. Exercise is not only absolutely essential, but scientific if you want to remain physically independent. The single most important factor determining your success or failure using my program and in your not too distant future is consistency. Not genetics. You can ALWAYS become BETTER than you are no matter what your limitations are. Compete only with yourself. Making yourself a better person again and again is all any of us can do to achieve superstar status. You can never be nor will you ever be much like any one else and I am sure you are just fine as you are. The worst of us have plenty of potential for physical excellence. 3 months from now ask yourself if you are better off than you were when you first read this. The answer will be yes if you are consistent with your efforts. That means nutrition as well as weight training. Health experts declare that regular activity will improve your health

Don Lemmon's KNOW HOW

and at the same time prevent disease, BUT it is NEVER a replacement for proper NUTRITION.

You may have attempted an exercise program before and quit. You may have found that there were time constraints and discipline requirements that were interrupted by your current lifestyle and it was just too 'difficult' to maintain everything. You may now be exercising all the time and yet haven't seen progress since the Berlin wall went down. I am going to show you something a little different. Something that actually works and fits into any body's busy schedule or lifestyle! I have proven it time and time again with many people that you probably know as peers. No matter what your current schedule or physical condition may be, much of what you think is a 'normal' lack of strength, flexibility, range of motion, balance, endurance, dexterity and posture, etc., all have nothing to do with aging, but rather a lack of what you do to prevent it. You probably understand that you need regular exercise, or maybe you already do, but I am also sure that you don't know what this really means. Even if you are a seasoned pro, you DON'T KNOW. Too many people are spinning their wheels, including those who are at the top of the game.

Many do not realize that the same effect of NO exercise when we age is what happens when we spend our lives exercising INCORRECTLY too. Believe it or not, many athletes are getting NO WHERE or even worse, when they age, they fall apart. Bare with me. What I have to say is more than just common knowledge. You have been taking too much for granted.

There are two types of exercise you need. There are aerobics or 'cardiovascular' exercise, and then there is 'anaerobic' weight (resistance) training. Each weight training session should consist of no more than eleven (I prefer 10) different exercises (unless I specifically give you a reason to change that number), preferably using machines (instead of barbells or dumbbells) until you have better knowledge of weight lifting's physical demands and no more than 2 sets an exercise (meaning 22 sets MAX in any one workout) limiting yourself normally between 10 and 15 sets of actual work. This goes for the experienced client too. Typically, ten exercises should address the entire body. And the entire body should be worked each session. Look at any anatomy text book and you will see that all systems interrelate and are not independent. They work as a whole. The chemicals stimulated, the hormones released, the blood and the lungs, they all work as one each and every time you train and it doesn't matter how you are 'splitting' up your workouts to 'hit' a third or a half of the body a session, it is still very stressing to the entire human system.

Don Lemmon's KNOW HOW

Stress manifests itself as a loss of interest in training, a bad attitude about it, headaches while doing it, diarrhea between sessions, yeast infections are common, anxiety over your appearance or depression arises, you become particularly impatient with things, are always exhausted.... It's all effects of OVER training. This 'over training' effect on you is actually due to the overall effect from weight training too often on your overall supporting systems rather than just the particular muscles you worked that day (and cumulative microtrauma at a cellular level). Most exercises include a lot of heavy breathing and that alone depletes your stamina. Tearing down your biceps effects the nerves of the bicep which are attached to the spinal cord and therefore the brain. So the effect is really on the entire nervous system and not just one muscle. More on this in another section, but this extremely scientific and valid reasoning, we should train the entire body at once (for now at least).

How can you stimulate growth in your entire body in one workout? Choose one exercise per muscle group and a weight that you can perform no more than 10 repetitions under a slow and controlled movement (taking 4 seconds to raise a weight and 4 seconds to lower it without yanking or dropping the weight, EVER). When you can perform more than 10 repetitions on any given exercise, you then recognize your next session requires you to increase the weight. As a beginner and in many advanced instances, one set per exercise is all you require. Find the 'groove.' Not what makes you sore, but what makes you feel good. Soreness is not a sign of progress but a sensation caused by connective tissue damage and cumulative waste build up from the training that is trapped inside your worked muscles. This is one reason why you must do a little aerobic (cardio) after you weight lift, not before, to clear this waste out. The amino acid hydroxyproline is ever present after you train and it irritates your nerve endings. Let's stop for a second. If I have lost you at any point so far, I think you need to find an experienced workout partner who can translate this into the real world and go to the gym with you. I can of course explain anything to you and have you watch my videos but if for even ONE second you suspect you need someone in person to help you in the gym, call someone. Do not be embarrassed to seek professional guidance when it comes to weight training. Proper technique is the key to 50% or more of your success from training and should not be taken lightly. A good trainer will help you map out long term goals and keep you focused on those goals. Even if you consult someone for just a short time so you can learn how to get a hang of things or make some friends to be more comfortable, that's alright. Having direction by using this program is the best way to overcome a stale program or lifestyle but sometimes, there are things I cannot do for you without being in person. What do I mean?

Don Lemmon's KNOW HOW

For instance, I recommend from the beginning of your training you practice concentrating on just your movement during each exercise. Nothing else around you should matter. You can't fit into an exercise without experience. Going with the 'flow' like everyone else will not work any longer. It is essential to be in tune with your body. You want to experience this each and every exercise of each and every session. Become 'one' with the exercise at hand and include your mind along with your body. When I work on a bicep machine, I focus on hearing my breathing from the inside out. I feel my biceps pulling the weight upwards and then slowly lowering the weight downwards without extending to far or too fast before pulling the weight back up again. I know my grip is not tight. The bar simply rests in the palm of my hands and is cradled as I lift it. I know how far up to raise the weight and I know that no one is too close to me or even getting too close to me that might bump the bar, the rack, or myself yet I am not looking away from the floor one bit. I focus until I realize one more repetition is impossible then I slowly lower the weight (which you can always do slowly because the lowering portion of a rep is where the muscle is strongest) and then I stretch.

Between sets, I have my partner or my 'assistant' coach stretch me. If I am alone, I do it myself. My videos will teach you how to stretch the individual muscle groups. I suggest you stretch after each exercise to assist in relieving any post exercise soreness. There is no need to stretch as a warm up. THAT leads to trouble. In case your trainer does not understand my stretching techniques, you may want to have them watch one of my video cassettes that demonstrate these procedures too. Either way, always take frequency, intensity, time, reps, environment and the type of exercise you are doing into consideration. We are all individually and distinctively different and that is why once we have what focusing means all figured out, we can tell ourselves what works best.

Again, read your body. Focus. Feel each heart beat. Feel each movement. Know what you are doing. Feel the stretch and contraction as you lift and lower the weight. You will constantly receive, so come to fully understand all feedback from your body. You will need to interpret your body's signals in order to achieve the results you want quickly and efficiently. Come to balance all things with a passion for challenge and attaining a new skill. This is why sometimes we need to call in a driver when the road gets rough. Not that you need to be afraid of weight training because it seems so technical and confusing, but on occasion you need a guide. Even I at times require someone there to keep me working hard enough or heading in the right direction.

Don Lemmon's KNOW HOW

And I enforce this because weight training, not aerobics, is what will guarantee your success.

It is a myth that cardiovascular exercise is the best way to get rid of body fat. Although you need aerobic exercise to strengthen your heart, lungs, veins, and pump nutrients through your system, it is still NOT the best way to lose body fat. No way. You must incorporate weight lifting (NOT power lifting) into your exercise regimen in order to lose body fat and even more importantly, to look the way you always wanted to once you've lost that fat! And the secret to fat loss is not in how many calories you burn while exercising or how many calories you neglect to eat in order to force yourself into a deficit. The secret is in how many calories you burn the other 23 hours and 30 minutes that day and in the next 24 hours or so you spend without exercising on your off days. That fat burning is regulated by how much muscle you carry. Muscle burns calories for your body to use as energy and fat does nothing but look bad. The more muscle, even if it is just a little more, you have, the more fat you will naturally burn while you are relaxing between gym sessions while hanging out with your friends at the mocha house.

Another myth people are brainwashed into believing is that more is better. You need to understand just how much exercise you really require to achieve the results you seek is much less than you're told it is. Generally speaking, to perform one set of ten exercises three times a week and include 12 minutes of aerobics directly after even just two of those sessions, your workout should only last 30 to 40 minutes total. This limited amount of aerobics is plenty enough to increase your vital capacity (the useable portion of your lungs). The only secret to arranging a workout lies in knowing what types of exercises to perform, how many of them per muscle group to select, what order to do them in the workout and how to maximize their effectiveness by using proper technique. The easiest thing to do is to perform the heaviest movement first, then work your way down the list to the lightest movements. This is wise, yet, saving your legs for last works well too for just as many folks as it didn't work well with. Many like to save their strength so to speak and do legs last because they are so fatiguing. Intensity? You could make sure to test your strength each Friday workout by using 80% of your heaviest weights, go light with 60% on Wednesdays and use 70% to moderately train yourself Mondays (cycling your intensity) and this too will make it easy to measure your progress or lack there of. There is no getting around the fact that exercise is a science, but in order for a muscle to develop, it must be trained regularly with resistance greater than the outside forces it is accustomed to and in a variety of intensities and manners. While training with

Don Lemmon's KNOW HOW

approximately 80% of your maximum weights works for a few months, you will eventually grow tired or over trained. You can also keep adding weight every time you can do 10 or more reps with a particular movement, but even then, something will be missing. So as with everything else, not only exercises, but intensity, should be taken into consideration. Athlete or not, we all require different uses for our muscles and one rep range isn't going to cover all those needs (nor development).

All I ask for again, is your trust in this matter. Just as you would not attempt to do surgery upon yourself without a doctor, or sue someone without a lawyer, or even file business taxes without seeing an accountant first, listen to what I have to say and put the same faith into me as you would them. And relax about it. That is why you are here. For 'another' way. If on some occasions, you find yourself confused, email me, but you may also need a trainer to show you 'how' to do these things in person. What is the goal here? Health and a sound state of mind, right? You don't need to invest a lot of money in a trainer for long. Maybe only for a few sessions, and don't need to spend a lot. The commitment is to yourself and not to the trainer. In fact, make it clear you are going to try one or more trainers for a session or two each so you can learn what you can, then move on.

If you doubt any of them in any way, I am here to consult with you at any time. Email me!! But you MUST join a gym or get some equipment for your home if you want full control of your body and health. No, the abdominizer doesn't count (neither does a thigh master). I shudder at the thought actually.

Have you paid attention to all those, or ANY of those fitness infomercials on late night television? If what they say is true, and all you need is make three easy payments of \$69.95 and you will soon have the body of your dreams, then why don't you? Keep in mind, no matter who is endorsing those products on TV, they are but one piece of the pie if they even fit into the picture at all. One exercise never works every body part enough to stimulate what these con artists promise you. Those products are simply marketed by targeting your weakness.... The fact you are FAT and LAZY! No kidding. You are not happy with how you look and want the EASY way out. Admit it. You'd pay anything for the easy way out, wouldn't you? Well, the woman who developed the first abdominal curler/cruncher (or whatever it was), knew that we all wanted a trimmer tummy, and by capitalizing on that through a marketing campaign, she literally became a gazillionaire within months of airing her first infomercial. What worked however was the infomercial itself, not the equipment. The product was pure junk. In fact, ask her sometime. She is a member of my gym.

Don Lemmon's KNOW HOW

I am trying to make it clear that the odds are not in your favor these infomercial machines work unless they also offer a full range of motion and multiple exercises. I will not endorse many of these items but I have run across one that I like. Millions of Americans buy home gym equipment every year and the vast majority of these people also only use the equipment they paid good money for only a month or two and then completely quit. I am sure you know someone who has something they bought on TV and do NOT use it! Maybe you have too! The point is, NO piece of home equipment in the World GUARANTEES that you will achieve your health and fitness goals UNLESS YOU USE them! Be it one piece of equipment or many, nothing works unless you use it. And that is my next point.

Having a gym membership doesn't guarantee you'll use it either. But that's not the point. I want you to know that the gyms themselves are not going to jump through fire for you. This is why I want you to either get a knowledgeable friend or a trainer to help you out for a few sessions if you are even the slightest bit confused by my suggestions. Why doesn't the gym care? I don't know. You join their 'clubs' using your cash, credit card or automatic debit at whatever rate you found somewhat reasonable, and you are pretty sure you'll even use this membership.

Now, some gyms are different but this is usually the scenario. A gym could be good thing since you get to use equipment that obviously can't fit in your house BUT what happens after you sign the gym's eight page CONTRACT (CON- as in EX 'con' -tract- as in 'track the con down'. Piece it together people.) and with all that tiny print (it's a gym membership for crying out loud) and what happens next? Nothing happens next. You are given a membership card and a hand shake. Have fun. Get out of my face. Oh, you might be offered to pay for some other classes like yoga, aerobics, racquetball, spinning, etc. But you don't even know if you need or not. That's the problem. You do not know what you need, what to do, and the salesman sure as hell isn't interested in helping you learn the equipment. He will tell you to get on an aerobic machine, do this, like that, and good bye. And he at the most will say "Forget the KNOW HOW, do this instead."

I am NOT attacking gyms. I am attacking the fact they are not really there to help you unless you are giving them money. They really aren't supposed to be there for anything other than a place to lift weights. That's fine if you are already educated in what you are doing, and are motivated enough to attend. Even if you are the kind of person to motivate yourself, it can be quite difficult to find someone who is as interested in the same things as you are. Do not let this hold you back. Today, think of someone at work you can ask to show you a few of the exercises mentioned in this

Don Lemmon's KNOW HOW

chapter. Maybe you live with such a person. Maybe you are related to someone who can offer their guidance. If not, this is no excuse to give up.

Start now by calling the gym for a one time trainer referral or look through the yellow pages. Call one person for one session and tell them you do not want a workout, you want them to teach you a dozen exercises. From this, you will build a foundation, and have plenty of time to search for the right partner as you progress. Someone will surface eventually. Your time is now to be spent putting on some muscle and losing some fat. Before I reveal the workout routines to you, I want to re-emphasize the importance of eating plenty of good food. Calorie restrictive diets don't work because they remove as much muscle as they do fat and that only makes you look fatter although with clothes on you may look smaller. Muscle is the only engine that burns fat. The more muscle you lose, the less fat you burn. The goal then, is not to lose weight but to burn fat, which to occur means gaining muscle. Studies show that after we turn 30, unless we lift weights every few days, the body naturally loses almost a pound of muscle a year and replaces it with almost a pound of fat.

But if a 120 pound woman gains four pounds of lean muscle, drops 4 pounds of fat, she increases her caloric requirements by as much as 20% and can lose a pound of fat in under a month with no additional exercise. But she has to exercise to build that muscle and even maintain it. You can't resort back to bad habits and expect your body to stay healthy. It's a life long matter. And the amount of muscle mass we carry is also a good indicator of our immune system, the strength of our bones, and the ability to withstand stress as long as we keep our fat levels down and maintain ourselves. Ok, now to explain what weight training really is supposed to be.

In weight training, a workout is a specific number of sets using several different pieces of equipment and knowing what weight you plan to use for each exercise. Simple enough. For example, doing one or more sets of bench presses is a single exercise and bicep curls are another. Each exercise is supposed to target a particular group of muscles. For example, using a leg machine and doing upright squats with a barbell balanced on your shoulders would be considered two different exercises because although they work similar leg muscles they really do not. The amount of repetitions you perform (how many times you can lift a particular weight for whatever exercise it may be) per set, per exercise will vary depending on your strength and goals. When you become stronger, you will add a little more weight the next time you train to 'progressively' continue to overload your ever adapting

Don Lemmon's KNOW HOW

muscles. We do this to 'grow' lean muscle mass so we can burn fat. This is still simple enough, right?

Well, to begin with, just three workouts a week is sufficient. The idea that splitting the body up into halves or thirds each workout (doing only a portion each session, waiting to do another portion the next) right now may sound good but it isn't. And thinking aerobics is an easy way to begin isn't wise either. Even if you are lifting feathers at first, or must cut the weight you use back in order to perform correctly, weight training is still the single most beneficial form of exercise. Weight training not only strengthens muscles, it also toughens bones (preventing osteoporosis), ligaments, and cartilages and makes aerobics almost useless. For this reason alone, many senior citizen centers now offer supervised weight training because it also improves cardiovascular fitness despite what you heard on TV. Weight training, when properly done, is perfectly safe too. Why is it better than walking? You can only walk so fast and so much. Do you really like to walk 3 hours a day? Aerobics are not typically progressive enough to benefit you beyond a certain point and no aerobic exercise addresses the entire body.

What I mean by progressive is that you can start out at any amount of weight used and any level of effort put into an exercise and gradually increase by making progress that intensity on an almost endless basis. Muscle adapts in specific ways to specific training methods and super compensates by making itself better as not to be affected by the same level of stress it was before, ever again. Aerobics only condition you 'so' much. Remember when you first started running or riding a bike? You only went so far for the longest time, like a mile at the most, but one day, ONE DAY, you out of no where, decided to keep going and REALLY kept going? Say for 6 or 10 or more miles? You didn't train for that. You only trained for a mile at a time. Well, that's aerobics. All you need is a little conditioning to be capable of a lot of activity. Aerobics only do 'so much' for you. Weight training does the rest. Let me explain weight training in a little more detail.

What exactly is a repetition? It is a single lift that always consists of both the positive or the lifting portion and the negative or the lowering portion. The positive 'concentric' lifting portion can include pulling or pushing efforts that cause the weight to be lifted by a cable and pulley as well as via the use of barbells and dumbbells. The negative 'eccentric' lowering motion is the release of the weight with gravity, and it is considered the most beneficial part of the movement. It should be controlled by the practitioner and done slowly and smoothly each and every time

Don Lemmon's KNOW HOW

especially the very last rep you attempt to complete. We also refer to these portions of the rep as either flexion which is decreasing the angle of a joints or extension which is increasing the angle, or straightening the joint. Other movements are adduction which is the movement of a limb towards the body and abduction then is moving away from the body.

What exactly is a set? A set is the completed number of repetitions you were able to perform using the same weight on one exercise without stopping. I encourage you to do the maximum number of repetitions you possibly can, that is, to the point of failure of being able to perform another complete repetition. This means you can lower the weight but attempts to raise it again are totally futile. Your one rep max (1RM) is the maximum amount of weight you can do with a certain weight on a certain exercise that you can barely muster for one repetition and never two reps no matter how hard you try. You will not attempt to determine this as a beginner and probably not even at intermediate levels. It is best for those who understand this process to exercise using 80% of your one rep maximums per each muscle group and increase intensity or weight used as time allows for progress and the body continues to heal accordingly.

Note that each muscle group will result in a different rep range using 80% of your max weight. Professional athletes should also incorporate workouts using 60% of their max weight. The 80% range is also a gauge of the difference in recovery ability from not only individual to individual but muscle to muscle. That means some rep ranges need more or less time to recover and you can actually know for certain when or when not to train, and what type of predominant fiber you have if you know you are aware of your true 80% max levels.

The rules of weight training for beginners are simple and easy to remember. The old 10 repetition rule where you pick a weight, and if you can do 10 reps with it in one set, you add more weight to that exercise the next time you perform it. If you can't do 10 anymore when you add weight, stick with this weight until you can. And then add more! Budding bodybuilders should follow this rule and unfortunately do not (and do not look like bodybuilders either). If you complain of no progress, it's because you do not try for more reps or more weight every time you train until your goals are met. So, again, if you can lift a weight only 6 times, you are using too much weight. Take some off. If you can lift it more than 10 times, you are not using enough weight. As soon as you can lift it 10 times, without wiggling, squirming, moving your feet, lifting one side faster than the other, and struggling much, next time, put on more weight. As you progress to being able to bench, squat and row your own weight

Don Lemmon's KNOW HOW

for 10 reps, then you can start using the 80% rule to gauge your training. I would wait until you can do 1 ½ times your weight in bench, squats and barbell rows, but I know most of you won't listen to me and wait that long.

You must try to exercise each body part at least once and probably twice a week. Variety is good but training a muscle only once a week isn't going to progress you much (it will merely maintain you unless you are a steroid user who only claims to be drug free). You should change your exercises and routines every now and again. I say no more than every 2 weeks but definitely every 2 months make a change. You should also try to rest your body by not training at all (including aerobics) at least 48 hours before the next workout (light activity is fine, but no weights and no tough aerobics). Many people like to alternate between weights on one day and cardiovascular exercise on the next. I would recommend against this. It only leads to over training and we must avoid over training at all costs. It is the resting periods between workouts that the body builds muscle and burns fat. Without sufficient rest, you make no progress.

And instead of worrying about your 80% ranges and 1 rep maxes, or rotating intensity levels workout to workout, know that if you do sets with 30, 8 and 12 reps, you will address all your different muscle fibers' needs. More on that later. You can workout as often as you like, believe me, or go with what you 'know' but I am sure something inside of you is already in tune with what I am saying. Follow my lead here or eventually you will damage both your immunity and your nervous (central and peripheral) systems then soon after, you will begin to lose that precious fat burning muscle mass. I personally, and so do all my most successful clients, train my entire body in just one session and then totally take the next day or two off in between. What do I do between sessions to not go nuts because I am not in the gym? This is a no brainer. I eat well so I burn fat and build muscle faster. From after my workout to my very next one, I eat right. I am sure to have something in my stomach an hour before each workout (preferably about ½ the calories of a normal sized protein and fat meal like coffee with raw cream and egg whites). After a workout, our bodies need carbohydrate foods and liquids. I suggest you have a half sized carb meal directly after the routine and a full sized protein meal 90 minutes following. Not eating before or after like this will cause your body to cannibalize muscle tissue for either recovery or energy, defeating the purpose of the workout. You should eat well and drink plenty of water before AND after your workouts. Most of you do this, only backwards, having carbs before or during (REAL BAD) and protein after. Not good.

Don Lemmon's KNOW HOW

And dehydration reduces your blood volume and causes you to store rather than burn fat. So DRINK plenty of water too.

You can lose up to a quart of bodily fluids in just one workout. As we grow older, our thirst mechanism is less efficient. We have to remind ourselves frequently to drink lots of water. Always have that bottle handy full of fresh water. I say water because carb and recovery drinks are a joke and not permitted on my program. I think I have made myself clear. The next thing to remember is to keep the workouts short. It is a fact well known, three sets of any one exercise produces no more growth than doing just one set. Sure, if it is cold out you may need to properly warm up the entire body before weight lifting, but one set is all you need in 90% of the population (and NO, you are not 'so' special to be in that 10% that needs a few more sets). The emphasis is always on the number of repetitions performed correctly with whatever amount of weight tied together with the amount of effort you bother to extend each set. This means that you should be working within your known limits every single time you walk into the gym. Forget about what your partner's goals are, know your own. If you do this, one set will always be enough.

Let's reiterate. You are to do only one set, of one exercise, per muscle group, each workout, using a weight that allows only 10 slow, controlled and correct repetitions. Using the strictest form, which we discuss a bit more in a few moments and you can witness in my videos, I recommend taking between 6 to 8 seconds to complete each repetition. For example, if it takes 3-4 seconds to lift the weight, and you cautiously take 3-4 seconds in lowering the weight, that's 6-8 seconds per rep. The time spent controlling each rep is far more important than doing additional sets. Some 'experts' recommend pausing before lowering the negative portion of the rep to further tire the muscle but this is not an option right now. Raise it. Lower it. Stop when you try to lift again, and cannot. It's that simple as long as you write it all down so you know what you need to 'better' the next session. Grandpa, this goes for you too!

Arthur Jones, the creator of Nautilus equipment, used to say when you can perform 12 repetitions in good form, it is time to increase the weight. But if you review the notes of his clients while training them, if they came in one day feeling especially strong and could do 15, 20 or even 30 reps with what they could only do 10, not 12, with last session, they did 15, 20 or even 30. The purpose of a workout is to fatigue the muscles, not to lift the weight or just go through the motions. No matter the person or goal, you must try to make the work as hard as possible (within the limitations of safety) every time you train to force the body to become better,

Don Lemmon's KNOW HOW

tougher, stronger, leaner and more attractive. If you want to look like those fat ladies on the aerobics machines 2 hours a night who after months still don't look better, then sit this book down or give it away. Otherwise, the harder you work, the more progress you make, especially if you do a full body workout. If you must split the workouts into halves (try chest, rear deltoids, biceps, hamstrings one day and upper back, military press, triceps, thighs and treadmill the next session) or thirds (chest, arms, aerobics one day, legs the next session and back and shoulders the third session) but still, limit the amount of exercise done to no more than 30 minutes of weights and 40 minutes including cardio work. More advanced body builders may require more exercises, or even less at times, but we are talking only one or two exercises or sets a muscle, not 8 or 10 a muscle, just ONE or TWO. Most people make plenty of progress doing 1 set of just 3 exercises and make INCREDIBLE progress. Do this. Pick one exercise per muscle group. Pick a weight to perform only one set with. Rest only long enough to move to the next exercise. Do not waste any time. Slow movers have slow metabolisms. But do not rush during the set, and never hold your breath. Keep the air passages open during all phases of the exercise to supply your body with enough oxygen for the work it is doing.

Holding your breath can elevate your blood pressure to dangerously high levels and contribute to more than just a headache. If you ever begin to experience a headache, even a mild one, stop the exercise immediately. And start taking in deep breaths! Never hold your breath! Develop a rhythmic pattern like you are jogging and stick with it. Breath in and out several times a rep if necessary, but NEVER hold it. I realize when some sets complete, allowing for 'just' enough time to go on to the next movement will seem impossible. I too have been winded for up to 15 minutes after a hard leg press or squat, but 2 minutes is something to aim for as if you rest much longer than that, you lose your anabolic (muscle building, fat burning) edge. We don't want that to happen. This is why your workouts should last no more than 40 minutes. You will lose your hormonal boost if you lolly gag around. That aggressive feeling you get is good as long as you don't bite anyone's head off and that nauseated sensation is good too believe it or not! In fact, if rest between exercises is limited ideally, my advanced clients require as little as TEN minutes for a thorough workout. Adequate rest between workouts is essential, adequate rest between exercises means get from one to the next as conveniently as possible. The minute that it takes you to walk to the next machine is quite enough time to get ready for the following task (or exercise).

For the best results, it is important to feel completely rested and mentally vigorous at the beginning of every workout. Not necessarily between sets though. I do not

Don Lemmon's KNOW HOW

expect you to enjoy the work either. I expect you to enjoy the RESULTS. Most weight lifters forget this and end up over trained, which not only prevents growth but also damages the immune system or not making any progress at all because they look at training as a place to hang a hat instead of something to put any real work into. I am not against a warm up set to prepare you mentally and physically for your one and only hard working set if necessary, but do not waste energy on it. Going through the motions is fine. Sneaking it in as an extra set will only hold your progress back. Trust me! I have NEVER met someone needing more than 3 total sets per movement and two were warm ups. Ever. (The rule of thumb is one warmup for each 100 pounds you use.) Do just one set for now. Anything more could be too much. Work for more reps or weight used than the last session or that is definitely not enough. But one set is.

You see, growth and fat loss do not take place until after the muscles have fully recuperated. Exercise damages you. That requires recuperation or 'recovery' time. Healing. Like a scab. You pick, you pick, you bleed some more. Let the wound heal. This means beginners should not work out more than three times a week. To make any progress we must work hard and use high intensity. There more intense workouts require more rest. This doesn't mean working out easier allows you to work out more as easy work doesn't make you better (if it doesn't kill you, it makes you stronger). So you need more intense workouts to illicit the appropriate response. I recommend complete rest the day after any workout. Sometimes two days. Occasionally three. On workout days, you can engage in a little extra aerobic exercise, like running etc., but not more than 3 miles or 20 minutes maximum. Same with riding a bike or rowing or anything else, 20 minutes. Make all your workouts brief, intense, and infrequent until you reach your goals and you can't lose the battle. Body builders all use some form of aerobic exercise to gain definition and the hard look that comes with low body fat levels but the smart ones save aerobic exercise for those last 5 or ten pounds as after that, aerobics do not burn any more fat. Your friends will doubt this is true at first. But who will have more free time on their hands? You or them? Do not look back for the next 3 months and then go back and see what they say after that. You'll be LITE YEARS ahead of them. If they know so much, wouldn't they be further ahead as it is anyhow?

Aren't you supposed to do aerobics to burn fat? Most people do not even know how to use aerobics to burn fat. If your heart is pumping at 50% or less of your Maximum Heart Rate (220 minus your age), then your body is beginning to burn fat. They say to use the figure found by deducting your age from 220 and multiplying it

Don Lemmon's KNOW HOW

by .6 to .8 will determine the right heart rate for cardio vascular training. I say simply double your resting heart rate if you are healthy or at least work hard enough you breath heavy but aren't gasping for air if you happen to be 'less' than healthy. But unless your heart rate is up to 50% of your max heart rate (through weight training) and you have depleted your glycogen (muscle energy) levels without losing muscle (through weight training) aerobics are not going to help you burn any more fat. And even if they do, it only lasts for a little more than 10 minutes or so. Take advantage of it and then walk away. Weight lift, do aerobics, leave. The best aerobic machines are recumbent cycles and rowing machines in my opinion. Ladies, stair masters do not work your butt, they lead to large calves (unattractive) and so does walking on an incline (or walking too fast too fast) on a treadmill. As you are able to increase the intensity of the exercise (by walking faster, rowing faster, riding faster) to burn more fat, the 12 minute duration rule must still not be exceeded or your body will want to start burning more glucose, which is stored as glycogen (body starch) in your muscles and liver, but it is depleted from your weight training, so therefore amino acids (protein - MUSCLE) will be converted instead and used as glucose.

That means you burn muscle instead of fat if you exceed 12 minutes of aerobics after your weight training sessions. Work hard but be brief. In case you are curious, the rule of thumb is that you burn 4 times your heart rate in calories while you are engaged in the actual workout. But calorie burning isn't the goal. Remember that. We are not restricting calories. However, we are not over eating anymore either. We are eating more than enough to feed ourselves so the body doesn't hold onto the calories it has already stored (fat). EAT and eat good. Rest and rest WELL. You will succeed. Please note: When you are not at home and on the road traveling, it's all right to take an extra day off between sessions if that is what your schedule is calling for. Just make sure you get 2 sessions in a week. If you do not think you have time to get to a gym, try to make the time. Nobody, no matter how successful or busy they think or say they are should avoid taking a half hour to devote to a training session at least twice a week. Find a gym, get yourself to it, knock the workout off and feel good about it. Put yourself first once in a while. If this is impossible, then schedule a session for right before leaving town and another upon returning home.

Workout wear. Nothing is funnier to me than big men bundled up in sweat shirts, baggy pants, hiking boots, weight lifting 'gear' and who knows what else to go to the gym. Most men kid themselves pretending to be tougher, stronger or in better shape than they really are. And then there are the ladies who walk around in spandex pants and sports bras who really shouldn't be. I cannot figure out why women who aren't in

Don Lemmon's KNOW HOW

better shape go and expose themselves like that. I also do not get the guys who if they look so good underneath, why wear the jogging suit? While working out, you should wear loose fitting clothes that can peel off one layer at a time as you get warmer. I always end up in a loose tank top and knee high baggy shorts. I am warm but cool. You should also carry a towel to wipe up your sweat off machines you drench. Have gloves to prevent ugly calluses, carry a bottle of drinking water and know where your next meal is too. Weigh yourself before and after each session and drink 8 oz. of water for every pound you lose. (No, you will not gain it back as fat! It's lost water, not fat!) Replace it or it'll slow your metabolism down.

For now, I want your first workout to consist of only ten exercises, and up to two sets of each MAXIMUM. Remember, you are making the appropriate changes for yourself right now. If you are looking to get stronger, you will. If you want to be leaner, you will. It all comes in time, not overnight, and not from just one long workout session either. If you are a prepubescent child or anyone extremely out of shape, who wishes to follow this exercise plan, take the time to start from scratch by learning to perform the following exercises correctly.

Then you can begin adding weight or more resistance until you get the hang of everything. Think of your long term goals, not the goals of those around you. Just do not be afraid to ask for a trainer's advice. If their advice extends further than how to perform the following exercises and differs from what you have read in this chapter so far, smile and walk away. The only thing you need to know is where a particular machine is located and how to use it. The rest is within these pages. Learn Leg Extensions, Leg Curls, and either Leg Press or Squats for your lower body. For chest and shoulders learn to flat Bench Press and perform the (overhead) Military Press. For upper back learn an underhand grip Pulldown and Bent Over Row. If you still feel like working arms, do tricep Pushdowns and for biceps, Machine Curls. For your stomach, do either Crunches or a Nautilus Abdominal Machine that has a pad for your chest to push down upon. Trust me, this is plenty to give you a 'pump' and a good workout.

You should do some stretches when you are done, and that little bit of aerobic afterwards but nothing else. That's it. I have some stretches my clients all learn that make things real easy for them to do alone but I feel they are something people take on too aggressively at first so I will touch more on them another time (they are demonstrated in my videos). I do want you to stretch lightly after NOT before each exercise or at least after each session. So when done with these ten exercises, and

Don Lemmon's KNOW HOW

then stretching, select your aerobics machine and perform 12 minutes making sure you feel any harder, and you'll see stars.

I use a high intensity approach to aerobic training too in order to burn fat. I alternate a minute of easier exercise with three minute bursts of harder exercise keeping the workouts very short and only do it whenever I weight train. This can be done by running on a treadmill, riding a stationary bicycle, rowing or whatever. The workout begins by riding my bike steady for a minute, then I increase the intensity to a higher level that has me crying to myself to quit for a full three minutes and then I go back to the easier level for a minute. Next, you guessed it, another three minutes of hard core cycling followed by one minutes to cool down a little. Then you do this one more time and you are done. Sounds simple but try riding at a high enough level that you'll want to quit after 15 seconds but aren't allowed to and you will HATE IT. You will see! Cardiovascular training like this include any activities that can elevate your heart rate enough you FEEL it and only need to be performed as little as just twice a week under these conditions. Guess what else. If you weight train like I suggest, you can do ANYTHING you want aerobically for these 12 minutes and you will burn fat anyhow.

This allows for variety session to session which in turn keeps you from getting bored and makes things fun so that you stick with it. These twelve minutes are also important because they force your blood vessels to create new route openings for delivering fresh oxygen to nourish your worked muscle tissue. Without this, you do not heal properly. This is what is meant by "Max VO2 uptake. It is the efficiency that oxygen is taken to the cells with nutrients to heal you get utilized.

You can see why now I say unless you have exceptional personal motivation, you need an exercise partner to motivate you on the days when your energy is low and you just don't feel like exercising. This is the key. They will be your partner AND your spotter (person who makes sure you don't get stuck under a weight you can't lift to save yourself from). So whatever it takes, get yourself weight training today. Realize, most of your life (90%) is spent performing anaerobic muscular generated movements, not aerobics. Aerobics are necessary to elevate your blood pressure so as to open up clogged areas and allow for more 'breathing' room, sure (the American Heart Association says blood pressure above 140mm Hg systolic and 90mm Hg diastolic is high and 120 'over' 70 is healthy). Systolic is the amount of pressure against your artery walls during the heart's contraction and diastolic is the pressure or ease of pressure during the heart's relaxation between beats. That is what circulates blood folks! Pressure! The four measures of cardiovascular health are

Don Lemmon's KNOW HOW

heart rate, maximum oxygen uptake, stroke volume, ejection fraction. All are best enhanced with short bursts of exercise, not continual aerobic movement. Ever lost your breath while weight training? That was the aerobic pathway taking over after the an-aerobic pathway (weight lifting) ended.

Even assuming you have read this or think you have heard it all before prior to getting here, do it all anyhow. Write down your efforts every session so that you will always know what it takes to be stronger or faster than the prior workout. It's always going to require either more weight, more reps or faster aerobics. After each exercise, write down what weight you used and how many reps you performed. Refer to your notes the next session and be sure you perform more reps than last time and when you can do 10 reps, add more weight. Our goal is therefore to handle more and more weight. There are four factors which affect strength and there are as follows: anatomical, physiological, environmental and experience factors. All were addressed up to this point in our chapter. Relax now. I wrote this next section for beginners, but even the experienced would be wise to learn and try out, The Four Phases Of Don Lemmon's Know How Exercise Program.

Phase One. A beginner would want to work out every day for at least 5 days just to get the kinks out. You would learn the movements, figure out what to feel and make sure your joints were feeling right. When you train, you break down muscle and it fills with waste that makes you sore. Working out every day at first keeps the waste flushing out of your muscles until the body starts doing it for you. Even if you are more experienced, try your new routine every day for a spell until your strength goes down. You might workout every single day for weeks until you start to lose strength. It might halt on you after your third session. Wherever it stops, that's when you add a day of rest between sessions. You simply MUST cut back to make progress. This is not a time to be stressed out and not able to sleep. Rest is VERY important. Review this training log. You too should list what exercises you do. How much weight you use. How many reps you perform. The date and anything else you may want to note for that particular session. I have this all mapped out for you in my Official Exercise and Menu Log but for now, here is how our first three sessions might go... (WO = workout, so WO-1 means 'workout number one' and 185 lbs. 12 reps means we used 185 pounds for 12 repetitions for our one set)...

Squat	WO-1 185 lb. 12 reps, WO-2 185 lb. 15 reps, WO-3 185 lb. 13 reps
Bench	WO-1 185 lb. 8 reps, WO-2 185 lb. 10 reps, WO-3 185 lb. 9 reps
Bent Row	WO-1 145 lb. 6 reps, WO-2 145 lb. 8 reps, WO-3 145 lb. 8 reps

Don Lemmon's KNOW HOW

Pulldowns	WO-1 140 lb. 6 reps, WO-2 140 lb. 8 reps, WO-3 140 lb. 8 reps
Military Press	WO-1 100 lb. 10 reps, WO-2 100 lb. 12 reps, WO-3 105 lb. 10 reps
Leg Extension	WO-1 90 lb. 12 reps, WO-2 100 lb. 12 reps, WO-3 110 lb. 10 reps
Leg Curls	WO-1 70 lb. 14 reps, WO-2 80 lb. 15 reps, WO-3 80 lb. 14 reps
Machine Curls	WO-1 70 lb. 8 reps, WO-2 70 lb. 10 reps, WO-3 80 lb. 10 reps
Lat Pushdowns	WO-1 70 lb. 13 reps, WO-2 80 lb. 13 reps, WO-3 80 lb. 10 reps

Notice how we got stronger from one workout to the next and then all of a sudden lost strength? This could take 2 sessions or 20 sessions. We are all different. But workout every day until the strength drops for you. It may only drop on a few exercises, maybe all of them or just one. If just one set falls short, you do not try it again. You go home, rest, eat, sleep and return in two days. Remember, if you can do 10 to 12 reps then add weight the next session. This will inadvertently decrease the amount of reps you do because it is heavier weight. The very session after adding the weight though (2 workouts later), you will always be stronger again. (Another reason to rest is to develop your joints, tendons, ligaments all of which heal very slowly. A joint is where two bones meet. A tendon attaches muscle to bone and a ligament attaches bone to bone.)

In this case, it took only 3 workouts to lose strength. Compare workout 2 to workout 3 and you will see strength dipped in 6 exercises. Time for Phase two.

Phase Two. Now you are beginning to work out every other day. Your last session you were weak so you must take a day off before starting Phase Two. These figures I am using are exact results I experienced working with a local athlete once. The same rules apply for the ladies. They just wouldn't be using the same amount of weight obviously, but the same rules apply. So pick up your next session after a day of rest and see if you are stronger. If you are, great, rest one day and add weight in the appropriate exercises next time. When you add this weight, the reps should go down a bit. If you add 5% more weight, the reps should drop by 10%, but often, you can tolerate the additional pounds very easily and do the same amount of reps as with the lesser weight. Remember, this process not only builds muscle but burns fat too! Ladies, do not grow frustrated if you do not burn fat fast enough. Girls are different than boys! Give it time. The results will astound you!

Squat	WO-1 185 lb. 16 reps, WO-2 195 lb. 15 reps, WO-3 205 lb. 13 reps
Bench	WO-1 185 lb. 12 reps, WO-2 195 lb. 10 reps, WO-3 205 lb. 9 reps
Bent Row	WO-1 145 lb. 10 reps, WO-2 145 lb. 12 reps, WO-3 165 lb. 8 reps
Pulldowns	WO-1 140 lb. 9 reps, WO-2 140 lb. 12 reps, WO-3 160 lb. 8 reps

Don Lemmon's KNOW HOW

Military Press WO-1 105 lb. 12 reps, WO-2 110 lb. 12 reps, WO-3 115 lb. 10reps
Leg Extension WO-1 110 lb. 12 reps, WO-2 110 lb. 15 reps, WO-3 120 lb. 10 reps
Leg Curls WO-1 80 lb. 18 reps, WO-2 90 lb. 15 reps, WO-3 100 lb. 10 reps
Machine Curls WO-1 80 lb. 12 reps, WO-2 90 lb. 12 reps, WO-3 100 lb. 10 reps
Lat Pushdowns WO-1 80 lb. 15 reps, WO-2 90 lb. 13 reps, WO-3 100 lb. 8 reps

In just 6 days of training (3 sessions 'on' with 3 days off), progress really came quick for my client. We went strong for another week of every other day sessions before his strength declined too. It was exciting for both of us. At that point we started training every third day. We would do one workout and then take two days off. We of course, picked up Phase Three where Phase two left off but having had taken 2 days rest. Sooner or later, even working out just once every other day will be too much, too often. At that point you are still enjoying your new education and continued results, so who cares how often you train? As long as it works, right? If there comes a day you just do not feel like doing it because you know your strength isn't there, start that day as the beginning of the next phase. If you feel really good and ready to go because you are exploding with energy, that's what we like. That's the difference between progressing and over training.

Phase Three. Again, after a phase of every other day training and great progress, it was time to take two days off. The results were great, every set of every exercise went up by 2 or 3 reps each and even more impressive was the amount of weight being handled to current date. We must always ensure progress. We did. Practice makes the performance perfect. He got better at the exercises. Rest allows for the growth and fat loss to occur. He was looking GREAT. But to keep moving along we must continue to work your muscles harder and harder, even though it seems to be getting easier and easier, each and every single session. Using what you 'can' doesn't tell the body to make change. Using 'more' than you have before PUSHES the body to make change (build muscle, burn fat). It gets TOUGHER. But easier. However, due to the incredible strength increases and the old rule of working the heavier exercises first and working down to the lightest last, we had to rearrange a few movements.

Squat WO-1 235 lb. 16 reps, WO-2 245 lb. 15 reps, WO-3 255 lb. 13 reps
Bench WO-1 215 lb. 12 reps, WO-2 225 lb. 10 reps, WO-3 225 lb. 8 reps
Bent Row WO-1 185 lb. 10 reps, WO-2 185 lb. 12 reps, WO-3 195 lb. 6 reps
Pulldowns WO-1 180 lb. 9 reps, WO-2 180 lb. 12 reps, WO-3 190 lb. 8 reps
Leg Extension WO-1 150 lb. 12 reps, WO-2 160 lb. 15 reps, WO-3 170 lb. 10 reps

Don Lemmon's KNOW HOW

Military Press WO-1 125 lb. 12 reps, WO-2 130 lb. 12 reps, WO-3 135 lb. 6 reps
Leg Curls WO-1 120 lb. 18 reps, WO-2 130 lb. 15 reps, WO-3 140 lb. 10 reps
Lat Pushdowns WO-1 120 lb. 15 reps, WO-2 130 lb. 13 reps, WO-3 140 lb. 8 reps
Machine Curls WO-1 110 lb. 12 reps, WO-2 120 lb. 12 reps, WO-3 130 lb. 10 reps

We went a fourth session and the reps came back up even with the results of the third. Though the reps dropped on so many exercises the third session, I figured that was all due to the weight increase. I suggested a 4th session which resulted in no progress so I thought we should take 3 days off to begin Phase Four. Two days rest was good enough until now, but I gave in because when he showed up to try session 5 of this phase, he looked ready. But the strength had dropped. I enforced rest this time. He was young, so I let it go once. If he was over 40, I would never take the risk. Older folk always heal more slowly. Not that 40 is old, but physical changes manifest after age 30 that tend to slow our healing a bit. When strength ceases to increase, you cease to exercise another day. Rest. Rest 3 days.

Phase Four. This would be the final phase before changing exercises entirely for a new workout routine.

We picked Phase Four up using the same weight per exercise where we left off in Phase Three but rearranged the exercises again to move the heavier exercises up the list one more time. The only time you would work smaller muscles first is if they are noticeably smaller than they should be. I was pleased with the results my client was getting but was in all honesty, really surprised how great his strength had become in some of the movements. Phase Four requires just two sessions a week.

Squat WO-1 275 lb. 12 reps, WO-2 285 lb. 12 reps, WO-3 295 lb. 13 reps
Bench WO-1 235 lb. 10 reps, WO-2 225 lb. 12 reps, WO-3 230 lb. 8 reps
Pulldowns WO-1 210 lb. 8 reps, WO-2 210 lb. 12 reps, WO-3 220 lb. 8 reps
Bent Row WO-1 205 lb. 8 reps, WO-2 205 lb. 12 reps, WO-3 215 lb. 9 reps
Leg Extension WO-1 190 lb. 10 reps, WO-2 190 lb. 15 reps, WO-3 200 lb. 10 reps
Leg Curls WO-1 160 lb. 10 reps, WO-2 160 lb. 13 reps, WO-3 170 lb. 10 reps
Military Press WO-1 150 lb. 10 reps, WO-2 150 lb. 12 reps, WO-3 155 lb. 7 reps
Lat Pushdowns WO-1 150 lb. 10 reps, WO-2 150 lb. 13 reps, WO-3 160 lb. 8 reps
Machine Curls WO-1 140 lb. 10 reps, WO-2 140 lb. 12 reps, WO-3 150 lb. 10 reps

We progressed marvelously for 5 more sessions at just twice a week. By the end of nine weeks total (just an example here, sometimes all four phases are exhausted in

Don Lemmon's KNOW HOW

more time or less, as I have seen it last a month and up to 4 months) we could see a dramatic difference in his strength levels. 23 sessions in 9 weeks produced.....

Squat	WO-1 185 lb. 12 reps, Nine Weeks Later....	WO-23 335 lb. 13 reps
Bench	WO-1 185 lb. 8 reps, Nine Weeks Later....	WO-23 260 lb. 8 reps
Pulldowns	WO-1 140 lb. 6 reps, Nine Weeks Later....	WO-23 250 lb. 8 reps
Bent Row	WO-1 145 lb. 6 reps, Nine Weeks Later....	WO-23 235 lb. 9 reps
Leg Extension	WO-1 90 lb. 12 reps, Nine Weeks Later....	WO-23 250 lb. 10 reps
Leg Curls	WO-1 70 lb. 14 reps, Nine Weeks Later....	WO-23 200 lb. 10 reps
Military Press	WO-1 100 lb. 10 reps, Nine Weeks Later....	WO-23 175 lb. 7 reps
Lat Pushdowns	WO-1 70 lb. 13 reps, Nine Weeks Later....	WO-23 180 lb. 8 reps
Machine Curls	WO-1 70 lb. 8 reps, Nine Weeks Later....	WO-23 160 lb. 10 reps

At this point he was 'experienced' but still not advanced yet. That will take probably 6 more months. If he isn't 'advanced', then why did he get so strong? Four phases and four reasons. One. He wasn't trying hard enough when I met him because he was comfortable with his strength and workouts prior to our first sessions together. Two. He simply wasn't eating enough. At first I force fed him but as we progressed, he couldn't eat enough! He went from 2000 calories a day to 5000 calories a day. Three. He wasn't resting between sessions before he met me hardly at all. He was training every day or not at all for months on end in fact. No consistency. He was a martial artist (one you have seen in several films I might add) and figured that was hard enough, why should he always weight train, he figured. Four. He gained 40 pounds! That is correct, 40 pounds. Ask him. His name is Tiger and he is on my website. He went from 150 to 190 in 63 days. His body was literally begging for this type of training.

There are many factors which must be considered for you to make the same progress. Now, I know what you are thinking, ladies, this isn't going to happen to you. Women do not possess enough testosterone to bulk up so fast. You will however gain a little muscle but burn A LOT of fat following this Four Phase method of weight training. After Phase Four, you should come up with an all new workout of all new exercises (thus variety) and start all over again at Phase One. The results will never duplicate, but they will always be coming! Little by little this system ALWAYS works. I guess there is ground for concern regarding injury with this type of training. Not really but let me fill you in on something. Injury only occurs if you are slamming, rushing, jerking, twisting, tossing or catching heavy weights. Slow movement never hurt anyone. A pre-existing injury may be aggravated if you jump in to try this

Don Lemmon's KNOW HOW

before it heals, so remain patient, but if you are 'healthy' you really cannot get hurt if you always move your weights slow and deliberately. Warm-up? By the 6th rep of every set, you are fully warmed up. Tendons are like plastic when we begin a set. The first few reps swell the muscle up with blood. This over flow of blood gets squeezed with each contraction out of the muscles and into the tendons to 'warm' them up. It's a natural effect of training. And without fail, by the 6th rep or 30 seconds into the exercise, you are always warmed up and prepared to finish the set once you reach failure (failure to be able to attempt even just one more rep at the end). We are all genetically different, put more or less effort into our favorite movements and show different degrees of success (like have smaller muscles in some areas because we just don't dedicate ourselves to them like we should, say, or think we do). But no matter who we are, periodically we must change the entire workout to maintain forward momentum. That is when we leave Phase Four and begin a new Phase One. After you reach your overall goal, we won't have to train to failure and it is even sometimes possible to exercise a little more often. I suggest you do this between cycles of dramatic strength increases like this. Maybe for a few weeks, but you're not at your goals yet, are you? I didn't think so. Here is the calendar for those two months I trained with Tiger:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	rest	WO	WO	WO	rest	WO	rest
Week 2	WO	rest	WO	rest	WO	rest	WO
Week 3	rest	WO	rest	WO	rest	rest	WO
Week 4	rest	rest	WO	rest	rest	WO	rest
Week 5	rest	WO	rest	rest	WO	rest	rest
Week 6	rest	WO	rest	rest	WO	rest	rest
Week 7	rest	WO	rest	rest	WO	rest	rest
Week 8	rest	WO	rest	rest	WO	rest	rest
Week 9	rest	WO	rest	rest	WO	rest	rest

It is safe to assume you could follow this type of schedule for up to a year your first year. Phase One through Phase Four using several different workout routines could go on forever as a regular schedule to consider. I however split my year up, periodizing it, into cycles. A 'micro' cycle would be a specific workout. A 'meso' cycle would be the 1, 2, 3 or 4 months I am training for a specific goal like using the same weights for a certain period and simply trying to get more and more reps as time goes on. And a 'macro' cycle could be the entire year or 6 month period of macro cycles combined. I spent a whole year once doing just leg presses, seated Hammer

Don Lemmon's KNOW HOW

Strength Machine chest presses and Seated Hammer Rowing Machine. If I felt up to it, I added a few other exercises, but no matter what, I regularly performed these three exercises and made GREAT progress. But that was because I periodized the cycles of what other exercises to do or not do. If my strength slipped, I didn't perform the extra movements. Just my core three (leg press, presses and rows). This is also why there must be a period of rest or lower intensity work following a period of high intensity training. To allow for continued progress. Sometimes what seems to be too little work is in fact too much.

I know what you are thinking. Just THREE exercises? Here is how I came up with the idea. It has long been believed by most people that the legs respond fastest to training. After a year of regular workouts, most people would display a far greater degree of development in their legs than in their other body parts, even assuming that a well rounded weight training program was being followed. So there was at least some evidence to support the theory that the legs were the easiest body part to develop or the body part it seemed people put the most effort into. But sometimes it was chest that seemed to develop the fastest. Occasionally arms. It really depended upon what was desired more from the beginning by the individual doing the work. But rarely the entire body was developing simultaneously. And regardless of lop sided development, many of us have been noticing this for years. However, being aware of a problem, while that is the prerequisite to beginning a solution, is not enough unless there is a clear understanding of the problem itself. It's simple. Too much time was being devoted to one area of the body. The solution is not obvious to these people though.

So in many cases, when the answer was provided to the client, it was obvious that on occasion, the client wasn't intentionally looking for such 'lop sided' development at all. For example, our first primary exercise is the squat. For years people have been pointing out that no other single exercise, or combination of other exercises, could produce anything approaching the results possible from the proper application of this one exercise alone. Results were not limited to the legs when you squat. Overall results in both size and strength will result in the bigger chest, thicker back, tighter stomach and even in more muscular arms. But after all, since the squat is a direct leg exercise, it should not have been surprising that the greatest degree of results would be in the legs. There was no upper body exercise that could make the same claim as squats because squatting requires the use of almost every muscle of the entire body just to handle the weight. This doesn't mean because it is power lifting. It means simply performing any other exercise at all. Rowing comes close in regards

Don Lemmon's KNOW HOW

to really working the upper body and stimulating the legs all at once. Military presses while standing do as well. But you see, military presses work the same muscles that hold the bar on your shoulders for squatting. Benching however does not. So, it is obvious that no one I knew used any upper body exercises with the same enthusiasm as they did squatting or they would have had larger muscles elsewhere too.

That much, at least, is clearly understood because the largest muscular masses in the upper body, would also require you to work lagging areas. What I am saying is, if you do a lot of benching and military presses you get a big chest and round shoulders but no real result in the progress of your upper back or legs. If you squat and do rows you will have a large back and legs but no chest development to speak of. Adding military presses will only make your shoulders large because rowing and squatting also stimulate these areas. So it seems logical, that if someone would squat, row and bench press from day one, they could achieve full development even if they do nothing else. The potential result from doing the barbell row is far beyond anything that a pull down machine can do for you. But it makes no difference unless you decide to work very hard at it too. Am I sure ROWING for direct work on the lats will also cause as a "side effect" in showing results of both size and strength throughout the entire body, even in the legs?

No. It only directly works half the upper body. Lats, rear delts, biceps and forearms (and if you like, rowing stresses the glutes and hamstrings too). Work on any muscle mass causes stress to the entire system, but that doesn't mean all muscles are worked sufficiently. So even though it is impossible to work all muscles directly in one exercise, and therefore impossible to work them hard enough for maximum possible results, you still stress your entire body with this one exercise. So let's say you SQUAT. You must also ROW if you want results in areas the squat doesn't stimulate. But you do not want to add a bunch of exercises in case the entire system is stressed so much, it couldn't possibly recover fast enough for you to enjoy a relatively consistent workout regime. Since these two exercises only hit half the upper body and all of the lower body (squats work calves and glutes while only partially working the hamstrings, and rows work half the upper body and the rest of the hamstring) you must also do BENCH PRESSES to take up the slack.

That is your three exercises. Is this a new principle that will literally revolutionize almost all sorts of physical training? Can the ultimate degree of physical change occur using just 3 exercises in less than 4 months of total training? Why not? It is at least possible. Three exercises that hit every major muscle of the body. Think what you like, but I built one client's lats, chest and legs to a point that would

Don Lemmon's KNOW HOW

normally have required at least two full years of training, in less than six weeks, on a program of three weekly workouts of exactly 15 minutes each. During the same period he gained over twenty pounds of muscular body weight, increased his arms almost exactly two inches, and increased his strength enormously. His wife, also a client, dropped 4 dress sizes, took 1 1/2 inches off her arms, 4 off her hips and worked out even less than her hubby. I deviated the routine for them too.

No drugs, no special diet, no marathon workouts, just a simple routine of three sets of three very basic exercises: Leg Presses, Standing Military Presses, and Barbell Rows. No pull down movements of any kind, no benches, absolutely nothing else except those 9 total sets 3 times a week. Total symmetry was achieved. Not realistic? Again, I personally was for a full year on another similar routine. With other clients, after the first four weeks of training our average results were already far ahead of similar programs that were conducted by large universities in their attempt to determine the best methods of weight training. Even though their most programs run for 12 weeks. Our results far surpass any results ever obtained over any other 12 week period no matter what the method of training was. It is at least noteworthy to take into consideration some of the knowledge I have offered. If the celebrities, pro fitness and athletic clients I have can succeed using this, why can't you? Here is how to perform the three core exercises, I feel, of any routine.

BENT OVER ROWS. As for ROWS they produce nice fat burning muscle which results in greater upper back development and a tapered waistline which is why we all need to do them. Some need to do them a little. Some a lot. I wouldn't get too concerned with such subtleties here. This is a great 'compound' exercise meaning it works more than just one muscle and requires more than one moving joint to perform it. Rows incorporate the muscles which run on the outside of the lats nearer the spine as well as your hamstrings (back of your thighs), your upper mid back (the rhomboids) the lats themselves, the front of your upper arms (biceps), forearms and even the back of your shoulders, so they work a good 1/3 of the body if not more. If your lower body and back are already in good shape, you can handle bent over rowing with a barbell. I would suggest doing them instead with dumbbells, one side at a time if not, but let's assume you won't try to heave weight you can't handle. But don't sweat it if you do use dumbbells. It certainly won't SHRI NK your muscles if you do. However, in any rowing motion, you need to carefully monitor your lower back while sticking with the best possible form you can. Your lower back should be flat, your shoulders held back and never reach downward too far with the weight. It should hang at arms length to about 8 inches from the floor and if using a bar, it is pulled to

Don Lemmon's KNOW HOW

be your belly button. Knees are always kept visibly bent but sturdy and solid. No dipping, swaying or standing. Let the arms do the work. If you use a dumbbell, row it to your hip bone and bring that elbow high. No matter what, keep the head high, butt low and pull towards the stomach, not the chest. Seated rowing machines provide full-ranges of motion, but the machine removes the stress involved on the lower back and legs. You need this. Not injury, just stress. So machines are not as effective upon the total body as barbells. I used a machine the one year because I became TOO STRONG for my lower back to keep up. You aren't there. I was rowing 450 pounds at the time. Whatever you use, I want you to try and use a weight that barely allows for 10 repetitions. Raise this weight in 4 seconds, pause at the top barely a second, just to be sure you feel your shoulder blades squeezed back and contracted, then lower the weight just as slowly. Remember, if it takes 5 seconds to raise the weight as the set gets into the last few reps, take 5 to lower it, and as you progress it may be more like 6 and 6 or 7 and 7 seconds to raise and lower something. To get the most of this, the last rep is always the one you absolutely cannot do. Not the one you don't care to do (no one cares to do any of them) it is the one you try and try to lift and it goes absolutely nowhere. Try for five full seconds before realizing the weight just isn't going to raise.

From here and only here, slowly from wherever it stops, return the weight to the starting position and you are done with the set. An under hand grip is the grip I use. A palms up, facing you grip on the bar. On dumbbells, the palm faces the body. And although barbell rows have a superb strengthening affect on the lower back muscles, they can be dangerous unless you keep your torso perfectly flat and rigid and your legs locked in place throughout the entire movement. Do two sets maximum and both to failure as explained here. If you need a warm-up, have one. But do not exhaust yourself. If you do, then that is 3 total sets. Do not exceed this. Most clients had two warm-ups and only one real hard working set. Each session, you should add more reps or weight as prescribed in the other sections of this chapter. And of course, rest according to your individual guidelines. We all require different amounts of rest depending upon our different fiber configurations. Mind them. Next exercise.....

MILITARY PRESSES The simple seated barbell or press-behind-neck is what I mean and it is the best exercise for gaining pure overall upper body size and strength. While dumbbell side lateral raises can be used to address the different parts of the shoulders if desired, it is the standing press we really ought to perform. This way they include the legs. While standing, leaning forwards a bit also works the rear shoulder like a behind the neck press does but 'different' and leaning back to raise the bar itself in front (instead of off to the side) places more emphasis on the front

Don Lemmon's KNOW HOW

shoulder which is used commonly in reaching towards shelves and is similar to overhead dumbbell press movements yet 'different'. The overhead press machine, yes, does concentrate on the muscles of the upper chest, neck, shoulders, and back of the upper arms (triceps) too. But not the legs and calves like standing presses do. In fact, most shoulder machines force you to perform the exercise in a manner which over stresses the shoulder joint and increases the incidence of rotary cuff type injuries. This is because the movement arm has an extra set of handle bars that can sometimes be too far forward or too far behind you and a seat adjustment that no one on Earth can figure out what to do with. Here is how I want you to do your presses. Stand with a barbell in a squat rack with the bar and your hands at shoulder height, palms forward, keeping the elbows in the towards your ribs and the same plane as the spine, not flared away, but 'in'. Grasp the barbell, pick it up to your collar bone and step away from the rack. Hold the bar there at your collar bone, not higher or lower, look to the ceiling then press the bar upward until your arms are straight above your head. Do this with your feet shoulder width apart and planted firmly on the ground with both knees bent very little. Do not squat, dip or kick. Stand still. Lower the barbell back to the starting position at the collar bone.

Repeat slowly 'til failure just like with rowing. 4 seconds up, 4 seconds down, breath continuously, no holding of your breath, take in and let out air just like a jogger, deep and steady, 3 or 4 breaths a rep and push 'til you can't push no more. Simple enough. 2 sets. One warm-up. 3 total sets. Use a rack so you do not get hurt loading or unloading weights from the floor. Again, I did use a machine for pressing when I did this for a year straight but it was because I began to really feel the pressure in my spine. I got to a point of lifting 225 pounds for 10 repetitions and then decided to try BENCH PRESSES instead. When I did this, I noticed I felt a need for occasional calf work and leg curls too. Once my strength increased, I moved to INCLINE PRESSES. After a while, I selected the seated chest machine mentioned earlier. You too can make these transitions as you progress based upon your better interests. Next exercise.

LEG PRESSES When I first used squats, I noticed it was too much of a stress to row and squat on the lower back after a while. I could use 405 pounds for 20 reps. That and rows added up to too much for my back. So I switched to Leg Presses. And every time I turned anyone else over to LEG PRESSES, their overall muscle mass and fat loss shot up BIG TIME too. I don't recommend you do less or more than 20 reps just like the old timers preached forever. But listen to me here. You have probably heard it before, but LISTEN to me this time. Get in position on the leg press, adjust

Don Lemmon's KNOW HOW

the chair comfortably, put your feet high enough they form a 90 degree angle with your hips and shoulders, then point your toes out JUST A WEE bit. Breathe deep and do ten straight reps. Count them in your head. Lower the weight only about ½ down that anyone else would, say 6 to 8 inches and use a weight you feel only 10 are possible with. Do those ten. Then count again 4 more reps then pause at the top without bending your knees backwards and take a deep breath. Do 3 more and pause again to breathe. 3 more and you're done. Do not bounce out of the top or bottom position. Look up at a mark on the high wall in front of you or at the platform itself but not down EVER. Do not round or hunch your back and feel to find the best foot position for you. Do not place your feet at extremes (facing them too far in like a penguin or too far out like a duck) because you are neither a penguin nor a duck. Make sure you keep yourself flexible by stretching after each set (of all three of these exercises). Do not wear knee wraps because if you need them, then it's too much weight to begin with and I know you are bouncing and moving it too fast (stick with the 4 seconds up and 4 down rule here too). If you can find one, still always use a competent spotter. Do no more than two sets of this one too. If you are REALLY doing this exercise with intensity, you won't even be able to complete 2 sets!

This exercise is so effective if you continue to add weight every time you can do 20 reps, that most experienced clients can only perform it one or two sets every 7 days. If you want to gain even more muscular body weight, lose fat faster and see your body really look it's best, drop aerobics entirely for now. Afraid of trying just three exercises? Think you got what it takes to be known as an advanced client? Do the following exactly like this no more than 3 days a week:

DAY ONE: CHEST AND ARMS Do 1 set right after another of 8 reps of Preacher curls, then 30 reps of Preacher curls without resting. No rest at all. Then do 8 reps of Seated Bench, and 30 reps Seated Bench without rest. When done, rest 2 minutes. Next, do 8 reps of Incline Press, and 30 reps Peck Deck without resting. Rest 2 minutes when done. Finally, do as many Close Grip Pushups as you can or 30 reps of Close Grip Bench Presses then 8 reps of Overhead Tricep Extensions without a break. All sets to are done to failure. Finish in 15 minutes and only do 12 minutes MAXIMUM of cardio afterwards. If the workout isn't done to failure on all sets and completed in 27 minutes, you are truly a failure yourself. That's the goal. NOTE: Now obviously to go from 8 reps to 30 you need to drop the weight, but the weight used should really only allow for 29 reps and not be easy to complete a 30th.

Don Lemmon's KNOW HOW

DAY TWO: LEGS 1 set right after another of 30 reps of Leg Presses, 8 reps of Leg Presses, 8 reps of Leg Curls finishing up with 30 reps of Leg Extensions. Reach failure on all 4 sets and your legs will be done in UNDER 10 minutes. If you like, ride the bike for 9 more minutes. The first 6 should be so hard however you want to quit or question every moment whether or not it may be your last. Again, you need to adjust the weights accordingly and this will call for a spotter, a partner, assistance from another club member or a trainer. Complete the session in 18 minutes or feel like a loser. Take a day off before doing the third workout.

BACK AND SHOULDERS: Do 1 set right after another of 30 reps Behind Neck Pull downs, 8 reps of Seated Rows, 8 reps of Underhand Grip Pull downs, finishing with 30 reps of Nautilus Pullovers or Dumbbell Pullovers. Reach Failure on all 4 sets within 10 minutes then rest 5 minutes. Begin shoulders with 30 reps of Nautilus Side Lateral Raises followed by 8 reps of Military Presses. Both sets to failure. Ride a rowing machine for 10 minutes to cool down. Total workout - 30 MINUTES MAX. I mean it. ½ HOUR MAXIMUM. No games. Take a day off.

As you noticed while we were discussing the Four Phases of training, not all exercises (muscles) progress at the same rates. Some exercises you can add 5 pounds to and other 10 pounds too. I know people who use 1 and 2 pound incremental changes to assure a slow and steady progression without working too hard at any one time on any one muscle. Getting stronger only the first half of your workout too is alright as that first half will fatigue you more than it fatigued you last time since you are using more effort or weight. Actually by maintaining your strength in the second half of the workout, you HAVE gotten A LOT stronger! Also note, some muscles are just not as strong as others and do not heal within the same time frame as others. You can not always show progress from one workout to another, but from one month to the next, the results will always be undeniable. Please realize, when you workout, many biochemical changes are stimulated. Energy reserves that have been tapped to perform at these high intensities to stimulate muscle growth and fat loss need replenished first thing after the session. This is because you do not grow from the exercises itself, but from what the exercise stimulated and what you allow to occur through rest and assistance to healing through nutrition.

Some of you have questioned about different rep ranges for the different muscle fiber types. One is a red, slow twitching, smaller type aerobic fiber. The second is the intermediate, fast twitching, medium sized, mostly aerobic type fiber. A third,

Don Lemmon's KNOW HOW

white, fast, large, and anaerobic type fiber is usually most predominant and the fourth is basically the same as type three. If you are using 80% of your one rep max repetition range, that hits the largest percentage of the third and fourth groups. If you double this rep range (say you can do 8 reps with 80%, try doing 16 reps) and it is safe to assume you hit group two and doubling that (hypothetically doing 32 instead of 16) works the first group of red fibers. Another tip I want to suggest is that if at any time during a lift you cannot stop and hold the weight in place then you are moving it too fast. Reps are always started slow and finished slow. And when done with a set, lower the weight under the same control as any other rep. Never just 'let' go or drop anything. And a full proof schedule that works for all my clients is scheduling 5 sessions every two weeks. Set up any routine you like and follow it Monday, Wednesday and Friday one week and Monday and Thursday the next. Two weeks later, switch routines. This works for EVERYONE.

There are 4 technologies in fitness equipment to choose from when creating a new routine. Constant resistance equipment is the type where throughout the movement the weight remains the same (you'll understand in a second).

Variable resistance technology is equipment where the resistance seems to change at some points (like with Nautilus equipment where it gets harder closer to the contraction). There is static, or isometric exercise too where there is no movement at all but the pushing or pulling causes the muscle to contract and even accommodating exercise where both weight and speed are controlled by you, while you train. You cannot do them all at once, as you probably don't have access to them all and even if you do, you'll want the variety. Machines are easier, safer and isolate your muscles better than barbells or dumbbells but without barbells, you are never going to fully develop your skills, strength nor burn the fat you want to.

No gym membership? The benefit of working at home is full control over your schedule. You need a rack for squatting, a bench that inclines, a barbell and some adjustable dumbbells and that's all you really need. Safety is the most important issue while working out alone. You definitely need a partner at home. In a gym, someone is always nearby. At home, possibly not. And an injury could set you back years like it did with mine in 1994. One last thing, at home or in the gym, be aware of the cleanliness and stability of your equipment. Check the pins, look at the cables, and make sure the racks, bolts, seats, etc. are in working order and locked in place so nothing slips or drops on you. And ignore anyone's advice who obviously has used drugs to get where they are. To truly integrate your training, all you must do is

Don Lemmon's KNOW HOW

weight train, eat right, supplement well, perform light aerobics and maintain chiropractic or other medical support (like using an EMS unit or getting a massage between sessions to speed healing). If you do these things, your training will make you stronger, faster, increase skill, agility, and make you a more flexible, lean, mean, well built, healthy machine. Should you wear a weight lifting belt? I dunno. I feel if you wear a belt you tend to relax and push your guts out into it thinking the belt will protect you from injury. It is when you train without one you see how much you depend on your abdomen because you sure wouldn't push your guts out with no belt on! I say unless you are power lifting or working in a ballistic manner (why would you ever do that), there is no need for a belt.

For those of you who remember my hyping up this new version of the book by saying it contained SIX FULL MONTHS of complete exercise routines, here you go! Do each for two weeks, training just 5 times every 14 days and keep notes of everything I have suggested up to now in this chapter. Be wise. Maybe you should use the Official Don Lemmon Exercise and Menu Log Book to track your progress.

Workout One Leg Curl, Seated Calf Raise, Leg Extension, Standing Military Press, Pullup, Squat, Dumbbell Rowing, Machine Pullover, Preacher Curl, Dip, Lying Tricep Extension

Workout Two Squat, Stiff Leg Deadlift, Incline Bench Press, Torso Machine Twist, Shrug, Dumbbell Military Press, Machine Curl, Tricep Pushdown, Donkey Calf Raise

Workout Three Dip, Lying Tricep Extension, Dip, Pullup, Preacher Curl, Pullup, Side Lateral Raise, Leg Extension, Leg Press, Leg Curl

Workout Four Leg Extension, Standing Calf Raise, Dumbbell Chest Flye, Bent Over Row, Squat, Front Pulldown, Incline Bench, Dumbbell Curl, Lying Tricep Extension, Side Lateral Machine

Don Lemmon's KNOW HOW

Workout Five Leg Curl, Stiff Leg Dead Lift, Leg Press, Leg Extension, Side Lateral Raise, Standing Pulldown, Dumbbell Curl, Bench Press, Military Dumbbell Press, Dumbbell Bent Row

Workout Six Abdominal Machine, Nautilus Pullover Bent Over Barbell Row, Flat Dumbbell Incline Press, Flye, Clapping Pushup, Underhand Grip Pulldown, Hack Squat, Leg Curl, Leg Extensions

Workout Seven Bench Press, Peck Deck, Dumbbell Row, Behind Head Pulldown, Military Press, Barbell Curl, Dumbbell Tricep, Leg Press Calf Raise, Leg Press, Stiff Leg Deadlift

Workout Eight Bench Press To Neck, Seated Row, Seated Leg Curl, Hack Squat, Rear Delt Machine, Behind Neck Press, Underhand Tricep Pushdown, Incline Chair Curl, One Leg Calf Raise, Rear Leg Raise

Workout Nine Leg Curl, Leg Press, Incline Flye, Side Lateral Dumbbell Raise, Bench Press, Row Machine, Pulldown, Behind Neck Press, Lying Tricep Extension, Seated Dumbbell Curl

Workout Ten Standing Leg Curl, Hack Squat, Low Seated Peck Deck, Bent Over Side Raise, Dip, Dumbbell Pullover, Bent Over Row, Standing Curl, Close Grip Bench, Side Ab Machine

Workout Eleven Leg Curl, Lunge, Incline Pushup, Incline Chair Side Lat Raise, Standing Military Press, Shrug, Wide Rear Pulldown, Overhead Tricep Extension, Incline Chair Curl, Seated Calf Raise

Workout Twelve Seated Leg Curl, Dumbbell Squat, Dip, Military Dumbbell Press, Bench Press, One Leg Calf Raise, Front Pulldown, Incline Situp, Bent Over Curl, Bent Over Pushdown

Most of the routines above seem to contain the same exercises but the order in which you perform them is the key. If you look closely, I have recommended 4 dozen different exercises. It isn't that you need to work a muscle from too many different angles as much as you need to keep from using the same rep ranges, or emphasize on the same muscles each workout. It is all about stimulating a sufficient number of muscle fibers and motor units to cause a nervous system response that fully contracts or shortens a muscle efficiently, not whether you perform several exercises or not per muscle. Sometimes working a specific exercise before another specific exercise totally changes the group of muscles that one or two particular movements are training. So, regarding these routines, I want you to keep the exercises in this order. You'll understand why when you see some areas of your body looking better than ever even though you have done really nothing different but changed the order around a bit. It's pretty cool actually.

Don Lemmon's KNOW HOW

Can't do all these exercises because you only have a limited amount of space at home for equipment? If you use a home gym system now and feel you are another one of the crowd that got the raw end of the deal when you bought it, you might want to learn about a new line I am endorsing. The home gym I personally use, yes, I said USE, simulates with uncanny accuracy well over 100 pieces of health club equipment. It has a weight rack next to it like a nautilus machine, connected to a bench, that folds and unfolds, and has a really simple, yet very tough, cable and pulldown setup. If I had this as a kid, I would have never left my room. I certainly wish I had one living in Los Angeles so we weren't fighting traffic trying to get to the gym. Either way, with this, I can do literally anything I can do at the club, but when I am pinched for time, it sits in the back of our spare room and doesn't take up hardly any space at all. Unless you want limitations while using other products, read what I have to say about this one first. It's a machine. Can perform over a hundred exercises. Has one second resistance changes. It fits the shortest and tallest of individuals they could find to test it. You get 300 pounds of variable resistance technology (so it feels like a lot more). And sets up in less than 15 minutes right out of the box!

This machine is known as 'The Personal Trainer' and is several years old but only on the market since last year and plenty ahead of its time. I am friends with the owner of the company and the only complaint I have is that I am not used in the video promoting it! So with that said, I must believe in it to promote it without getting something in return! I like it because as an on again, off again, serious body builder, I can build muscle and burn fat the same way as I do using free weights.

My wife, the fitness buff can sculpt her toned bodice just like she always wanted to without being bothered by anyone while she works out. The ladies I know with one report not only the building of muscle tone, but a drop in visible cellulite. I know a few older folks using it now too. The range is unlimited. This is particularly important because the benefits of weight training not only include weight control, but increased bone strength, energy, and the release of growth and sex hormones which has been proven alone to retard the aging process plus burn even more fat. And again, significant improvements can be made with just two or three, twenty minute workouts a week just like I have been trying to tell you about! Strength training is definitely more important to overall health and weight loss than aerobics, but if you like, all you will need is one piece of aerobics equipment to have a full gym now. As a woman, my wife also enjoys the feeling she can tone and shape her body without

Don Lemmon's KNOW HOW

worrying about building huge muscles using this device instead of barbells. While it is up to the individual how little or how much muscle they build, ladies tend to have an inbred fear of barbells and dumbbells. So this machine just plain makes her feel good about her routine. This also mimics the machines she loves the most too. She can target problem areas just as she would in the gym but without the hassle of travel, waiting in line or dealing with burly sweat hogs either!

The Personal Trainer's quick adjustments and versatility allows the user to do complete circuit training and superset style workouts. Up to now, this was not possible on any other home strength training machine. Circuit training is defined as completing one set of exercises and then moving quickly to another set of different exercises without resting. Super setting is doing 2 exercises back to back for a specific training effect. I can achieve a great aerobic benefit and burn ever more fat in the process training this way. I have tried it on other home gyms and, well, I don't have 5 minutes to set up for my next exercise. Sure, they make it look easy on TV when trying to sell their products, but no other machine can switch exercise like this one can. When you work hard, you increase your heart rate. When you can feel an increased heart rate, that right there means your cardiovascularity is benefiting.

Plus, because of performance, versatility, easy guidance system and safety in the Personal Trainer's design, since the weight resistance mechanism is completely enclosed, not only do many owners feel quite comfortable working out alone, but the entire family from youngest to oldest are experiencing great results. Even though I feel the Personal Trainer is the safest home gym on the market, children should always be supervised during any exercise program. They lack the general coordination required to perform some movements without guidance.

And while I recommend that anyone starting a fitness program consult their physician and maybe an exercise specialist first, because of the design, I would not hesitate in saying this may be the training choice of the future. A compact, safe, variety filled, fitness center, right there in the corner of your room. How does it work? To perform isolation exercises properly on any machine in the gym, the working joints of your body must align with the machine's rotational axis point. It's simple bio-mechanics. For example, isolation leg extension work requires you to line up the knee with the axis wheel. For bicep curls, it is the elbow. For inner thigh exercises, it is the hip. The patented axis wheel on the Personal Trainer makes it possible to not only accommodate the body parts being worked but duplicate an entire room full of health club machines! As with any machine however, to achieve maximum results, and to avoid injury, resistance training exercises must be performed using motions that coincide with the body's natural movement and range

Don Lemmon's KNOW HOW

of the joint's normal motion involved. Health club machines like Nautilus are the gold standard in bio-mechanics, and the Personal Trainer Home Gym does not deviate from the standard. Their patented axis and bench attachment system precisely lines you up on each movement giving you the best bio-mechanic advantages available! Imagine trying to lift something at a strange angle and feeling a strain on the muscles, bones or joints involved. Doesn't feel right does it? Well, that's why proper mechanics are so important. Comfort. And their patented "push button" resistance that makes this machine so quick and easy to use that you never need to physically leave your spot to adjust for this next exercise. That means each of the workouts I recommend can be performed on this thing!

Within seconds the Personal Trainer can be adjusted to any height or size person from 4'9" to 6'6"! Other machines make you adjust TO them, but the Personal Trainer adjusts to YOU. No matter the person, you can take advantage of the patented push/pull pin system which instantly engages a positive/negative resistance that remains constant and smooth throughout each exercise. Unlike many of the competitors, the resistance on this particular home gym does not have any "dead spots," or unwanted progression, static or momentum. Any trainer will tell you that a full, consistent, and smooth range of motion is essential for a completely beneficial workout. The cammed and pre-stretched military specification resistor cords ensure this. The cords do not wear, nor do they lose tension. If they do, they are covered with a lifetime warranty. What about the bench? The patented bench and arm lever system can be adjusted to almost a dozen different positions in just seconds without pins or heavy bars. Just lift the bench up and slide it into the appropriate slot. Done. It's THAT easy. The crucial element when duplicating health club exercises is the versatility of the bench.

The centerpiece is an ingenious axis wheel system that duplicates the rotational and isolation exercises found on any health club machine from nearly 15 different positions but the bench itself makes all the difference. By standing forward, back a bit, adjusting where you lay and sit, a full range of motion can be met on all of it's exercises and many more you will create on your own.

There is actually a Personal Trainer video which includes an explanation of their innovative technology as well as a demonstration of the many exercises. You can receive this 90 minute tape within a week if you let me know you want one. I only charge \$5 for the video (because I must have them made for you, otherwise the company would charge you more). I would like to make them free but we have so requests for it and because the information it contains is so broad, I couldn't possibly sell enough books to cover the cost of all the videos! Email me about it. The

Don Lemmon's KNOW HOW

price of the equipment? The Personal Trainer 3000 (as it is called) is \$1650.00 The price is much more affordable than the competition (and believe me, YEARS ahead of what the others offer). This price includes a Lat Tower component with 3 attachments and with no additional charges (YES! THE SHIPPING IS INCLUDED ON ALL ORDERS!), it makes this piece of equipment almost essential to anyone who works out. That's why I have one. Email me if you want the video.

GYM ETIQUETTE

- 1) Be conscious of your environment, know what those around you are doing.
- 2) Do not interrupt others while they are obviously exercising.
- 3) Don't touch anyone, ever. If for no other reason, germs that build from sweat.
- 4) Don't walk in front of those exercising in a mirror.
- 5) Replace all weights when you are finished using a particular piece of equipment.
- 6) Don't be loud and distracting because others are trying to concentrate.
- 7) Wipe your sweat from the equipment when finished (ALL equipment)
- 8) If someone wants to work in with you accommodate them unless it is a matter of moving a lot of weight off a rack. Such as unloading a 1000 pound leg press.
- 9) Leave the other sex alone. Most people have significant others.
- 10) Wash your hands before leaving for home.

SECTION NINE: SUPPLEMENTS

Supplementation is almost a sport in and of itself if you believe what the magazine ads have rammed down your throats. Meal replacements were created by God they say. Hardly the truth.

Let me tell you EXACTLY what you need to succeed. And yes I do know what that is. It is only 3 supplements. I will cover the top ten supplements of our era later, but only 3 are proven truly ESSENTIAL. I remember my first bottle of amino acids like it was yesterday. I bought them for \$20 from a guy named Robb Lee in Newton Falls, Ohio where I grew up. He now owns a great restaurant there. These amino acids (protein pills) were made by Beverly International and smelled of pure ammonia. The highest of quality. That was so cool to me. I thought I was taking something practically illegal and it was going to make me a hugely muscled bodybuilder overnight just by taking those stinky horse pills. Nothing happened though. I took the entire bottle in a month, 12 a day I think, and NOTHING HAPPENED. That is until I started lifting weights. Supplements are supposed to assist you by being an 'extra' boost to your current plan. If the plan is not

Don Lemmon's KNOW HOW

complete, it can only boost you so much. True for anything you try. If you take a fat burner that boosts your metabolism by 10%, it isn't going to show results if everything else you do continues to reduce that metabolism by 30% now is it? The weight lifting sure helped me out in this category. The aminos only served to feed my malnourished body instead of helping it grow muscles. It didn't have a need to build muscle. I wasn't lifting! 6 months later after I was training regularly, the next stuff I tried were mega packs from the local health store. They had a deal where you bought 2 and got one free or if you bought 5 you got 3 free or something. They made a difference simply because they were my only source of real nutrition (I didn't eat very well back then) but I was also taking like 8 packs a day too. After a while, I noticed it stimulated my metabolism enough I became more hungry at times. So eventually, I did start to eat more and that led to weighing more. The next summer, I tried a protein powder. I used it during a vacation and didn't gain muscle, in fact, I lost muscle that week. I learned fast, nothing works unless I was training hard or at least trying to eat right. If that is the case, do you really need to take supplements at all? If so, what ones?

Since my teen years I have tried it all with the exception of drugs. Oh, I was tempted to do steroids. I was best friends with a dealer and even had him get a friend of mine and I some 'stuff' once. I just couldn't get myself to use them though. I was too paranoid I would get caught or die of cancer the next day (or in my sleep) or something. Funny, but not funny. Drugs play no role in an honest man's life. What I have done for you in this chapter is taken my experience and put together the low down on the essentials you need and then added tips on them and later we will discuss the sources of some more popular supplements. The knowledge I provide is usable even if you choose entirely different brands than I recommend. In that case, the quality may differ, but the info is still usable. In fact, if you are a trainer, or wannabe know-it-all, I bet you will take what you learn from me here today and end up telling everyone you know about it like you knew it all along. That's ok. Just remember, the reason you will do this is, because Don Lemmon is the only one that ever told you the truth and provided you with the safest options for success. And you know it. Everyone else in this industry wants to sell you treated powdered milk, fake sugars that cause disease, hydrogenated oils that interfere with healing and hormones, synthetic vitamins the body doesn't recognize, filtered and flavored minerals that are useless and pro hormones that the pros wouldn't even bother with. I however am your consumer advocate. I stand by my word, and if you follow my advice, you can't go wrong. Yeah, yeah, yeah. Everyone says they are right and that they don't lie. Well, they are just blowing smoke up your skirt.

Don Lemmon's KNOW HOW

I have spent many years testing, trying products, visiting companies, sampling things and experiencing for results while witnessing the grandest of all fitness failures. My clients have too. Again, I know you think what you are using 'works' or will eventually work but that is not true unless your diet becomes complete. Anything seems to work a little when the diet is deficient and you workout. Why do some things work when you aren't eating right? Because if you are deficient in many nutrients, any little bit you can add to the program will help. Doesn't matter what it is. You're missing so much that just a little change benefits you. That's scary. And that's what the supplement companies depend upon. Your deficiencies and clueless-ness. Worse off, these companies charge you up to 100 TIMES what the products actually cost because they know how desperate you are for results! Talk about ripping you off! I am happy to tell you, this chapter is about making great gains and that do not mean going broke. It is NOT your fault that up until now, no one has educated on HOW TO take supplements correctly or tell you the right brands to use. But that's through and done with. From now on, all things will work. I personally promise. Amen, so forth and so on.

As Willie Wonk once said "We are the dreamers of dreams." I know you think this chapter is all about me taking advantage of my last chance to sell you something else in hopes of achieving your dreams. But if you are going to buy it anyhow, you might as well buy it from me. I will only save you money. I know, normally when you buy supplements they cost you some big bucks so how is that saving anyone money if you still buy them at all? To start off with, you really only need to worry about the three supplements we discuss here and these three products combined are less in expense than just one of the leading FAD products at ANY health food store. So be realistic. What besides vanity is most important to you? Health, right? Right. This program is the Rolls Royce of nutrition AND health and you need your supplementation to complete it. You do DESERVE a Rolls Royce don't you? Look at it another way. If you are trying to get to Pittsburgh and drive past a sign saying Vancouver is 3 miles away, you're not heading in the right direction. You could keep going around the planet aimlessly and eventually only end up back where you started (drowning in an ocean of wasted effort) or you can turn around and use your new KNOW HOW. How about trying to run your car forever without putting in replacement oil, transmission fluids or GAS? It's impossible. You run out. They need replaced. The big three.

Don Lemmon's KNOW HOW

One more thing before we begin. To attest to the effectiveness of this training program, diet and basic 3 supplement program. Call your doctor and schedule a blood test for this week. It should only be \$20, so get a follow up on exactly 30 days later. Most suggest every four months because your blood cell's average life is just 120 days, but check it in 30 days anyhow. In 4 months you should too as you will have a complete turnover of new cells but 30 days is plenty to realize your health is turning around for a much more positive future. Let's now discuss the need to supplement your diet.

After reading this section, do us both a favor and do not put off or think it is acceptable to put off beginning your diet because you haven't scheduled a blood test or gotten your supplements yet! Start your diet NOW. Buy your supplements NEXT. And always, always, ALWAYS, buy your food before you ever, ever, EVER, head out to buy supplements and when you do finally get around to it, never neglect the big three. The 20 vitamins, the 70 minerals and the 10 essential fatty acids. If you ever happen to run out of even these supplements, stick to the diet at all times anyhow. Essential supplements mean a lot, but your health (and muscle building, fat burning) benefits very little if you are short on food calories because whatever you put in your body, be it vitamins, minerals, amino or fatty acids, herbs, hormone enhancers, fat burners, whatever, they are all best absorbed into your system based upon specific meal patterns and relative food groups.

For example, if you are supplementing with fatty acids or oils, eat them only with fatty foods. Amino acids and minerals are best taken with proteins and green vegetables. Your vitamins should be taken with starchy carbohydrates and the only fat burner I know that works, is taken BETWEEN meals. The other supplements I will explain in a bit.

Taking supplements with the right foods confuses the body into believing that the supplemented nutrients received are actually from that food itself. The human body rejects anything not from the foods we eat especially if it is synthetic and therefore must be fooled in this manner in order to use anything at all sometimes. I know that the products below are all natural, but the fact remains. These nutrients are supposed to be in foods and they are not. So take them that way. In fact, the next time you take any of your current supplements again, take them without food, then check your urine for a bright color. That's your supplements coming right back out. This strange color means that your body failed to absorb them and instead discarded each as toxic waste. The brain was pre-programmed before birth to recognize food, not powders or pills. Keep that in mind. You will

Don Lemmon's KNOW HOW

notice that the first time you take whatever you use with food, the urine won't be so bright and will even continue to become clearer and clearer each trip to the pottie. I know you now get the picture, but the age old question remains. Some people still wonder if they should supplement at all. Yes. Why?

We are known for over cooking foods and killing what's good in them for one thing. We have damaged our bodies from following fad, bad and nonsensical diet plans in the past. The crops we grow tend to be nutrient dead crops these days because farmers do not rotate the land they grow them in. They also use more and more chemicals each passing year as opposed to natural fertilizers. Our crops here have less of the same nutrients in them as the crops grown in Timbuktu today or in our same U.S. soils we used 50 years ago. Using the same testing techniques as 50 years ago, we yielded 1/50 of the average nutrients that were recorded initially when checking the nutritional content of the crops we grow today. It only takes 10 years of intensive farming to exhaust the minerals in any tract of land. Some of the major farms haven't rested their fields in over 50 years. That's frightening. Training depletes the body of vital nutrients too. I could go on and on. A good point to make is that the longest living people on Earth are also known to be active well into their 100's and are without a doubt the best nourished individuals around. Makes sense doesn't it? We all have elderly family members but how many of them are all that active? Going to bingo isn't active. Jogging is active! Oddly enough, Americans are the best fed people on Earth and yet we are also just about the most under nourished and laziest Nation in the World. So come on. You want one step ahead of your peers and needs at all times. Not one step behind. You have my diet. WHAT to supplement it WITH is our biggest concern now.

If you want to achieve 100% of your health goals naturally, you must receive all 100 of the essential nutrients the body requires each day and replace whatever it uses on a daily basis too. The most basic of bodily functions require very specific and certain nutrients. Lack just one and three or more get stolen from the other systems of the body to make up for it. That leaves one or more of your organs out of sync and kiltering unevenly. Imagine the engine mounts on your liver disintegrating. Enough said. Your body was designed to run off of food, air and water. Through these things your body expects to receive nutrients not readily available due to the many reasons already mentioned and we internally begin rotting without them. (You didn't think gases, belching and bad breath were just because you needed to poop, let out air or brush your teeth did you?) Sometimes even the animals we eat are suffering from malnourishment. And I know that no matter how

Don Lemmon's KNOW HOW

clean you eat, you are still missing 9 of 10 essential fats, 15 of the 20 vitamins, 2 or 3 of the essential amino acids and definitely 60 of the 70 minerals. That means in a nutshell, no matter how good you look or feel, you are honestly missing out of at least 80% of your nutrition if you do not take advantage of the following advice, you're only hurting yourself. Think you know success now? You haven't a clue what success is until you add the following 4 essential products. Did I say 4? Yes, I did. But the first one is free. So, what is it?

WATER. By far the most important nutrient the human body requires next to air and sleep is water. Water makes up the largest overall percentage of our physical being (muscles alone are comprised of over 2/3 H₂O). It regulates numerous functions which otherwise slow down without it like maintaining the elasticity of your skin, eliminating wrinkles, lubricating joints, balancing blood volume, controlling the ability to attack viruses and generally everything from sleeping to thinking. You need to drink a gallon of filtered, purified or distilled water for every 100 pounds you weigh to provide you with a proper level of hydration each and every day. This amount is suffice to eliminate the urges to drink coffee, tea, fat producing juices, sodas and other liquids you really don't need anyhow. If you do drink one of these other things, have an extra equal amount of fresh clean water to wash it down. You will pee a lot. But every time you pee the body excretes toxins and flushes your fat right down the toilet! If you keep your urine clear, half the battle is won.

Water should be drank upon awakening, 15 minutes after each meal, an hour after each meal, centered around (before, after, during) your workouts, before bed and all other times of thirst. That is about a dozen average daily servings. A gallon of water has 128 ounces.

Divided by 12 you should drink about 10 ounces of water 12 times a day for each gallon you are to complete by day's end. I personally keep a 24 ounce cup full and by my side at all times. If I notice it isn't drank by time 1 1/2 hours pass, I chug it. If you are required a gallon and a half, that would be 15 ounces 12 times a day and for 2 gallons, 20 ounces. Drink water at any and all times you are thirsty. Especially if you wake up in the middle of the night. The glasses of water drank between meals should be ICE COLD. Not just with ice in them but ICE COLD. The internal cooling effect the ice causes will speed the metabolism up to warm you and if you like, add lemon juice or apple cider vinegar too (especially if you have a cold as this kills bad bacteria). Just be certain you only have this ice cold water with cider or lemon juice in it AN HOUR after a meal as not to interfere with food digestion. The acids could destroy your enzymes. The water drank 15 minutes after a meal should be

Don Lemmon's KNOW HOW

room temperature and only SIPPED if drank at all during the meal. Let your first priority always be complete food digestion. 4 to 8 ounces at a meal is fine. Gulping water to 'wash' food down mid meal is NOT GOOD. If you do not do these things, you could build toxins as you have trouble flushing nitrogenous waste and even going poo poo on a 'regular' basis. Just remember, if you dehydrate, kidney function is tweaked, waste products accumulate, and the body's reaction is to retain all the water it has left and anything you drink that follows til your system becomes healthy again. The liver will certainly try (stressing itself) to flush out the excess waste but as a result, fat burning is shut down and you become fatigued, bloated and will have a migraine.

What kind of water should you use since there are distilled, drinking, tonic, and spring waters sitting on the store shelf? Save a dime and filter your water faucets at home. Water should ALWAYS be filtered before drinking it. If a gold fish can't live in tap water, it can't be good for you either. While you are at it, I would get a good shower filter too. You are what you absorb and everything you try to avoid by drinking purified water, you will absorb (through your skin) anyhow while bathing in tap water. Tap contains chlorine which destroys the healthy bacteria in the gut, and makes illness difficult to deal with. I say, drink distilled water. I do not trust spring or drinking waters. Many are nothing more than filtered tap water, which is fine, but it's not boiled of all impurities like distilled is. So, if you weigh 100 pounds, drink a gallon a day. 125 pounds, have 1 and ¼ gallon. 150 pounds is 1 ½ and 175 has 1 ¾ gallon then if you weigh 200, 2 gallons is your goal and so on and so on. There are 8 sixteen ounce glasses of water in a gallon. Drink and be merry folks.

MULTI-VITAMIN. Vitamins should be taken with a carbohydrate meal twice a day. There are around 20 vitamins you need and they are each typically found most abundantly in grains, cereals, vegetables and fruits but are essential for the function of every action within the body. I take a natural vitamin with 100% of the RDA dosages twice a day. It is acceptable to take a vitamin at every meal if it is 33 to 50% of the RDA per tablet. This may make it easier to ingest but realize, the RDA is based upon people sitting on their butts all day. You do not do that. We need more than the RDA. No, the body cannot use 100% of anything all at once and taking a little at a time may suit your beliefs better, but any way you slice it, I think we all know or have heard we need our vitamins and minerals from someone. I have gone to great lengths in discussing nutrition in this book and what I have said up to now may surprise many in the fitness industry as well as the folks who aren't in the industry. But there are still those of you who refuse to take supplements,

Don Lemmon's KNOW HOW

and those of who already take vitamins who do not understand them really. Vitamins are but 20% of the nutritional picture. And taking any old vitamin or the one I suggest, is not going to help you if you do not get the nutrients to actually enter your system and then go to work once they get there.

One thing I suggest is that you begin CHEWING your pills if they aren't in capsule form. The coating of most pills typically is too hard to digest and your gut cannot break it down. As undesirable as that may seem to chew these things, you will get used to it sooner than later. And you will appreciate the fact that the pill doesn't come right back out your tail end anymore either. Oh, you didn't know that most pills end up coming through you unused? It's because the coating is too tough for the enzymes in your belly to break apart. The first part of successfully getting your vitamin to work for you is taking it with carbs and the second part is chewing them if they aren't capsules. The product I recommend is T. J. Clark's Catalyzed Multi-Vitamin™ and because this excellent product contains the finest quality nutrients, catalyzed with Clark's famous Polyfloramin™ (which increases the body's absorption all nutrients) and is in capsule form, I am now recommending it to all my clients. It is important however to realize, vitamins, minerals, and fatty acids work together synergistically to maintain optimum health and a vital immune system. When one or more nutrients are out of balance or missing, the others don't work. It's like sending a football team out to play a game minus a quarter back. One missing link throws EVERYTHING out of sync. Like any team sport, the referee won't let the game go on with just one missing player. Everything freezes until that last player shows up OR YOU ARE PENALIZED. You need ALL your vitamins to make just ONE of them work right. And without coaches (the essential fats), your team doesn't exactly know what plays to call.

And without the motivation of the people forgotten because they are behind the scenes (the minerals), no member of the team really makes much of an impact that's worth bragging about. So if you are missing minerals and essential fats, your vitamins will not work. If you are missing just one vitamin, none of the other vitamins work. And the added benefit of Polyfloramin is that it assures the body will absorb instead of dump out any of your nutrients! Let's look at what's in our multi-vitamin. One capsule mid-day (I take one mid-morning and mid-evening) provides (each is 100% of the U.S. RDA unless otherwise noted) of:

5000 I U of Vitamin A. While too much vitamin A can be toxic to the liver, that implies too much UNUSED synthetic vitamin A, which in that case, this is fine. Vitamin A is part of the fat-soluble group of vitamins. It is also an effective antioxidant that protects cells against free radical damage and may be effective

Don Lemmon's KNOW HOW

as an anti-aging tool. It is critical for healthy skin, bones, and teeth, mucous membranes, night vision, helping new cells grow and is a proven treatment for acne.

The 'B' Vitamins... 1.5 mg of Thiamin (B1): The consumption of alcohol destroys this nutrient. Ever had a drink? I do each weekend. And my wife has a glass of wine every night. Thiamin is depended upon by the nervous, digestive, circulatory systems, the breakdown of carbohydrates and all brain reactions.

1.7 mg of Riboflavin (B2): Cataracts can be improved by taking B-2. We ALL grow old! Prevention is the key! Riboflavin is critical for digestion, the release of energy, building red blood cells and anti-bodies for immunity.

20 mg of Niacin (B3): Although too much niacin can damage the liver, this is a good amount and too much only relates to synthetic sources. Chemicals are always bad. Natural niacin contributes to healthy nerves, circulatory system, skin, mucous membranes, proper carbohydrate metabolism, sex hormones, hydrochloric acid, memory loss, and much more.

10 mg of Pantothenic Acid (B-5): Helps the adrenal hormones heal. I, and many other people I know, are coffee drinkers. More than 3 cups a week depletes you of this nutrient. Pantothenic Acid helps catalyze metabolic reactions, production of antibodies, and drives thousands of reactions in the body every second.

2 mg of Vitamin B6: This nutrient reduces the symptoms of PMS, depression, and joint pain. All these things are also related to eating too many sugars. The immune system, nervous system, digestive tract, and our internal pH levels depend upon it.

400 mcg of Folate (Folic Acid): Ladies tend to forget, your baby is what YOU do or do NOT eat too. Folate is considered a "brain food", a co-enzyme that helps build DNA and RNA and is vitally important in reducing the risk of birth defects.

6 mcg of Vitamin B12: If you are a vegetarian, this is a necessary nutrient. Vitamin B12 is found only in meat products and is critical for a healthy nervous system and red blood cells. Corrects anemia, fertility, and memory loss.

300 mcg of Biotin: This is important in all cell development, processing fatty acids, various metabolic reactions, hair growth, depression, and skin conditions. Skin is the biggest organ you have!

200 mg of Vitamin C: This is 333% of the U.S. RDA. Since the body cannot manufacture this nutrient alone, it must be obtained abundantly through our diet and supplements, due to the level of pollution we all live in. Vitamin C is an antioxidant required for tissue growth and repair, adrenal gland function, healthy gums, aiding in the production of anti-stress hormones, protecting against cancer and infection. Vitamin C can also enhance the absorption of minerals, reduce

Don Lemmon's KNOW HOW

cholesterol levels, high blood pressure, blood clotting, bruising, wounds, burns and more. Smoking and alcohol impairs the effectiveness of vitamin C and no, 10,000 mg a day is not going to work any better. Too much depletes you of other nutrients.

400 IU of Vitamin D: This is put in here for your hormones, skin, and liver because many of you either do not get enough sun or get too much of it and this is very important in either case. Not many foods you will eat contain Vitamin D.

30 IU of Vitamin E: This is organic E. Not synthetic E. Fake forms of vitamin E are destroyed by minerals and this one assists minerals in doing their jobs. Vitamin E works synergistically with vitamin C too, meaning again, vitamins reinforce and extend each other's activity. Vitamin E is also a fat soluble nutrient that cannot be manufactured by the body. Vitamin E fights cancer, cardiovascular disease, enhances blood clotting, circulation, healing, scarring, regulates hormone changes, keeps cell walls strong and is also known to protect low-density fatty acids. Vitamin E also improves PMS, fertility, chronic fatigue syndrome, and reduce DNA damage in cells that can lead to other unnatural mutations. Vitamin E however can be destroyed by inorganic (synthetic) forms of iron.

And finally, 100 mcg of Polyfloram[™] which is the missing link in creating the synergy between these and all your other supplements. It is all natural, patented, exclusive to TJ Clark and was designed to enhance the bio-availability of these nutrients plus increase the uptake of not only their exclusive catalyzed products, but also the nutrients in the foods you eat. That makes the product invaluable!

T. J. Clark's Catalyzed Multi-Vitamin[™] contains the finest quality ingredients to maintain optimum health. Gelatin, rice flour, calcium stearate, acetic acid, sodium lauryl sulfate and silicon dioxide.

This product is free from artificial color and preservatives, corn, gluten, sugar and dairy. Note, the form of sodium lauryl sulfate used is NOT the synthetic form found in laundry detergent.

Did you know that vitamins do not act alone inside of you before I mentioned it? Tell me something. Exactly what role does your health and it's progress play in your lifestyle? It is everything. If you continue to look after your health for the next ten years as you have looked after it for the last ten years, what can you look forward to? Is quality really that important to you? It is to the people I supply these vitamins to. I believe that what TJ Clark has one of the finest vitamins available. I have said for years that taking any old vitamin as long as you use essential fats and take your minerals that you would do at least more good than damage. That's not true. And that's because virtually every other vitamin you know

Don Lemmon's KNOW HOW

of is the same no matter where you get it from. But this a pure blend of science, technology, and education allowing TJ Clark to create a product so unique it meets the quality standards of the pharmaceutical industry through microcellular nutrition and meets your every essential metabolic function, not simply the RDA requirements. You can't lose with this patented product. You can feel results with just one but I take two capsules daily.

MINERALS. T. J. Clark also provides us with their own Colloidal Mineral developed from plant source minerals, specifically designed to supplement the balance of the body's natural chemical processes. This time tested mineral formula contains up to 70 of the nearly 100 naturally occurring and essential elements known to man, including all of the hard to get trace minerals. A lack of minerals is known to be the primary cause of disease within our modern culture. 2 TB a day (I take 4) of this product provides the following benefits:

Aids in the absorption of vitamins... I ncreases the flow of vital energy... Enhances your other supplements for maximum bio-availability... Builds bones, muscle tissue, and the nervous system... Promotes the utilization of calcium (with boron), the breakdown of sugar and carbohydrates (with chromium), the building of red blood cells and nerve tissue (with cobalt), stronger bones and teeth (with natural fluoride), enhances thyroid health (with iodine), your immune system (with natural iron), fights cancer (with manganese), are essential for protein synthesis (with molybdenum), destroys free radicals (with selenium), has antibiotic capabilities (from sulfur), helps wounds heal and produces white blood cells (using zinc). That's just a short list. Minerals and mineral salts also combine with vitamins and proteins to create all enzymes, all cells and even slow down aging. There isn't a function you can name that isn't mineral dependant.

These particular plant derived trace minerals not only to provide the benefits of each bodily function, but they work together to further provide the proper balance in any nutrition plan. This product is free from sugar, artificial flavors, sweeteners, colors, corn, gluten, yeast, wheat, dairy products, soy, milk, preservatives or pesticides and the following minerals are found here in abundance: Calcium, Chloride, Copper, Iodine, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Selenium, Sodium, Sulfur, and Zinc. The following are found in trace amounts: Antimony, Arsenic, Aluminum, Barium, Beryllium, Bismuth, Boron, Bromine, Cadmium, Carbon, Cerium, Cesium, Chromium, Cobalt, Dysprosium, Erbium, Europium, Fluorine, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Hydrogen, Iridium, Iron, Lanthanum, Lithium, Lutetium, Neodymium, Nickel, Niobium, Osmium, Oxygen, Palladium, Platinum, Praseodymium, Rhenium, Rhodium, Rubidium,

Don Lemmon's KNOW HOW

Ruthenium, Samarium, Scandium, Silicon, Silver, Strontium, Tantalum, Tellurium, Terbium, Thallium, Thorium, Tin, Titanium, Tungsten, Vanadium, Ytterbium, Yttrium, and Zirconium.

Notice anything on that list that you have been buying separately and paying an arm and a leg for? Well, no more! People taking lithium for depression can find it here for pennies! Chromium? It's in there. Vanadium? That too. Amazing isn't it? No need to buy 30 products any longer. Just this ONE. Over 70 different minerals should be present at each protein and fat meal. You simply add a tablespoon to your water and DOWN the hatch! Done. Still think minerals are unnecessary? Got tartar on your teeth? That's a bonafide phosphorus deficiency. Got a hot temper? No energy? Fatigued? ALL are common mineral deficiencies. You may feel nothing is missing from 'your' diet but do the math. People take B-complex vitamins for their allergies, anxiety, acne, adrenal support, arthritis, bursitis, bowel disorders, bruising, cramps, cardio ailments, depression, dermatitis, diabetes, epilepsy and even more woes cause their doctor told them to. ALL these disorders, are really associated to poor metabolism of B vitamins due to a lack of essential minerals to process them! Calcium deposits are not caused from too much calcium but a LACK OF what is needed to PROCESS calcium! In fact, niacin and thiamin are totally useless without minerals.

If you buy minerals from anywhere else, odds are you are buying from TJ Clark anyhow and losing at least 60% of your quality due to dilution and added flavoring. Do not buy flavored minerals! SUGAR AND MINERALS DO NOT MIX! From God above to the Earth below and now to YOU even Dr Linus Pauling, 2 time medical Nobel Prize winner said "Every sickness, every disease, every ailment known to man can be traced to a mineral deficiency." Top that.

Our United States Congress says our soils are now almost completely deficient in minerals. In areas such as lush rain forests, plants still contain all the minerals we still need. Now these minerals are available to you through a real life rain forest mine buried in central Utah. Yes, Utah. The only area of it's kind ever found anywhere in the World. These minerals are ALL natural from start to finish and not to be confused with metallic minerals obtained from pulverizing shale or rock. These minerals flow through high intensity ultra violet lights, a series of filters to clear the liquids of solids and impurities down to a microscopic level and then the minerals go directly into environmentally sound bottles and be sealed. The entire process is conducted by trained technicians who monitor every step of the way in cleaner rooms than those used by the Space Agency! No pathogenic microbe growth of any kind has EVER been found in ANY of TJ Clark's products in over 75

Don Lemmon's KNOW HOW

years. This product is certified by the US Department of the Interior in fact. I take 4 tbs. a day. 2 are all you really need and we even feed them to our dog.

ESSENTIAL FATS. We have covered fats throughout the book but I want to go more in depth here. Fats are probably the single most important nutrient. They regulate your hormones. They also destroy hormones. If you miss out on taking in essential fats, you not only lose out on 10% of what your overall success may be visually, but lose out on 33% of what goes on inside of you. For example, the liver normally puts excess cholesterol in bile and sends it to the gall bladder, which then empties it into the small intestine just below the stomach for excretion. The wrong fats block this normal process which then contributes to your elevated cholesterol levels in the blood. The right fats reverse the problem and regulate cholesterol. It's a fact. The third essential product on our list today is Udo's Ultimate Oil Blend. This product is a certified organic, guaranteed GMO-free, fresh and unrefined edible unique blend of oils which delivers all the essential fatty acids that are necessary for optimal life. The body instantly recognizes them for absorption, healing and growth as soon as you take them. The body must be given essential fats daily because we cannot synthesize them from any other substance we eat. The 'experts' say we can, but it's a difficult process that leads to further malnourishment if we do.

There are many kinds of fats, and two are essential (EFA): Omega 3 (n-3 or w3) and Omega 6 (n-6 or w6). All other fats, such as omega 9 (monounsaturated), omega 7, and saturated fats, are non-essential because the body can produce them quite easily from sugars and starches. Good fats regulate immune and inflammatory responses, lower most risk factors for cardiovascular disease, reduce high levels of blood pressure, triglycerides, improve brain function and your vision. The exact opposite is true of what 'bad' fat does. 3's and 6's are good. 9 are neutral.

The most important thing to know is that essential fats must also be taken in the right amounts, like RDA %'s in proper ratios to one another plus be very fresh to really work for you. Omega 6 fat is found in sesame and sunflower seeds or other seeds and nuts. Land animal meats and fish are sources of the Omega 6 derivative arachidonic acid (AA). Sources of Omega 3's from flaxseeds and green leafy vegetables are not enough and getting Omega 3 derivatives EPA and DHA from high fat, cold water fish such as albacore tuna, sardines, Atlantic halibut and salmon, coho, pink and king salmon, Pacific and Atlantic herring, Atlantic mackerel, lake trout, oysters and other shellfish is almost impossible to ingest because of the abundance needed to benefit you.

Don Lemmon's KNOW HOW

But we need these fats from somewhere. Our brain alone is over 60% fat, and EFA's are vital components to the rest of the nervous system too. EFA's are in fact necessary for every cell's growth and division in your body. Mothers can become depleted of EFA's during pregnancy, and need an increased EFA intake for their children's sake and optimal development. EFA's create the enzymes that digest 'fat-free' foods (that's why fat free diets fail, no enzymes) and proteins (all proteins have at least a little fat in them). Those on low fat diets know poorly digested foods can cause intestinal inflammation, leaky gut, and allergies. EFA's reverse this and have anti-fungal, anti-yeast, and anti-microbial properties (good for those with herpes). EFA's aid in the transport of minerals that keep bones and teeth strong (old folk), help prevent osteoporosis (grandma again), aid in weight reduction, keep moods swinging positive, energy levels up, control your appetite (all chronic problems in dieters), inhibit tumor growth (cancer), ease PMS (among the top three most effective PMS treatments) and much more. Some of the first signs of EFA deficiency are dry, flaky skin, dull hair, brittle nails, eczema, psoriasis, and acne. It is probably evident now to you at least somebody you know needs essential fats instead of a new hair conditioner, skin lotion or pimple cream.

Since 1900, the wrong type of fat appearing in our diets has increased by about 20 times over what it used to be because of commercial food's use of a particular vegetable oil. That means that we are unwittingly eating bad fats instead of good fats even when we think we are eating 'right' too. No wonder your health has degenerated and you can't get into shape as easy as you would like to. More recently (the last 20 years), 'low' fat, 'no' fat, and 'fake' fat diets have been depriving people of and been sneaking to us even more essential fats than junk food itself ever could. And because a deficiency in either fats, minerals or vitamins leads to deterioration of every cell, tissue, gland, organ and system of your body you have no means by which to protect your health. Trust me, if insects will not eat a Twinkie, neither should you.

In fact, in 1994, the Harvard School of Public Health warned us on the dangers of eating margarines, commercially baked snack goods, and deep fried foods as opposed to using good fats like real butter, extra virgin (means the olive hasn't fallen from the tree before processing) olive oil and Omega 3 fats like that which is inside of Udo's oil because the latter is making us die slow, un-natural deaths.

To compensate for this, those who listened, have turned to unrefined flax oil, high in omega 3, thinking this will help solve their problem. But, too much of one essential fat will cause a deficiency of the other essential fats. What I am saying is, over the long term, using flax oil alone can lead to a shortage of omega 6 fats.

Don Lemmon's KNOW HOW

Based on 13 years of practical experience with fats and oils, Udo's Oil is a combination of the most therapeutic blend of: lecithin, tocotrienols (from rice), Vitamin E and rosemary oil (antioxidants), a hint of Medium Chain Triglycerides (MCT's) which can improve liver function and fat absorption, flax oil, sunflower oil, germ of rice and oats, and evening primrose oil (from certified organically grown seeds) all blended together in precise ratios for OPTIMAL HEALTH and placed into a 17 oz. nitrogen flushed, amber glass bottle to protect the product from light and oxygen. There are 65mg of phytosterols per tablespoon (lowers cholesterol and normalizes immune function); lignans (beneficial phyto-estrogens); carotene; and many other seed specific antioxidants. Sounds like a multiple fatty 'vitamin' doesn't it? Carefully chosen, the seeds used to make Udo's Oil Blend are pressed at a temperature of less than 120°F (or 50°C) as to not kill the nutrients in the oils like pasteurization does to milk and many other companies do not seem to mind doing. Udo's Oil and its production process won the Gold Award every year it was entered, each time in a different category under International scrutiny. The oil is so wonderful, even our dog has shown benefits of using it mixed on his chow!

You need several different essential oils that should only be taken with other fats at your protein meals or by themselves to fulfill your body's essential fatty acid requirements. Being a food in and of itself, this product can be taken alone. I realize some of you are still not sold on the idea of adding fat to your meal plans. This next section is for those of you who need more information as to why this is so important. If you do not add essential fats, even just a tablespoon a day, NOTHING from the last two or any other supplements will fully benefit you NOR will your food digest properly OR anything else you do, work totally in your favor. Without essential fatty acids your entire body eventually fails. I haven't met a woman yet who eats a low fat diet or snacks on junk food that doesn't experience female degenerative disorders (like no period). Nor a man who does the same without a low sperm or testosterone count. I had a friend who was a smoker, couldn't get his wife pregnant who was on a low fat diet and 30 days after taking Udo's Oil, she became pregnant. For 10 years, nothing. WOW. Fats (triglycerides, cholesterol, phospholipids, etc) all produce precursors to every single one of your hormones, tissues and cells. Including the ones for creating a baby (from a man or a woman's perspective). But then again, there are also GOOD and BAD fats. Good fats act as anti-oxidants, anti-inflammatory agents, and produce fat burning enzymes. Do you remember my saying that cholesterol is actually a required nutrient? (You get 90 milligrams or so with every 3 ounces of meat you eat.) Well, you MUST also ingest another fat called gamma linolenic acid

Don Lemmon's KNOW HOW

to activate 'good' brown fat cells to burn away the bad and ugly 'white' fat cells. Borage oil and primrose oil are good sources. Also required by the body are alpha linolenic acids (ALA) which produce the acids that limit the growth of 'bad' hormones. Like vitamins and minerals, each has a chain reaction that leads to another. You get ALA from walnuts, flax seed, and cold weather oils. On top of this you will need 6 grams per 100 pounds you weigh of linoleic acids. Note, it's confusing because some acids are spelled nearly the same but definitely are NOT the same type of fats. And remember 1000 milligrams of any fat equals 1 full gram in measure and a gram of fat contains 9 calories each.

Studies show that 6% of your diet should consist of at least these essential fatty acids alone. Yet, even more is proven beneficial. As little as 4 extra grams of Omega 3 fish oils (EPA and DHA) work synergistically with Omega 3's from Udo's Oil. DHA alone is SO essential that without it, your mind degenerates and you lose brain integrity. The Omega 3 fatty acids found in flax seed and walnut (50% of the flax seed is Omega 3 while walnut oil is 20%) are different than from fish. In fact, fish liver oil is good for night blindness but seed oil is good for renal damage. If you have kidney stones you will not benefit from fish liver oil. But you will from the seed source. You must also be careful not to ingest spoiled, over processed, rancid and toxic sources of oils and fish products. Only fresh oils work and maintain lower blood fat levels and inhibit arterial plaque. Still unsure of eating fat? Don't you want the healing effect? Feel you can live with 6% of your diet being essential fats? Well, essential fats only fight disease IF your intake EXCEEDS 10% of your daily calories. That's really not a lot of fat either. Even if you take half of what the so called experts suggest you have each day and make them essential sources, you will benefit dramatically. See? Could still be a low fat diet if all you are doing is switching bad for good.

At this point, I want to tell you about the significance of phospholipids which are in this category of good fats. Ever taken a lipotropic? Did you know the nutrients in them are from fat sources? No kidding. Usually egg fat. So you're taking a fat to lose fat. Go figure! And there are three types of phospholipids. One, lecithin (I suggest a 30% phosphate choline brand), should be taken twice a day. Another one, choline chloride, can be taken in doses of 2 grams per 100 pounds you weigh, 4 times a day. The third one is myo-inositol. Even though up to 30 grams at a time are used in clinical studies, only 3 grams or so are required daily. Your body requires all three phospholipids to make your muscles more contractile, preserve them while dieting and even to emulsify 'bad' fats that you have stored inside of

Don Lemmon's KNOW HOW

you (like the dreaded hydrogenated oils). Face it. Inside, you are dirty. You need a cleansing. Fats may just be what the doctor ordered.

You now see we need many different kinds of fats daily. Some are necessary, some we can burn, some we store and some that poison us. Out of all of this, there are really only three, but three very important groups of fats we should eat. Each are converted into even more specific groups inside of you and then turned into hormones called prostagladins (PG for short). The trick is, we need to receive them in balanced amounts. There are PG1, PG2 and PG3 groups. Groups 1 and 3 are the good guys in white hats, PG2's are the black barts of the hormone world. PG1 and 3's control blood clots, pressure, swelling, inflammation, tumors, and PG2 does the opposite. PG2's cause them.

PG1's are from fats found in safflower, sunflower, primrose and currant oils. Omega 6's. They require several biochemical changes and are dependent of di-homo-gamma-linolenic acid (DGLA) to become hormones. PG1's are slow pokes in this transition process. But these slow pokes carry calcium into your tissues instead of pulling it out of them like the bad fats do. Get them under control and calcium deposits are a thing of the past.

PG3's are from fats found in walnut, flax and cold water fish oils (Omega 3's) and require but one biochemical change. Reason being, they are equipped with their Omega 3's exclusive EPA (ei-co-sa-pent-ae-no-ic) acid enzyme. It is well known in medical circles that PG3 stimulating fats are the true heroes of the fat loss and illness fighting wars. These fats are good for men in raising testosterone and AIDS patients in building white blood cells and getting the body to drop bad fat.

PG2's are from the fats in red meats, shell fish (not so bad) and are ESPECI ALLY prominent in hydrogenated fake fats (VERY BAD). These fats also only require one step to change into hormones. The arachidonic acids these become inside of us are dependent of their AA (arachondonic acid) enzymes. PG2 processes the fastest of the PG's leaving PG1 and 3's at a biochemically slow disadvantage. PG3's poison you before the good guys are made faster enough to save you!

Fats are supposed to be absorbed by the body in precise ratios from the diet. One meal out of balance and the entire body is sent into a fit of confusion. This is why the balance between the three PG hormones should never be out of sync. Most of the aging symptoms like heart attacks, strokes, arthritis, headaches and such are

Don Lemmon's KNOW HOW

all related to abusive bad fat intake. Preventative measures must be taken today to protect you 30 years from now. Some of the seemingly natural occurring fats (like stearic acid, which is necessary for a normal metabolism) are also the fats that breed PG2's but we can have a little PG2 and be safe. However, I am not referring to the commercially accepted store bought oil sources (that never spoil) like coconut, palm and baking oils. These oils are the WORST because arachidonic acid (AA) is NOT found in them at all. AA breaks down stearic acid in animal fats, but isn't there to do this in these processed fats. This lack of AA is the link that leads to blocking the conversion of PG1 and 3 into good life saving hormones. Because animal fats have this component, they are safe. Fake fats, hydrogenated, trans-fatty acids are NOT acceptable. Get it?

Sure, you should limit your animal fat intake (by trimming your steak, shedding the skin, etc), but do not limit your animal protein intake. Protein is what assists PG1 and 3 in doing their jobs by converting into them healthy hormones! A good point being is found with the commonly misunderstood fat in peanut butter. In it's natural form, peanut fat is fine. Processed, forget it. Here is why. Hydrogenated fats (lards plus sugars, alcohol, smoking, stress, toxicity, low protein diets) all block the enzyme delta 6 desaturase which is essential in turning our good fats into PG1's and PG3's. So several factors in the conversion are to remain considered besides just not eating this or that. What happens to a blocked fat? They get stored as cellulite (adipose tissue) and also build up uncontrollably in the blood stream. High cholesterol and now you know what makes your butt all rumpy. Hydrogenated oils. These fats contain a complex chain of carbon and are very difficult to metabolize. They are actually almost as likely to burn for fuel as a stack of wet newspapers are. They interfere with the body's ability to remove excess cholesterol and burn any other fat.

That is why you have high blood levels of cholesterol but swear you aren't eating any. These fake fats do not let the body eliminate what it naturally produces with or without eating them. See now why we NEED emulsifiers to remove such things? You've been BAD! The funny part is that emulsifiers are ALL fats themselves! Still want to eat low fat? ALL low fat products are kept low fat, pretty and shelf safe because they contain these HYDROGENATED FATS. How long will it take to make you healthy again? In a relatively healthy individual it takes seven weeks for hydrogenated oils to exit the body. Good fats only last 3 weeks so it takes consistent daily supplementation and at least 21 to 49 days for positive changes to be realized.

Don Lemmon's KNOW HOW

Aspirin, acetaminophen and other anti-inflammatory drugs (like ibuprofen) also pose fat transition and hormonal disruption. These drugs are beneficial during a short time when a fat balance is in existence because they block the workings of the PG2 group (thus the reason they are in ECA stacks). But once PG's are under control and fat is burning, these drugs are no longer of use to you. That's why some fat burners quit working. Do you understand now though that my 'high fat' diet is not really a HIGH fat after all? Start by incorporating olive oils into your diet to assist in clearing the hydrogenated oils stored in the liver. Cook with it and pour it on green vegetables. The Omega 9 fats in olives are great for this. Of course, take Udo's. In Udo's oil we also have two other fats I didn't discuss. There is wheat germ oil as a source of octacosanol (500 mg of wheat germ oil provides 1000 mcg of octacosanol) and rice bran oil for gamma oryzanol (which contains ferulic acid). Both of these oils have shown positive results in increasing glycogen storage and assisting in effective carbohydrate metabolism (with just 2 grams per 100 pounds of body weight a day). The remaining required fat calories should come from farm fresh egg yolks, real butter, flax oil but not for long as it could lead to a deficiency in other fats. I know you are also curious about MCT or Medium Chain Triglyceride oils.

Even though a high quality MCT is put into Udo's Oil, I would rather you not use extra MCT's. They are not essential fats and are not only unavailable as the effective 8 chain oils they used to be (and even if they were), they need to be taken in too large amounts to be financially feasible. Using them even just before a workout for energy doesn't assist you in burning extra body fat so why bother? MCT's are simply saturated fats derived from tropical oils and again, what you will find on the market these days are only a 10 chain lipid which has no fat burning characteristics.

In fact, they will only MAKE you fat and ARE not essential in any form. All of your essential fats can be gathered by incorporating 2 egg yolks, a tablespoon of Udo's oil, olive oil, butter and 2 tablespoons of raw cream a day. That's very HEALTHY fat. A final note, upon opening fats or oils, add the contents of a couple capsules of vitamin E to maintain it's freshness. And as good as E is, too much may inhibit the good guys, PG1 and PG3. Isn't it ironic?

Udo's Choice Perfected Oil Blend has a pleasant nutty, buttery taste with a hint of sunflower flavor. Once opened, it is best consumed within 4-6 weeks. It will keep without spoiling or taste deterioration for over a year if frozen though. One tablespoon twice daily with a protein meal is what I take. This amount can be

Don Lemmon's KNOW HOW

increased if necessary. You can personally tell that you're getting enough EFA when your skin becomes soft, smooth and velvety. Udo's Choice is excellent for making delicious, healthy salad dressings, steamed vegetables (after cooking) too by the way. It actually brings out the natural flavors of the food to which it is added. Just be sure to keep all oils in your refrigerator, and remember, you can store them longer when frozen.

SUPPLEMENT CLUB! I have put together a FREE Report I want to give you, it's over 60 pages and called The Top Ten Supplements Of All Time. It covers not only vitamins, minerals, fats and such but, immunity boosters, human growth hormone, herbs, creatine, testosterone products, fat burners, and protein. I not only spill the beans on the supplement industry, but I tell you how to get the most out of any of these products, where to get them from and obviously who, besides me, has them in the highest qualities yet lowest prices. Again, this report is FREE.

Today, we covered THREE of our most ESSENTIAL SUPPLEMENTS and I want to get them to you each and every month personally. If you let me deliver (a full supply of vitamins in one product, all your minerals in another and your fatty acids in a third) to your home each and every month (shipped on the 1st and all you need is 30 days notice to cancel this automatic delivery process) I will make it even more worth your time and hard earned money by bribing you with not only this report, but some other very valuable free gifts. I honestly do not care whose program you follow, you know now, these three products are the exact nutrients required by nature. If you take a multi vitamin, it addresses only 20% of your body's needs. Fatty acids are another 10%, but this is misleading as it is the 10% necessary for you to regulate hormones and use your vitamins. And just 2 tablespoons of our minerals will make up the other 70% of your daily nutrients, and without them, at most, 50% of your other nutrients will even work at all.

So here is the bribe. When you sign up for my automatic monthly supplement club, you not only get your supplements, you also get my UNLIMITED KNOW HOW Counseling, a brand new KNOW HOW AUDIO cassette featuring two interviews with celebrity friends, clients and my commentary, but the latest KNOW HOW workout video as well! These tapes, combined with my online counseling is like getting a month's worth of personal training worth \$150 or more for FREE! In the tapes, I record my radio or television appearances, seminars, and training sessions. I am at least \$100 a 20 minute session in person, so you can figure the value of 2 consultations and 2 workouts are probably worth more than \$150 in reality. And NEW TAPES are created every 30 days so you always learn something new! On top of this, you also get my Top Ten Supplements Of All Time Report, which is over 60

Don Lemmon's KNOW HOW

pages and a \$30 value FREE. What do you think? You can get ALL THIS plus the big three KNOW HOW Supplements FOR ONLY \$59.95 a month and there's NO SHIPPING IF YOU LIVE IN THE USA! You can't drive to the store each month and get it ALL FOR JUST \$59.95! You can get started by emailing me or sending only \$59.95 in US funds (plus \$10 Canada and \$20 Overseas or \$30 Australia or Asia) to:

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These products are all dietary supplements. Do not exceed the recommended dosages without a professional's advice. Only use the herbs, vitamins, minerals, AG-Immune, Udo's oil and whey protein if pregnant or pre-pubescent. If you are pregnant or nursing, or if you are at risk or being treated for high blood pressure, heart, liver, thyroid, or psychiatric disease, diabetes, pernicious anemia, nervousness, anxiety, depression, seizure disorder, stroke, or experience difficulty in urination due to prostate enlargement, consult your health care professional before using HGH, creatine, andro supplements, fat burners or any other products especially if you are using prescription drugs.

SECTION TEN: DR. GARY EVERSOLE

It may seem like a boring subject at first but there is more than what meets the eye regarding health and at some point in our lives, we all have had, or will have, a serious problem without this information. Did you know that taking care of your back, that nagging pain which afflicts us all on occasion, has a deeper affect upon your health than just causing us to hunch over? Bare with me a moment and read on. 16 million people suffer from low back pain everyday.

Eighty percent of the population will suffer from it at one time or another, and this is the main reason most people go to the emergency room. \$20 billion is spent annually on those seeking relief. One in three people have low back pain all the time making this is the most feared ailment of man. So you are not alone in your quest to rid yourself of it. As a practicing physician I have come to the realization that drugs and surgery are useless for the most part, in helping you. More than 3 out of 4 of all back surgeries fail and drugs only cover up the pain for a very short period of time. I have helped many surgical failures in my office and gotten many people to stop taking useless medications. The only way we can effectively eliminate low back pain is to get the patient to make some lifestyle changes. These changes are both mental and physical. This chapter was created to help you make these changes

Don Lemmon's KNOW HOW

and you will finally become healthier for listening to me. My point is not to make medical doctors sound like they are evil or hiding the truth from you. In most cases, like with nutrition (which is not a required course while seeking a medical degree) many physicians just aren't taught what I am going to teach you today. Many have not put two and two together as their specialties do not call for the same conclusions. It's all very simple. So keep reading, and get more out of life. I know you will enjoy this.

What causes low back pain? Over the years my patients have come up with many reasons for why they think they have acquired low back pain. Some of the more popular reasons are: I slept wrong last night! I bent over to pick up my child and felt a pop! I took a long drive yesterday, and now my back is killing me! The list of for why a person's back supposedly hurts is endless, and while many of these things may have in fact caused one or two of my patients' backs to start hurting, it is usually more the exception than the rule. In reality the reasons are usually the 'last' straw, the one that broke the camel's back (or my patient's back that is)! What I'm trying to say here is that my patients have done little things over days, months, years, and in time, just like adding one more straw, little by little to that poor camel's back, causes things cause the spine to break, so to speak, and that is what has damaged their low backs. A good healthy back does not fall apart all at once, folks. It is weakened over time by many every day the things we do without even realizing it. What are the things we do to weaken or damage our low backs? Let's look at the three major causes of low back pain. These three causes can start off as little things in our lives or they can be big ones from the very beginning. The causes are: stress (all sorts), exposure to toxins (both drugs and poisons), and trauma to our bodies (brought on by outside forces). Now, let's discuss them in detail to understand how they affect our low backs.

Stress. There are two major types of stress that affect our bodies - mental and physical. Mental stress occurs when we allow our emotions to go out of control and get the best of us. Destructive emotions such as worry, fear, hate and anger, are sources of e-x-t-r-e-m-e mental stress. Overwhelming challenges in our lives such as bills, raising children, and driving to work may also cause mental stress in our lives but we sometimes make matters worse than they need to be. Physical stress occurs when outside forces act on our bodies. Examples of this would be over-working, poor conditioning due to lack of exercise, exposure to extreme weather conditions, and physical injuries (which we will cover under the topic of trauma). Some mental and physical stress is good as it motivates us to do something about a

Don Lemmon's KNOW HOW

situation that we shouldn't be in, or even solve a problem that needs our immediate attention. This kind of stress sometimes makes us stronger. However, too much of a good thing is harmful, as is the case with too much stress (especially bad stress). Even too much exercise is stressful. This is where we get into trouble.

When we are under stress, some interesting changes occur inside our bodies. These changes can, at times, be detrimental to our health and affect our low backs. Let's take a look at how. The body responds to stress first by causing the adrenal gland, which is located just above the kidney, to produce and secrete an increased amount of 'stress' hormones, which circulate into the body via the bloodstream (like cortisol). This increased amount of adrenal hormone gets our bodies ready for ACTION by increasing our metabolic rate. This process 'revs' us up! Metabolic rate is the measurement of the amount of time our body uses up its nutrients, or the body's fuel, whether we are performing mental or physical functions. These nutrients, or body's fuel, come from the foods we eat and the water we drink. You can probably see why the foods we eat play such an important role in how our bodies handle stress now. So, with an increased metabolic rate because of stress, our bodies use up nutrients at an increased rate, which does not make available any extra energy that our bodies need to handle this stress. Although, this extra energy allows us to put forth a momentary additional amount of effort needed to solve the problem causing the stress, here's where the danger lies. As we use up nutrients at an increased rate, we start to become tired and fatigued. We deplete. Replenishing ourselves is only part of the picture. Here are some examples that illustrate how stress then truly affects us. Every one of us, at some point in our lives, has experienced a situation that really frightened us.

Things like the time you were "almost" in a car accident, 'caught' in a lie, or the time you thought you had lost a child or a parent, and the time you walked into that dark house when your friend jumped out of a dark corner and yelled, "BOO!" Afterwards, didn't you find yourself shaking all over, feeling weak, and possibly even feeling like you were going to be sick? This is extremely stressful to all of the body's systems, it depletes the body, which is next followed by fatigue (the shaking and sick feeling) and leaves us with nothing to stand on. This is definitely hard on our bodies, so you can imagine what happens if this type of stress occurs every day, month after month, and year after year! This can lead to an extremely stressed, weak, and worn out body. A body that is susceptible to damage, especially

Don Lemmon's KNOW HOW

in the area of the back. When the spine is concerned, so is your overall health. Here is why.

Forgive me if this information is elementary, but it only makes it easier to convey to those who aren't up to speed with medical terminology. Alright, our backs are made up of bones called vertebrae that have plates between them called discs. The area of the lower back is called a lumbar spine and is held together by soft tissue called muscle and ligaments. When our bodies get into a state of fatigue due to stress, the muscles and ligaments are in a fatigued state as well. They loosen up. Almost like they 'give' up after trying so hard to fix things, but you continue to work against them. What this leads to is the spine not being held together right because of fatigued muscles and ligaments. The low back is now especially vulnerable to damage and injury. You feel it. It could occur when we do certain things repeatedly, such as bending over, sleeping in certain positions, or sitting for prolonged periods of time. Granted these are normal movements and positions that we all do and think nothing of, however, when we are in a state of fatigue or depletion, when we do anything over and over, no matter how regular it supposedly is, we only further damage our low backs. I suggest you avoid allowing things to stress you out. Stress is unavoidable. Making mountains out of mole hills is your own doing.

Let's look further into this and see how the combination of fatigue and movements or body positions can cause the back to become damaged. See, something else happens when the joints between the vertebrae, which contain your discs, become overtaxed during movements or odd posture positions when the body and its muscles and ligaments are fatigued. It in turn allows the vertebrae to slip from their normal positions, which creates a stretch and squeeze situation on the discs.

You could have a vertebrae slide to the left and become slack but on the right, the ligaments pull and pull trying to set it back in place. What if it can't? They loosen. Give up. Not good. These vertebrae and their discs form holes where they meet at the joint on both the left and right side of the spine. These holes are where spinal nerves come through from the spinal cord that is what's being protected by the vertebrae. This spinal cord connects to nerves all over you and is directly attached to the brain in your head. Now when the vertebrae slips out of position and affects the discs as mentioned above, this in turn affects the size of the hole that the nerve comes out of, which of course affects that specific nerve adversely and the relation between those nerves, the spinal chord and the brain. We will discuss how

Don Lemmon's KNOW HOW

the nerves are affected in greater detail later. However, at this point we need to realize that our low backs have been severely affected by this whole process and it is actually a signal something much worse than back pain is going on. While this process occurs we may hear "popping" or "clicking" noises in our backs. This sound comes from the joints as they slide out of their normal positions or alignments. This isn't the damage itself. The real damage is done when spinal discs become overstretched and when muscles and ligaments that hold the spinal joints together become overstretched and too tired to put up a fight.

Spinal discs, muscles, and ligaments are known as soft tissue, and are made up of certain types of special fibers. Muscle fibers are actual muscle cells, while the fibers of ligaments and discs are made up of a tough leather-like material. When these cells and fibers of the muscles and ligaments are damaged to a certain degree, like when spinal joints are overstretched, we have set up a domino effect. To summarize this, stress causes fatigue. We then do certain movements to compensate for feeling the aches like laying weirder than usual, and this further weakens the soft tissues of the low back allowing the vertebrae to misalign even more causing low back pain. This is okay once in a while, because the body will repair itself if given the time. But what if we are stressed out on a regular basis and our bodies don't have the time nor ability to recover and repair themselves? That is where the trouble starts. The damage I explained earlier occurs to the spine a little at a time. This means that each time our bodies are stressed out, we become fatigued, our low backs weaken, and we put ourselves into one of those overtaxing positions or perform something ritual in an unusual manner and all of this does a little more damage to the low back. We may not even feel any pain at first, which is usually the case, but the damage is done, and that damage adds up little by little each time, where as eventually you feel it.

It may not be until months or even years later that we have low back pain, but we will have it and it will be a full-blown pain. Pain means something has been wrong a while. This is just the beginning.

Toxins. Toxins are any type of substance that cause a chemical change occur in the body. Toxins are classified as anything from air pollutants and pesticides to the drugs we keep around our homes. Sure, the air we breathe can be changed if we move out of the city, and it is obvious that we would not intentionally consume pesticides but in many cases even our water is a concern. You can buy water filtered at least. So our primary concern today will be drugs, which can be

Don Lemmon's KNOW HOW

prescription, non-prescription, narcotics, pharmaceuticals, recreational, sports related, etc., and how they cause changes in our bodies.

Drugs are a very subtle danger to us. I say this because drugs are accepted and widely used, even revered, in our society. I am not talking about just street drugs here; I am talking about prescription and over the counter drugs, with emphasis on the latter two. All drugs are very dangerous, whether they are bought on the street or purchased at the drugstore. Any drugs, if used on a regular basis, can ruin our health. Even allergy medications, and aspirin. It doesn't matter what good you think will come from them. Drugs have been and always will be meant for temporary use and that is still only temporary relief of symptoms, never a cure. Even the drug commercials on television say they are for temporary relief (not to mention list a mile of side effects). However, many people use drugs on a seemingly permanent basis. This is where the problems begin, because drugs make UN-natural chemical change in our bodies to rid our body of its symptoms, including pain. If we are taking drugs on a regular basis, our body chemistry is also being changed on a regular basis. Two things can happen when we do this: 1) our bodies become dependent of the drug and stops producing its own natural chemicals to relieve the same symptoms, which it is totally capable of doing alone if allowed to, and 2) drugs destroy other nutrients and chemicals in our bodies, causing low energy, fatigue and even dis-ease. Our bodies really do have within them their own abilities to resolve symptoms and beat pain. So, if we take drugs to get rid of symptoms and pain, then our bodies stop relying on it's own abilities and relies solely on the drug to do the job. Hence, the rule applies, " If you don't use it, you lose it! " I know sometimes pain is unbearable for you. But deal with the cause and the pain will disappear. Let's continue.

One example that is prevalent in society today is the use of drugs to control hypertension (high blood pressure) and elevated blood cholesterol. These conditions contribute directly to heart disease. The body without drugs can easily control hypertension and increased blood cholesterol. People just need to understand that they need to eat better and exercise on a regular basis. Refer to Don Lemmon's discussion on cholesterol. It is simple. Read the 12 Food Groups section again if you are confused by that statement. As a side note, children should be taught all this information when they are young, so that they might avoid the same future health problems you experience. Drugs also inhibit regular bodily functions just as they change the body's chemistry. I have had patients in my office that were taking prescription drugs and of course I advised them to

Don Lemmon's KNOW HOW

immediately quit. Most did, however, some did not and invariably these patients took a longer time to get well because of the drug's effect on the body's natural chemistry, functions and healing ability. What else would you suggest it was? Healing the body is our focus.

Drugs, like stress can destroy vital nutrients in the body. They do this by blocking the body's absorption of nutrients and cause them to be excreted in the body's urine and feces or just plain leave the nutrients inside of you to die. This has virtually the same effect as stress does on the body. While stress causes the body to use up nutrients quickly, drugs block the body from even having the nutrients to use. Now just imagine experiencing stress AND using drugs at the same time. The impact on your health would be extremely detrimental. You weaken and fatigue your bodies at a more rapid than normal pace, which in turn weakens everything around you. This again, like stress, makes our backs vulnerable to injury and let damages from the day-to-day motions of bending, lifting, and positional changes add up, little by little. As we have seen so far, this process does not occur all at once or all by itself. Now let's look further into the causes of poor health and discuss the effects of trauma.

Trauma. We have mentioned trauma and physical stress earlier. Trauma is actually classified as physical stress to the body that is caused by injury (although the affliction can be wholly mental as in, God forbid, rape, witnessing a murder, etc). For the purpose of this discussion, we will define trauma as being caused by any force from outside the body that acts on it doing damage and presenting injury. Immediately, we will focus on the low back and talk about the specific forces that cause damage or trauma to it.

To explain this, we must start by reviewing the structure of the back again. Remember, there are the spinal vertebrae, the intervertebral discs between them, the muscles and ligaments that surround the structure and all that are supposed to hold the spine together. The structure of the low back allows you to bend forward and backward, as well as twist to the left and to the right. However, there are forces that affect the low back. These same twisting forces, bending forces, and compression forces can adversely affect your health and the situation can become enhanced if we are carrying an object in our hands the wrong way or if we twist repeatedly in one direction or another too quickly or too often. Yes, it affects your health.

Don Lemmon's KNOW HOW

Gravitational forces work against us at times when we bend backward (extension) or forward (flexion) at the waist if we are lifting or carrying an object in our hands. The additional compression forces act on our low backs in an all new and even more damaging manner. You see, the body naturally distributes its weight over the low back area of the spine. Twisting and turning with weight on board causes the natural distribution of body weight to become imbalanced. These forces are even harder on the spine when we carry heavy weight on our shoulders or (I shiver at the thought...) on our heads. The force in that case distributes from the neck and mid back down through the low back. This compression on the vertebrae is directed straight down onto your discs. To get an idea of how this force works, picture an arrow running straight from your brain down through your spine all the way to your feet. The forces are centered in the low back (our middle) and that's where you'll feel it if we are carrying an extremely heavy object or any other combination of forces pulls or bends us. For example, when we bend over to pick up an object, and then twist one way or another to move it or slip while doing it. Compression occurs even if we didn't bend over to pick it up like when we stand upright and bend or twist at the waist left or right to move something. I think you can see here, that if any of these forces were done repeatedly or occurred violently, the trauma could be immeasurable.

Let's look at some examples. Let's say you are sitting at a stoplight in your car, and another car hits you from behind. At this point your body is violently forced to bend forward then thrust backward at the waist and the neck while the lower body freezes in place. By understanding the structures of the back and how it moves, you can see that this event could very easily damage your spine. Now let's say you are carrying an object or a child in your arms. You twist to put it or them down and you slip on that wet spot on the floor.

At this point your low back is forced to excessively twist to save you or the object in your arms. This too is what is causing the damage. Imagine the compression forces damage to the low back spine if something falls on your head, or if you hit your head diving in a swimming pool. Shock and paralysis. It is like being pinched in a giant clothes pin. Our head and feet are pushed to the center where we begin to fold. The pressure from above, the ground seemingly pushing upward, and our crunching in the center. This raises the question of what was damaged in these situations? It's the same as we discussed when we explained stress and the effects of toxins on the body. The muscles, ligaments and intervertebral discs are all damaged, and if you remember, these are the soft tissues that hold the spine together at the joints. The damage can range from minute to extensive;

Don Lemmon's KNOW HOW

nevertheless, muscle cells, ligament fibers and intervertebral discs are being torn or destroyed. This allows the spinal vertebrae to slip out of their normal alignments, and secondarily impinge on the spinal nerves extending from between the vertebrae thus creating low back pain and probably pain in other areas of the spine and body as well. Also like stress and toxins, minor trauma can do a little damage at a time, which all eventually adds up to become a much big problem. This happens as we encounter even the most minor traumatic situations in our lives too. However, if major trauma occurs, we can have low back problems and pain immediately, and these problems can linger on for a lifetime if not taken care of properly and only lead to further poor health. How so? Read on.

Amazing as it sounds, your lower back is affected by your neck and mid back too (obviously). Major trauma does extensive damage to the low back and requires professional help from a physician specifically trained in this field. A true professional will suggest to you the best avenues to get your low back taken care of. One point I would like to highlight here is that when the low back is injured or damaged as we discussed, leading to impingement of the spinal nerves, it is very important to return the normal function of the low back or it will affect the rest of the body as well. Another serious problem that affects spinal nerves over time is a ruptured or herniated disc. The discs between the vertebrae, if you'll remember, are made up of a tough leather-like material. This material is arranged in several rings bound tightly together to make up the outside of the disc. In the center of the disc is a soft jelly-like substance called the nucleus propulsis. Over time if the back is damaged seriously enough, these rings can crack (rupture) and allow the soft center to move (herniate) to the outside of the disc. This can put even more direct pressure on the spinal nerves or spinal cord, causing their dysfunction, and compound the already serious low back problem.

This definitely requires treatment by a doctor. Care for this problem ranges from conservative chiropractic care to surgical intervention, depending on the seriousness. If you have severe low back problems, this is something that should be discussed with your doctor. Imagine stepping on a jelly donut. That's what I am talking about. Every move you make, squish, there goes the disc. Spinal adjustments, particularly the ones called side postural adjustments, are very effective upon alleviating herniated discs. A known truth is that not all herniated discs require surgery. In fact, 90% of them can be resolved with alternative care. In most cases, all you require to repair a herniated disc is moving the vertebrae back into its proper alignment because this takes the disc and everything else

Don Lemmon's KNOW HOW

around it and moves them back in place. We will discuss in a moment just how important the spinal nerves and the nervous system are to the rest of the body.

We have now talked in detail about the three causes of low back pain. We have a good foundation to build on to really get to understand how the body, the low back and their structures function. Let's shift interests towards eliminating and preventing low back pain and its associated problems. In this section we will discuss some of the steps you can take to get your low back feeling better and how to keep it feeling that way. We will also cover how to eliminate the things in your life that are aggravating your low back. A WORD OF CAUTION: If you have been suffering from low back pain for a long time or have it as a result of an accident, please see a health care provider before doing anything else. If you need a referral to a physician in your area please call me, Dr. Gary Eversole at 702-876-3300 in Las Vegas, Nevada. When it comes to injury or accident, never second guess.

The first thing we need to do is to teach you how to eliminate what's aggravating your low back. As we discussed, the three causes of low back pain are stress, toxins, and trauma. Stress is something that probably affects almost everyone on this planet each and everyday and is something we can and should get under control. We told you earlier that there are two types of stress - mental and physical. You can begin to control mental stress in your life by taking steps to control your mind and your body. By doing so you can start getting your low back to feel better. This means that you should be eating and exercising properly, and also getting, what we call negative emotions under control. We all have negative emotions, which are anger, hate, fear, and anxiety. They take a toll on our body because they put it under stress, which as you know, weakens the low back as well as the body itself.

There are options to controlling these negative emotions (so stop worrying). One is known as "forgiveness" of others and ourselves too, by "letting go" of grudges or anger that we have been hanging onto. Yes, it is that simple. You may find that your low back feels better by just doing this. Crazy, sure. But when you hold contempt or anger for someone or some sort of past situation, emotional cancer grows inside of you that just eats away at your body, thus weakening it. In fact, in treating many patients at my practice, I have found and truly believe cancer may be caused by bad habits but it's made even worse by all the grudges, contempt, and anger people hold for one another. So what you need to do is get rid of it, get it off your shoulders, and QUIT carrying it around with you.

Don Lemmon's KNOW HOW

The process of forgiveness is simple; because all you have to do is forgive the person that you are angry with. All I am saying is that when someone offends you, you think that makes you angry with him or her, but in reality the only person that caused you to be angry was you. So you are the only one who can stop the anger, AND the hate, AND the grudge. REMEMBER THIS IN ALL THAT YOU DO: There is only one thing in life you can control, and that is YOURSELF! So control your own destiny. Let others be themselves and 'forgive to live' and feel better. Another twist on this forgiveness thing is that you may actually be angry with yourself for something. The past is the past and it cannot be changed, so you may need to forgive yourself in order to move on. Don't blame others, but do forgive yourself. You may possibly need to mend fences with someone you have offended, which means you may need to seek forgiveness from that person. If you have tried this and they are still mad at you and did not forgive, that's okay because you have done all that could have done and basically put the ball in their court. That's all you needed to do, now it's their turn to forgive to live. In any case, it's time to move on with your life. Along with forgiving yourself, and asking others for forgiveness, you may also need to forgive those who have offended you. Yes, even if they have not sought your forgiveness. Contact them and make peace. Don't discuss the situation as they may not want to. Just make amends by showing you care and hold no grudge. You will have taken a big step in getting yourself better and stronger mentally. Try it once. See how it feels. There are two things you can do to accomplish this. You talk to the person face to face or you can call the person. When you do this with a person face to face, or with yourself, be sincere. The other way is to write a letter to yourself first. Write down everything and leave nothing out. If you are forgiving someone or yourself, it makes no difference if you send the letter or not, just be sure to write everything you feel down and follow your heart. Next, go make friends with this person. If it doesn't work, that's ok. You did your part!! DO IT AND YOU'LL FEEL BETTER!!!! We all need to be loved, valued, to feel like we belong, are respected, special, proud, trusted, accepted, appreciated and forgiven. It tends to cause us to interact with the world unrewardingly if we feel poorly about ourselves. Resist your temptation to pick at others from now on too because there is simply something about them you can't stand about yourself. That's all. You know it. It's not too late to rebuild any friendship.

Now that we have helped you to eliminate some very damaging stresses from your life, let's talk about preventing and managing the unavoidable stresses in your life.

Don Lemmon's KNOW HOW

The two best ways to control the amount of stress in your life is to get organized and to turn to yourself for a few minutes each day for insight. Getting organized helps you tremendously in getting control of your life. How you approach this is to get a "to do" list together every morning before your day starts. Maybe each night. That's YOUR choice. Every day, take a pad and pencil and write down everything you need to do and number them according to priority. Don't worry if you can't get them all done that day, just put the ones left over on to the next day's list. This is a major league stress reducer as you will finally get all those unfinished projects done that have been giving you a headache. You'll be amazed at how organized your life can be when you do this and how it eliminates your stress. One thing to note here is to realize that there are certain tasks that we perform on a regular basis that cause us undue stress. These things should be scheduled at specific times to be done and should be completely and promptly without fail at their assigned times each and every day. For example, every week I have to go to the bank, make a deposit, and pay my bills at the office. So I schedule two hours on Friday to pay my bills and to take care of them. It may only take me an hour to do, but I assure myself 2 hours time so I do not stress out over being a little late. In this way I also save the rest of the week to think about and take care of my other tasks and needs, which is more important than paying bills. I mean special people such as my family, my patients, my friends, and my staff need me too. If you will take the opportunity to do these two things on a consistent basis, forgive and set a schedule, you will eliminate a lot of stress from your life, as well as become a more organized and productive individual. I do not mean commit yourself to others. Commit yourself to you. Just set a schedule.

Meditating each day is another excellent way to reduce stress and create good health. Now please, don't get visions of a guy wearing a white robe, with long hair and a beard when I say meditation.

Meditation doesn't have to be a religious experience to be effective. Besides reducing stress and pain, meditation allows you to get control of your body through your mind. Meditation is simple and works because it helps us to relax and turn our thoughts over to our inner selves. This shuts off the outside world and allows us to unstress for a few minutes each day. The first thing you need to do is decide on a nice pleasant sounding one syllable word such as: relax, love, or peace, to say to yourself while meditating. Choose a nice positive sounding word, which ever you decide it to be. Maybe use your spouse or child's name. The next thing you need to do is find the quietest room or corner in your home with a comfortable place to sit, such as a chair or a couch. There may not be a quiet room available until the kids

Don Lemmon's KNOW HOW

are asleep. You may even need to do this early in the morning by getting up 20 minutes before your family does.

To get started, sit down with your hands on your thighs, feet on the floor, looking straight ahead, sitting up as straight as you can, and remaining very comfortable. Have a watch or a clock nearby so you can check the time. You will have your eyes closed as you meditate but you can peek at the time occasionally. Think about your toes, actually feel them in your mind and think to yourself "relax". Next, think about the feet and do the same thing, then go to the calves, and work your way up through the body parts all the way to the top of your head. Seems silly but when you are done with this you should feel very relaxed all over your entire body. Focus on your breathing. Picture the air coming into your lungs, filling them up and then letting it all out again. As the air leaves your lungs repeat to yourself the one syllable word you chose. For example, think "breath in, breath out, relax" and keep repeating this over and over. Feel the air coming in and going out, slow and deep, then say the word and keep repeating this process. As you meditate, thoughts will come to your mind, but do not to pursue them, just let them pass through, as you would watch a movie. If your mind drifts off or follows one of these thoughts, its okay, just return back your breathing and saying your word again to yourself.

Practice this meditation twenty minutes per session at least two sessions per week. The key is to do this consistently and practicing to make it better. Soon your mind will no longer drift away from you as you gain more control over the body. It is not recommended that you do this session in the morning or in the evening nor that you do it only once a day. However, meditating sporadically will not do you any good, as the benefits we spoke of earlier won't be there. Consistency is key! I personally feel a surge of joy and energy every time I have meditated. Other people have reported their whole lives have changed just over a period of time.

Meditation definitely is an excellent choice for a way to control the amount of stress in our lives. Please, at least find the time alone to clear your head a few times a week or once a day and you will start to feel better.

Toxins are a completely different type of aggravation that we have covered pretty well. However, I would like to remind you again that toxins are very harmful to our bodies. Drugs taken on a regular basis slow down our systems and cause them not to be as efficient as they should be. The drug you are taking for pain could actually cause you more pain in the future, slows down the healing process of the body and is interpreted as a poison by many organs of your body. To kill pain, drugs inhibit

Don Lemmon's KNOW HOW

the nervous and circulatory systems, causing us to heal slower, if at all. The circulatory and nervous systems have to be working at full capacity to heal our bodies in the shortest time. People will often ask, "But what about my pain?" Pain occurs because of a cause such as with a pinched nerve or torn muscle, etc. Drugs only cover up the pain. They can't un-pinch the nerve or repair the torn muscles. Only time, a good doctor's help, and getting rid of the aggravation or cause will get rid of the pain on a permanent basis. When you take a drug for pain or some other symptom, its effects wear off eventually as the body learns how to get rid of this un-natural toxin (the drug) and the pain will come back because the drug did not affect the cause of the pain. Here are some good rules to follow for using drugs: 1. Only take drugs if you absolutely have to. 2. If you do use drugs, only use them temporarily. Follow these two rules and your body, liver and kidneys will thank you by maintaining your health. Later we will teach you how to control pain without drugs. But for now, please believe me that drugs are not good for you nor your body -- not ANY of them.

The final type of aggravation is trauma, which causes physical stress to the body and especially the low back in an altogether different way. Trauma is something that we all obviously want to avoid and by using some common sense you can almost always avoid it. With what we have covered about trauma so far you should have a good idea of how it occurs. A common sense approach to driving, working at home or on the job, for example is to always remember to follow these safety rules. We all know them, so we don't need to go into detail. I simply would like to remind you of how to perform certain tasks and help you avoid physical stress to your back. They are easy to follow. You just have to remember to implement them into your daily routine. 1. Don't bend! Squat down when picking up something or someone (children) or even just for tying your shoes. 2. You should always lift with your legs, not with your back.

You do this by always keeping your back straight when squatting down to lift something. 3. Never twist at the waist, especially if you are carrying something, or do not have both feet firmly planted in place. And always pivot on your feet. If you follow these EXTREMELY EASY guidelines you can avoid a lot of the low back pain and physical stress you don't need in your life. Easy as 1, 2, 3! And it is applicable to everything you do in the gym too.

We know how to eliminate or avoid the major aggravations, let's now discuss how to get back pain under control. A workout routine. To get ready for exercise the first thing that needs to be done is to stop the pain without drugs. We will use hot and

Don Lemmon's KNOW HOW

cold treatments. This means we are going to put hot packs on our backs for a little while and follow that up with cold packs. Why do we do this? (I know you're asking...) We do this because with any pain there is going to be swelling, and with swelling there are a lot of irritating chemicals around the soft tissues causing the swelling. These chemicals irritate nerve endings, which is what tells your brain your low back hurts. We have to get that swelling out of there and the hot and cold treatments work like a pump to flush out these irritating chemicals. Blood circulation (blood vessels) brings fluid in and out of the different parts of the body. When there is a problem such as an injury or damage to the body parts (such as low back pain or even a twisted ankle), blood circulation increases to bring extra fluid in to help with healing. This is what causes an inflammation. However, in this blood and fluid there are, as I have mentioned, chemicals, which irritate nerve endings creating pain and those chemicals need to be pumped out. Moist heat placed over a painful areas increase blood circulation by opening up more blood vessels. Following this up with cold packs placed over the same area, decreases blood circulation by closing them down again. When repeated over and over, we get a pumping effect with the blood vessels opening from the heat and then closing from the cold, and thus flushing the chemical irritants out. The fringe benefit of this process is that the hot and cold sensation on the skin relieves the pain, because it also stimulates sensory nerves in the body at the surface of the skin, which overrides the low back pain and eases your mind.

You need to get this part of the program started as soon as possible so you can begin strengthening your low back. Take a clean bath towel, soak it in water, wring it out and fold it up so that it will fit in your microwave oven. Fold it like you would to store it in the linen closet. Now take the damp towel, place it in the microwave, and heat it up for one to two minutes on high. Times may vary due to the power differences in microwave ovens.

You need to make the towel as hot as you can stand on your bare skin without burning yourself. Now take the towel out of the microwave and take one fold out of it, then put it on your low back for 10 minutes. Lying on your stomach with a pillow under your tummy is the best way to do this, and if someone could assist you, that would make it even better. After the 10 minutes are up, remove the hot towel and get a large zip lock freezer bag. Fill it with ice and place it on your low back for another 10 minutes. It might be a good idea to prepare this ice pack before you start the hot pack treatment so you can act immediately. You may also want to put a dry towel between your skin and the ice pack to protect the skin itself from freezing. Next, microwave the towel again and do the heat treatment for another

Don Lemmon's KNOW HOW

10 minutes, and then replace the ice bag for 10 minutes more. At this point rest for one hour and then repeat the whole process. Do this every other hour as outlined for three days in a row, barring the time that you are sleeping or indisposed. By doing this simple process, your low back will start to feel remarkably better. After three days, you will be able to cut back these treatments to every two or three hours, but you'll continue this treatment for a two-week period. If you work, do this during the hours you are able to. Take the weekend if that's all you have.

Bear in mind that this is geared for long-term results. After the two weeks of two to three hour intervals, cut the process down to twice per day and do this for another two-week period. After you have completed the last two weeks of the heat and ice process, continue to do the hot and cold treatments on an 'as per needed' basis to control any lingering low back pain you may still have. This will keep the irritating chemicals pumped out, and make it easier to exercise to strengthen your low back and prevent further damage. After the first three days of hot and cold treatments you should begin stretching to strengthen the low back. Please do not start the stretching or continue to exercise before or during these first three days. You must get the pain under control first, so that you can get the most out your therapy. Your low back will respond to the stretching and exercise much better too. The last bit of information I would like to share with you in this section concerns sleeping habits. It has been said by Benjamin Franklin, "Early to bed and early to rise, makes a man healthy, wealthy and wise." I wish to emphasize the healthy part. We should be at least getting six straight hours of sleep every night, preferably getting between the early evening and early morning. I can't really make a case for this habit, but I will say that people seem to feel and function better when doing this if they aren't shooting for 8 hours.

Your body heals while you sleep, so you need to make the best of your sleep by getting at least six hours each night. If you work a midnight shift or break your sleep up into a couple sessions a day, shoot for 8 hours a night as much as possible. Enough said -- let's move on to the first of your assignments.

1. Eliminate the stress from your life. Forgive yourself and others, either face to face or over the phone. Write down what needs said and rehearse it -- DO IT NOW!
2. Make a daily "things to do" list and do them consistently. Do not be upset if things get off schedule. Continue to do the most important tasks first. The bigger

Don Lemmon's KNOW HOW

the better to get over with but do not let a bunch of little things pile up in the process.

3. Meditate 20 minutes in the morning or in the evening daily. Start today.
4. Begin today getting a minimum of six to eight hours of sleep for tomorrow.
5. Start the hot and cold treatments, and follow the instructions as outlined. REMEMBER -- This must be done for three days BEFORE you start to stretch or exercise! Stop reading now and do not continue on until you have completed the above assignments. You have three days to relax. Then move on.

Have three days passed already? Alright. Stretching. Hopefully by now you have done some of the things I have suggested to get rid of your mental and physical stress. If you haven't, understand, you must do this so you can get a great start on managing not just pain, but your health. This isn't some silly drivel here. If it were, would Don Lemmon have it in his book? I think not. Let's get into the benefit of stretching. Stretching really is magic, because we only have to spend a little time doing it to give our bodies a stress reduction. The benefit of more flexibility in the muscles, increases mobility in all the joints, allowing us to move more freely. I can personally testify to the magic of stretching. When I was attending college on a football scholarship I had to practice to always improve upon my skills. One skill that was of the utmost importance was speed. I was a defensive lineman and was not known for great speed. One of the ways our coaches tested our speed was with the 40-yard dash. My times were in the low five-second range - not bad for a big guy, but I had to be faster. One year I took on a regime of heavy low back and hamstring stretching incorporated with the different styles of weight training I participated in. That year after I trained, I got my 40-yard dash time down to 4.9 seconds and outran a star quarterback! That was amazing for a typically slow and husky lineman who has to chase down quarterbacks for a living!

The point I want to make here is that we improve our entire bodies with lower back stretching, just as I improved my speed with it. It really is magical. There are five stretches and exercises I want us to concern ourselves with for the time being. These stretches and exercises concentrate primarily on the back muscles, except for one, which also stretches your legs while stretching those pesky back muscles. These stretches include: 1) The knee to chest stretch 2) The hurdler's stretch 3) The cat stretch 4) The 'Super Man' and 5) The back twist stretch (this one should be done VERY carefully, making sure it does not aggravate anything). These stretches should also be done in the order that I've listed them.

Don Lemmon's KNOW HOW

The following pages contain descriptions of the starting and completion positions for the stretches, and also tips on how to perform each. Please read through all of the information. Afterwards, read the assignments at the end of this section. All the stretches are to be done on the floor and in loose-fitting clothes. Now let's get going.

KNEE TO CHEST STRETCH

I want you to breath deeply while performing all these movements. We start this stretch by lying on our backs and with our heads flat on the floor. I want to emphasize here to ALWAYS keep your head on the floor. Allowing your head to come off the floor can cause neck problems. Complete this stretch by bending your right knee, pulling it up to the center of your chest, using one hand behind your leg, and grabbing under your calf with the other hand to pull your knee to your chest. Your other leg might come off the floor a little, which is okay, just let it hang there. Hold this position for a slow count of ten. Carefully let go of your one knee and pull up the other in the same manner and hold it for a slow count of ten. Next, let go of that knee and pull up both knees at the same time to your chest and hold them there for a slow count of ten. You should feel this stretch in your low back muscles - if you don't, then pull a little harder and keep your leg a little straighter until you do. Please remember to keep your head flat on the floor. When you have completed this, move on to the next stretch.

THE HURLER'S STRETCH

Start this stretch by sitting on the floor with one leg sticking straight out in front of you, and the other one bent behind you (just like the hurdler's in the Olympics, leaping over hurdles) or kinda Indian style with the sole of your foot on the inside of the out-stretched upper leg. To complete this stretch, you reach with both arms out in front of you to the foot of the leg extended in front of you.

Reach as far as you can and hold for a slow count of ten. Rotate your rump back a bit, keep your shoulders up and do not worry about touching your feet. Rotate your toes pointing them towards you and by aiming your butt back, you will feel the stretch up the back of your legs. DON'T BOUNCE AT THE WAIST. THIS MAY CAUSE MUSCLE TEARING. Switch to the other side by extending the opposite leg in front and bend the other leg behind you. Follow with the stretch for a slow count of ten. You should feel this stretch extended into your back. If you don't feel this, stick your butt back further until you do. After you have completed this, on to the next stretch.

Don Lemmon's KNOW HOW

THE CAT STRETCH

We start this stretch by getting on all fours on the floor (on hands and knees). Incidentally, this is an excellent way to get in and out of bed (on hands and knees, that is) when you have low back pain. To complete this stretch, you arch your back just like a cat does when he stretches. Arch your back upward and lower your stomach down. As you arch, tuck your chin to your chest. When you sag the stomach and tilt your head back. Feel the back muscles stretch as you arch upward. If you don't feel the stretch, arch higher. Repeat this for a slow count of ten. You should be getting nice and loose now. Time to move on to the next stretch.

THE SUPERMAN!

Start this stretch by lying on the floor on your stomach with your face down. You need to make sure that your floors are clean of course. You can get to this position by going to your hands and knees, lowering yourself slowly to the floor on your tummy. This saves you from having more pain if your low back is hurting. Extend your arms and legs straight like Superman in flight to get ready for the movement. To perform this exercise, lift your right arm up from the floor as high as you can while raising your left leg in the same manner as high as possible. Point your fingers and toes away from you as you do this, to insure that your arms and legs are kept as straight as possible. Hold this for a slow count of ten. Lower. Now do the same thing with the opposite arm and leg for a slow count of ten. You should feel this work and strengthen your entire backside - if not, lower slowly, raise slowly, but higher. On to the last movement.

THE BACK TWIST STRETCH

Begin by sitting on a chair. Keep your feet flat in front of you. Remember to move slowly and carefully. If this stretch aggravates your low back, skip it and start it one week later, or when it no longer aggravates your back.

Complete this stretch by twisting at the waist toward the left keeping your lower body still and feet flat. Go as far as you can twist, but DON'T BOUNCE. Hold this for a slow count of ten, and then switch to the opposite side for another slow count of ten. You should feel this stretch out your back - if not, twist a bit further, or until you do feel it. Repeat 3 times for each side. As simple as it sounds, that's as easy as it gets. You have now completed all five movements! In time you will find that they have benefited you tremendously. I would like to see you gradually add a few seconds each time to where you are doing 30 seconds a movement. Here's our assignments for this section.

Don Lemmon's KNOW HOW

1. Begin to cut down your hot and cold treatments to every 3 hours for two weeks.
2. Keep working on mentally unstressing (forgive, meditation, things to do list etc.).
3. Start exercise therapy. Do each stretch once in the morning and once in the evening, Monday through Friday, taking weekends off to rest your body. Each session of stretching should take less than ten minutes. Do this for one month, then go on to one session of stretching per day for five days per week, again taking weekends off. Continue this as a regular part of daily routine indefinitely, keeping yourself flexible and free of low back pain. 3 days a week will eventually suffice quite fine. Next we will teach you more exercises to do after these are practiced a while to strengthen your low back and get you on the road to a strong and healthy low back.

We need to understand that exercise is GOOD, and does not have to be extremely tiring to be beneficial when it comes to therapy. I think my patients get the picture in their heads that they will be bent over, breathing heavily, sweating profusely, and on the verge of heart failure when they are finished when I mention exercising. Who can do all this if they are in pain? Therapeutic exercise is done in moderation. Exercise is also sort of like saving money. If you take a little bit of money every few days and put it into an interest-bearing savings account and leave it there over time, for say a 10-15 year period, you would have a HUGE savings account! The same is true for your body and exercise. Doing a little exercise every other day or so will give you an enormous savings account of health, and it won't even take as long as saving money does. And the best part of exercising is that your body pays higher interest for it than the bank does for saving money! And no stock market drops! The interest that your body gives you is an improved heart rate, lower blood pressure, and higher self esteem. This is true, because as you get stronger and healthier, you get better looking! But the most important interest your body collects, is a stronger back.

Exercise also helps your body get rid of stress, as well as helping your mind and your body to cope with your life. By getting your body into good shape through exercise and combining good nutrition, your body can handle anything, including low-back pain.

So what kind of exercise are we talking about here? Well, these exercises are some that you may recognize, and some you won't. However, it doesn't matter what they are as much as how they are performed. When I say, "How they are performed," I mean that we need to follow certain guidelines when we exercise to get the most out of it. The first rule to exercise has already been mentioned, and

Don Lemmon's KNOW HOW

that is moderation. When patients come into my office for the first time, we ask them questions about their pain. One of the questions we ask them is if their pain is mild, moderate or severe. Mild being not too bad, severe being very bad, and moderate being in-between the two. This means the pain is not very bad, but it is not mild either, and the patient definitely knows it is there. This is what we mean by recommending moderate exercise. We need to exercise in a way that it doesn't wear us out completely, but we should exercise enough to feel a little exertion. This means we need to get our heart rate up over normal levels and actually break a sweat, but we don't want to exhaust ourselves to the point where we feel weak and defeated. In other words, we don't want to sweat like a waterfall and feel like our hearts are pumping out of our chests! So rule number one is moderation. Do no more, but do no less.

Rule number two - Concentrate on the muscle you are exercising. This means to think about the muscle you are exercising. Position yourself to feel it. I will tell you during each movement which muscle you are exercising. Your mind and body must work together to get the most benefit from exercise.

Rule number three - Move in a slow, purposeful manner. Experience has shown that the slower and more purposeful the movements are, the quicker the muscle gets stronger. Fast movement stresses joints and bypasses muscular fatigue. Slow builds. Fast injures.

Rule number four - Breathe in an even manner like jogging. Bring the air in through your nose and out through your mouth.

Now that we have the rules set, I need to mention that rule number three will not apply to one of the exercises we will be discussing.

You will know why when we get to that exercise! Let's list now the basic exercises we need to do for a stronger, healthier low back: 1) The Back Arch 2) The Squat 3) The Crunch 4) The Walk. Please be aware that these should be done in the order in which they are presented. Also you need to understand a concept called "sets and repetitions." We do exercises in repetitions to strengthen our muscles. When we count the repetitions we perform at any one time, this is called a set. For example, a set can contain ten repetitions of one exercise. Also, you can do three sets of ten repetitions for each exercise, which means you'll do the exercise movement 30 or 40 times or 'reps' total, broken up into 3 or 4 sets of ten. As I explain each exercise on the following pages, I will be telling you to do a certain amount of sets

Don Lemmon's KNOW HOW

of a certain amount of repetitions. Please read through all the exercises and the assignments to best understand them before starting. Remember the rules, and let's get exercising!

THE BACK ARCH

To start this exercise, you lie on your tummy, with your head up and clasp your hands behind your low back. Now, arch your back upward, raising your chest and legs off the floor together. Keep your legs extended straight elbows towards the sky. Breathe in and do this in a slow, easy manner, arching upward and lowering yourself slowly. Do three sets of five repetitions, resting between sets for one to two minutes. Please remember the rules. This exercise strengthens the back extensor muscles, which are muscles along either side of the spine. These muscles help to hold the spine in place. Concentrate on these muscles as you do this exercise. You will feel it across the entire backside of your body. Each session, add a repetition or two until 20 repetitions are easily performed. Now finish up, and let's move on.

THE SQUAT

Start this exercise by sitting on a bed, a chair, or a bench. Slide forward so your butt is sitting on the edge. On this exercise, you will probably need help from someone to hold your hands for balance, or you can get creative and do it yourself by finding something to sit close to, like facing a counter top. All you are doing is practicing to stand without assistance or leaning forward. Do this slowly, raising up to a standing position and then slowly back down again. Breathe and remember the rules. Do three sets of five repetitions, resting one to two minutes between sets. This exercise strengthens not only the legs but the back extensor muscles, yet differently than the first exercise does. Concentrate on feeling the muscles, and watch them get stronger in your mind as you work. On to the next exercise.

THE CRUNCH

Start this exercise by lying on your back with your legs sticking straight up in the air above your hips and your toes pointed up. Your body should form a 90-degree angle in this position with knees slightly bent. Cross your hands behind your head. Raise your upper body off the floor bringing your chest and head toward the ceiling. At the same time suck in to tighten your stomach muscles and exhale all the air out of your lungs. Bring your shoulder blades back down to the floor slowly, while breathing in. Do three sets of five repetitions, resting one to two minutes between sets. Each session add one more repetition until 20 are possible. If this

Don Lemmon's KNOW HOW

exercise is done correctly, you may only be able to do five repetitions at first, but don't worry. You will work up to more repetitions over time. If you can do 100, you are doing them wrong and too fast. Moving too fast weakens the spine. And by all means, lay on a pad or cushion to protect your vertebrae from rubbing into the floor. A great benefit of this exercise is a nice looking tummy. Finish up and let's go on to the last exercise.

THE WALK

This exercise is one of the best ways to get back into shape and gain good health. It burns as many calories as slow jogging when done right and can improve your cardiovascular system tremendously. To get started the first thing you need to do is to get into your car and measure off a one mile course around your neighborhood. Use the car's odometer to do this. Start at your house. Drive one-half mile away, then return the same way to your home. Now that you have your mile mapped out, get a good pair of shoes to walk in. I strongly recommend cross-training shoes. Start off by walking a normal pace and walk the mile in 20 minutes. As you feel stronger, step up your pace, which will shorten the time you walk. Your body will tell you when you can do this. Walk once per day, 3 days per week, resting on the other days obviously. This exercise strengthens your pelvic and leg muscles, which lend better support to your low back, as a result. Focus on your breathing as you walk, and remember the rules. Make walking a lifetime habit. Take your children or spouse for a good 20 minute walk daily. Just see how far you or they can go away from home in 10 minutes then turn around and go back! Your assignments are:

1. Keep doing the hot and cold treatments every two to three hours for two weeks, after which cut down to twice per day for two weeks. At this point, you may stop regular use. However, if you have any pain flare-ups, use the treatments as needed. These hot and cold treatments work well on other parts of the body too. They are MUCH better than using painkillers.
2. Keep unstressing and stay that way (you know how!). Meditate to motivate!
3. Keep stretching by following the guidelines.
4. Start to exercise. Do them in the order they appear in this section, saving The Walk for last. Do the exercises 3 days a week, either after the morning meal or in the evening after dinner. And I emphasize the word "after." The stretches are mild and not to be confused with Don Lemmon's stretching suggestions in conjunction with weight training. This is therapeutic and done before you exercise. Do it NOW and get healthy!

Don Lemmon's KNOW HOW

Detoxification is important too. The nutrients we get from the food we eat and store in our bodies is the fuel that runs us from day to day. This is why we all have the bizarre habit we call "eating." Just like we fill our car gas tanks frequently to keep our engines running, so we need to eat good food every day to keep our low backs and bodies going strong. But also like a car, we must maintain our bodies. With a car, if you want it to last a long time, you change the oil, the oil filter, the air filter, and tune it up on a regular basis. If you want your body to last a long time, you must do the same thing. We will now discuss nutrition and how it can help your low back, as well as the rest of your health. There are two ways to insure that your body receives the maximum it can from the foods we eat. The first way is by detoxifying the body, and second is by making good conscious choices about the food we put in our mouths. Don has taught you how to make good conscious food choices, but at this point let's concern ourselves with the concept of body detoxification. Detoxifying the body means to eliminate or clean out toxins, which are poisons that have built up in our bodies over time. Much of the food we eat in this modern world has harmful chemicals in it. These chemicals come in the form of dyes, preservatives, and artificial sweeteners. Many of these chemicals have been proven to cause disease, while many others are still questionable. Your local health food store should have a list available of all these chemicals and how they affect your body. Other things that poison our bodies are those darned drugs and medications, which actually block the body from absorbing nutrients from food.

One thing that we need to be made aware of that is toxic to our body is the digestion rate of some foods. As Americans, we typically eat pretty infrequent and bad. This causes food to sit in the stomach or bowel, and a number of problems arise in the intestinal tract.

1) Some food gets in the way of others. 2) You can get toxins (poisons) to build up from poor digestion and the eventual breakdown, because that is where we get most of our food toxins. And worse yet, our bodies in turn store it in our own body fat. 3) It makes you tired because blood is leaving your brain and going to your stomach to help process the undigested food and absorbs the dead nutrients, thus leaving less blood upstairs, which is what is making you even more tired. Remember those big lunches you ate and afterwards you got sleepy when you were at work or school? Think about these things before you eat that big steak with potatoes with margarine plus a soda or coffee with nondairy creamers next time. You may also notice that your bowel movements smell worse after eating a lot of poorly mixed meals. This is because of by the time it takes to digest them, they putrefy in your

Don Lemmon's KNOW HOW

body. Now please understand, I'm not saying you need to become a vegetarian, I'm just saying you need to have more balance in your diet just like Don has suggested. Detoxifying helps to eliminate the toxins we get from eating bad fats, fake sugars, and pesticides on the (and in) the veggies. Detoxing most importantly cleans out the inside of your digestive tract. This includes the stomach, the small intestines, and the colon. Understand that the blood stream absorbs nutrients from the intestines and carries them to the rest of the body. So doesn't it make sense that if the digestive tract is clean that it will allow the bloodstream to absorb healthier nutrients, and that you will get the most for yourself?

There are two ways I recommend that you go about cleaning out (detoxifying) your body, and you can choose either way. The first way is to stick on Don's diet for 30 straight days before doing anything else, and you will realize you have eliminated all sorts of nasties from your body. No matter what you are thinking right now, pick one of the sample diets and stick it out. No matter what negative feeling you experience. Stick it out. The negative feelings, bloating, headaches, breaking out, feeling tiresome, etc. is only toxins leaving your body. When all 30 days done, you will feel wonderful! However, please remember that while you are doing this, you may feel bad physically, because your body is eliminating a lot of the toxins that have been building up in your body for a long time. How long it takes depends on how toxic you are. These toxins break free and circulate in your blood stream before they are eliminated through the feces and urine and a lot of them could take a while to eliminate. The circulation of these toxins in the blood stream is what causes you to feel bad, not the diet, so just do it - it's worth it!

The second way to detoxify your body is easier because you don't have to change your eating other than separating foods and adding a supplement to your diet. Please note this is not a detoxifier, it just helps clean out your intestines. This product is called Perfect 7 and is made by Agape Health Products. This is an herbal combination that includes fiber and clay, which helps to clean out and heal the digestive tract. A little side benefit of using this product is that it works wonders on hemorrhoids. It is simply mixed with water or juice (depending on the meal) in the morning and then ingested after eating. Avoid fiber capsules as they make the stool creamy, messy and frustrating to control. One thing to remember is to always drink PLENTY of water throughout the day to help the cleansing out of the digestive tract. You can drink one gallon of water per 100 pounds daily with no side effects except for a cleaner digestive tract. That's two ways to detoxify, which I hope you will remember on a frequent basis. Some other cleanses like enemas may

Don Lemmon's KNOW HOW

even be better choices for your particular body's needs, rather than the ones I have suggested above. Just remember that detoxifying your body will help your body retain the most nutrients from the food that you eat. Don and I also like those herbal teas he discussed due to their detoxifying properties.

As you are well aware, foods are made of nutrients called proteins, fats and carbohydrates. Most foods contain a combination of these three nutrients, while some foods contain only one or two of them. The amount of proteins, fats and carbohydrates present in foods can help us to classify them into categories of proteins, fats and carbohydrates. This in turn can give us a starting point on how to determine what is best for us to eat and thereby get a handle on our dietary intake. We also know, food contains nutrients called minerals, vitamins, acids and water, which are essential to our body. However for the purposes of this section, we will classify foods into proteins, fats and carbohydrates. Eating a good balance of these three nutrients will help us to get plenty of the other things in our diets with the exception of trace minerals and some essential fats. Fats provide insulation for our body to help maintain temperature and provide some vitamins we need to maintain bodily functions too. Fats also provide the building blocks for certain chemicals we need in our body to control and run different types of nerve and gland functions. To make any diet you are on complete, at least use a trace mineral supplement and an essential fatty acid. Your health will thank you. Your assignments are:

1. Keep stretching, exercising, eating right and following all our suggestions.
2. Become a label reader and learn about preservatives, dyes, etc. from your local health food store. Find out if what's in the food you are eating is good or not!
3. Detoxify yourself. Do it right away and get healthy right away.
4. Again, follow the suggested KNOW HOW eating plan. Find out what fruits, vegetables and grains are best for you to use for the most energy. Do the same with your protein and fat intake as they heal you.

We have covered a lot of ground in this chapter on how low back pain starts as well as eliminating and preventing it. All of our recommendations have been pretty much along the self-help line. In this section I want to introduce you to the concept of chiropractic care and how it is used to eliminate bad health and prevent low back pain. Yes, the world truly revolves around low back pain. It is our center of gravity.

Don Lemmon's KNOW HOW

To understand chiropractic you must first understand we are not quacks. I think Don is a walking example of what chiropractic can do for a person. His testimony led to this chapter. Have you ever heard of a subluxation? A subluxation is specifically defined as 'a misaligned spinal vertebra that interferes with one or more of the spinal nerves in our bodies.' This is what causes sickness and disease. For this reason subluxations have been called the silent killer. Stress, trauma, poor nutrition, lack of exercise and toxins cause damage to our body, and in response to these things, the spine creates a subluxation. We have covered low back pain and how to control it, but at this point we need to understand that the subluxation is the one thing that is actually causing the low back pain once all the rigors of life start to cumulate. We need chiropractic care to help our body eliminate the subluxation, and get all the low back pain out of our body (and to get well completely) if we want our health back. The reason subluxations are called a silent killer is because most people are sick and dying of one or more diseases at a time. Things such as heart disease, cancer, arthritis, tumors, and the list of diseases goes on and on. Realize, right here and now, that these diseases are controllable. Preventable. And they are not what is killing us. The thing that is making us sick and killing you is the same thing that is causing our low back pain! The subluxation. The subluxation doesn't allow for healing. This leads to the subsequent death of many body tissues and eventually our own demise! No need to panic. We can eliminate this. Remember how I said drugs only mask the pain, and removing the cause is what helps our body to handle stress, trauma, and toxins better? Removing the subluxation IS removing the cause and therefore eliminates disease and sickness as well. Even though I have explained that if the low back, or any other part of your spine hurts, it means there are underlying factors causing the pain that lead to further weakened health, to fully understand how a subluxation causes disease, we must first understand how the body develops and functions. All people come from two cells, the sperm cell and the egg cell.

The second these two meet in the womb they start forming more cells and a new life emerges. This new life is a new person made up of two parts - a physical body and a spiritual intelligence, which is inside of it telling it how to develop and function. We take it for granted but every day we have this intelligence (programming) inside our bodies. The physical body is made up of all the various parts that we are familiar with, however, this intelligence we have in us is housed inside the nervous system. Some say it is our soul. Consequently, when a new human being starts to form in the womb, the nervous system starts forming first. In fact the first thing to develop in the body is the brain, then comes the spinal cord, and finally, the spinal nerves grow in place. To look at it, the brain has a long tail called

Don Lemmon's KNOW HOW

the spinal cord attached to it, which has spinal nerves coming out in pairs from the left and right starting at the top and continuing down to the bottom. The reason the nervous system forms first is, as we already mentioned, so the intelligence which resides there can send information down the spinal cord on how to form all other parts of the body. The intelligence tells the new human being where to put the nose, the toes, the arms, the legs, the organs and everything else, normally, exactly where it belongs.

Now, as we already know this new human being (or baby) develops and grows to a certain size and is then born. The intelligence in the new baby, as well as in the mother, knows when and how to do this without a flinch. It is almost automatic. This intelligence we have is responsible for everything the body does and encounters for our entire existence. So, when the new baby is born and he or she comes into the world, an array of new sensations and challenges arise. The intelligence now has the job telling this new body how to grow and how to adapt to the environment. From this point it is imperative to remember that this intelligence continues to flow through the nervous system to all of the body and its parts to tell them how to function forever. The intelligence does this by not just communicating to the body part itself, but to the individual cells that the body part is made up of. This must remain constant as the human body is made up of trillions of cells and each cell or group of cells has a specialized job or something fails. Communication must also always be complete. For example, liver cells have a cleaning function, skin cells have a protective function, muscles have a movement function, etc. So we need to understand that the intelligence to do all this comes from the brain, through the spinal cord, and out the spinal nerves to the cells. And it must never stop nor send the wrong message.

Each one of these trillions of cells in each organ is like a little specialized factory doing its own little job. In fact, this is how the human body functions to help sustain itself. The intelligence coming from our brains is the boss of all these little factories and has to tell them what to do and how to do it at all times. Kind of like a factory foreman. If there is some sort of loss of that communication the cells will not function and could become sick and die. This is where fixing a subluxation comes in to play. Just as a side note to explaining how subluxations affect our body, we need to remember the three forces outside our body that act on it in such a way as to cause it to create a subluxation. These three forces were stress, trauma, and toxins. These three forces cause our body's muscles and ligaments to weaken, particularly the ones that hold the spinal vertebrae in place. All three acts

Don Lemmon's KNOW HOW

on the body in different ways to do this, however, we need to understand that they do absolutely cause the muscles and ligaments to weaken and consequently the vertebrae always misaligns into a subluxation and interferes with the spinal nerves. If the intelligence in the brain is constantly sending communication down the spinal cord and out the nerves, and then a subluxation blocks that communication at whatever spinal nerve level that the subluxation is interfering with, therein lies the problem. Something somewhere isn't getting the order right. Ever ordered a sandwich in a drive thru and the guy inside got the order wrong or you couldn't understand him? That's what happens inside of you too. Magnets have been used to channel this intelligence because it is actually an electrical current but this does correct the cause. (Think of the emergency team shocking a person who had a heart attack. This intelligence is electrical.) When a subluxation makes it so hard for the nerve to relay it's message from the brain to the cells and in turn for the cells function properly, the cells become sick and start to die, but they don't all start to die right away. Most of these cells affected by the subluxation live. During that time however they do certain things that they are not supposed to do and one of these things is stopping to reproduce themselves. So what we have is a group sick cells reproducing themselves and sick cells can only produce more abnormal and dis-eased cells. This means they produce abnormal cells and grow into a larger group of abnormal cells. This is what we then call CANCER. Body cells replace themselves at a rate of two and one half millions cells per minute normally. This has to be allowed to occur so our physical bodies can keep renewing themselves. This happens by the cell itself splitting in two and creating a new cell. To see how this works we can look at each different body part and see that different types of cells from these different body parts replace themselves with there own tissue and at their own pace in the body.

For example the liver replaces itself with new cells every seven months, the heart is completely renewed in five years, and one last example would be that the stomach lining replaces itself every four minutes. This replacement of cells is vital to our existence as we are renewed at all times. If the body has a subluxation impinging on a nerve shutting off intelligence to a group of cells then our body's get sick because the body has started producing abnormal cells instead of normal ones.

Let's explain what a group of sick cells does to us. When we get a subluxation the affect upon the cells starts right away and our bodies are in trouble immediately, even though for a long time we don't have any symptoms. Yes, once in awhile we will

Don Lemmon's KNOW HOW

have a symptom right away, but this is the exception rather than the rule. What we are saying is that the subluxation usually occurs subtly over time, to where we have a misplaced vertebrae impinging on a nerve. From there we get a group of larger and multiplying group of sick cells. This group of sick cells eventually becomes large enough that the message from the brain is blocked off so much the area of the subluxation overloads and you feel the symptom, such as pain, numbness, tingling, or any variety of things. But this may take five years or more to manifest, so we may normally show no clinical signs of a problem from the subluxation until it has been present in our body for a number of years and caused its damage. This is the case with most diseases, meaning the cause of the disease, the subluxation, had been there long before the symptoms manifested. A group of abnormal cells is exactly what all diseases are made of. Man, in his infinite wisdom has given all these different types of diseases different names, according to their location in the body. But we need to remember that these diseases are all just groups of abnormal cells and they are all caused by one thing, that being the subluxation. The subluxation comes first, the group of abnormal cells second, disease process third and the symptoms finally, fourth. Fixing the problem or dying all too painfully soon becomes the decision.

Most people have gotten into trouble as they go to the doctor because of their symptoms and the doctor then gives them a pill to eliminate the symptoms. You know what drugs do. The symptoms may go away for a while, the patient feels better and is lulled into the false sense of security that he or she is well. But remember the symptom is actually the last thing to occur before you realize how bad things really are and was only covered up by the drugs. It will come back sooner or later, because the group of abnormal cells still remains, as does the subluxation causing them.

So the patient is not really well after all, because the disease cycle continues as the patients take drugs and the symptoms come back. So back goes the patient to the doctor for more symptom relieving drugs, which still don't work so the doctor, as things eventually get worse, does some tests, finds the disease process, and offers to do surgery to remove it. Now, with this route, we have no more abnormal cells and no more symptoms or so they say. For a short time, possibly. But it returns, because the subluxation still remains, and still the body continues to create abnormal cells which build back up again over time. The patient eventually gets back to see the doctor again and again until they die. This will keep happening until either the subluxation is eliminated which means being removed from off the nerve and kept that way or you lose an organ or of course, you die. You obviously

Don Lemmon's KNOW HOW

know someone who was in and out of cancer treatment for years, 'fought' so 'hard' and their doctors 'cared' so 'much' and yet they never ever win. That's because the only doctor in the world qualified to help you with subluxations are Chiropractors.

A Chiropractor first brings in a patient and does a series of orthopedic and neurological tests including x-rays to determine where exactly the subluxation is and how it is affecting the patient's health. The examination includes hands on inspection and palpation of the patient's spine to determine where the misalignments are in the spine, giving the doctor, and by the way Chiropractors ARE doctors, an idea of where the subluxation is located. As a side note, this hands on examination is very healing to the patient in and of itself. The subluxation is then verified on x-ray. It is then corrected through a series of adjustments to the patient's spine depending on severity, from just one to however many it takes to correct the subluxation. A chiropractor will not give up until he knows you are on the right path and will not prescribe medicine nor cut you open. Within 2 weeks you will experience noticeable progress from chiropractic care. From this point, the subluxation or misaligned vertebrae having been removed from impinging on the nerve and now the body can truly start to heal. This means that the intelligence from the brain flowing down the spinal cord will now get through the spinal nerve that was once impinged upon and begin rebuilding your sick cell areas. The intelligence gets through the spinal nerve and now can get it's job done. The sick and abnormal cells always start to heal up, disappear and begin to produce normal healthy cells until finally all the abnormal cells are replaced and the body functions normally. You will in no time feel your best. Am I selling you something? No way. You have already bought this book. Odds are you aren't even located anywhere near my office either. I merely want you to realize the truth behind your health. In 90% of cases reported, chiropractic was more than helpful within 10.5 visits and 4 weeks of adjustments.

One adjustment rarely solves the problem. It normally takes a series of adjustments, because the subluxation, as we mentioned, has been in the body for many years under what the body now considers normal circumstances. When the subluxation is adjusted back into its normal alignment (from misaligned to normal alignment) it has a tendency to move back into the subluxated position. The body has gotten used to the subluxated position of the misaligned vertebrae and must be retrained as to keep the vertebrae in its most realistic and proper alignment. Through a series of adjustments, we will retrain those muscles and ligaments that are temporarily confused. The body will eventually hold the vertebrae where they

Don Lemmon's KNOW HOW

belong allowing the body to fully function at one hundred percent. When we remove the subluxation the body can now create normal cells and allow for healing and better health. Understand, this healing process takes time because it takes a while according to how many abnormal cells we have in our body and how long the subluxation has been there. But we will heal, as our intelligence always knows our body's needs and how it should function in a normal manner. Unlike it takes years to become ill, it doesn't take that long to heal.

I want you to remember those things around us that can affect our body and cause it to create a subluxation and thereby disease and sickness. As we develop, our bodies grow into adulthood and we encounter stress, trauma, and toxin whether we like it or not. They each weaken our bodies in different ways to the degree that the body creates the subluxation. Let us now discuss each one again.

Stress, is any situation that we confront that creates a change in our emotions. These situations cause our bodies to produce certain chemicals in our bodies which cause these changes. In the process, due to stress, our bodies become weakened because of a depletion of the nutrients we store inside of us. Our body uses nutrients to build new cells from as well as sustain the rest of the body with. In other words, the foods we eat provide the energy and the building blocks we need to develop and maintain our body's growth and functions. Stress causes our bodies to deplete these nutrients at a faster rate than we replenish them to create the changes in our emotions and vital functions we need to handle the stress. This is very dangerous, because the body is now in a vulnerable position. The nutrients are being used up because of the stress, yet they are still necessary in other areas of the body to keep it strong.

When they aren't available the body's muscles and ligaments become vulnerable too. We already know what that means. Subluxation of the spinal vertebra because the muscles and ligament don't have the energy to hold things in place anymore. Besides that, we can't heal or remain healthy.

Trauma causes subluxations in a different way. Trauma, is either emotional or physical. Emotional trauma is stress and physical trauma is when our body is exposed to some sort of injury or accident that damages it. This can be a car accident, any kind of fall or unexpected and violent movement done by the body. Trauma like stress, weakens the muscles and ligaments, but does it by directly damaging them by putting the body in awkward positions and being jerked around in unusual movements. With the muscles plus ligaments damaged and weakened they

Don Lemmon's KNOW HOW

don't hold your bones in place like they should, which in turn becomes a subluxation.

Toxins, or pollutants also damage our body. They are found in the air, water and in the food we eat. All drugs, prescriptions or otherwise are also toxic. There are poisons that we unwittingly eat and breathe daily that chemically alter the cells in our body. For example, when we take a drug to kill pain it goes in and chemically alters us while poisoning the nerve itself so they don't deliver the pain signal to the brain. It is not natural to block a normal reaction to injury and pain. Drugs, also inhibit the uptake of nutrients from our digestive system by altering our digestive organs. And as we already know from discussing stress that if we don't have enough nutrients available to our body, our muscles and ligaments become weak allowing the spinal vertebrae to subluxate and health to fail.

We want to make it clear here that all of us need to keep our body subluxation free not only through proper chiropractic care, but also that it is necessary to take steps to protect ourselves from the affects of stress, trauma, and toxins that cause the subluxations. We must handle our problems on our own if we want better health. First and foremost, good nutrition is vital to our existence because it supplies the nutrients our body needs to sustain itself and use as building blocks for new cells in the presence of danger. So follow all this book's recommendations and eat right. Foods with chemicals in them, as you know are not good for you, should always be avoided. And, exercise. Just do it. For now, know your 12 food group, know bad fats, fake sugars, know what you should not be eating, trim skin and excess fat from your meats, drink more water and become a label reader. You'll live longer.

You now know there is a simple solution to your problems and it is not sitting on our butts or taking drugs. It is a natural approach that we call chiropractic care and it can help eliminate and prevent subluxations in our body along with fighting disease. Do it for yourself and for those you love. Have you ever had a cut? Did you put a Band-Aid on it? A few days later when it healed, was that the body or Band-Aid that healed you? Take my advice. Chiropractic patients return to work faster (maybe you want the time off) as opposed to medical doctors (10 days compared to 40 and no surgery).

Maybe the next time you are referred to a chiropractor you will think twice now and go. Referrals from an M.D. are rare. I myself have not had many. This is due to

Don Lemmon's KNOW HOW

the deep suspicion and concern that medical doctors have about chiropractors that we will expose them for the truth. But as a practicing chiropractor, it is not only about that at all. It's about competition and money. They are in business too and doing less and less to actually 'treat' you but asking for more and more money for the effort. A law suit was won in our favor by a group of chiropractors against the American Medical Association (AMA) not too long ago. This lawsuit was about the AMA's unethical movement to wipe out chiropractic care. They are still trying to do it, but have become secretive and covert about it. Consider this your referral to a chiropractor.

Take good care of yourself.

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SECTION ELEVEN: IN CLOSING

Let's review a few final details so we can call it a day. I need to be sure you get it all right. I want you to respect your digestive enzymes and all their limitations. Once you do, as I have witnessed countless times before, you will not only achieve a dream physique in a fraction of the time you planned on, but you will also see food allergies, gas, headaches, lethargic behavior, and other common Universal disorders almost completely disappear. Finally, something you can use to restore your health. Go ahead, ignore me if you like and continue to mix food however you want. You won't receive the nutrients you think you will that way. Pop your pills. Inside of you they will do nothing. However, once food finally digests efficiently and you begin eating often enough it reaches the small intestine for absorption, it will only be then that you rid yourself of toxins and fats. You will receive little or none of the nutrients you think you will without separating your foods and eating at least 6 times a day. Something must always be put on top of each digested meal to shove it out of the stomach and to get it to the small intestines. Eating often applies enough pressure that food is moved down and out your drainage (digestive tract), which inadvertently means out your back side. Thus, we also eliminate constipation. Does this make any sense to you? I hope so. Being taught to cram all four food groups into each meal all these years, or eating like a bird does not you with provide the proper atmosphere for digestion. You need a meal in a SUBSTANTIAL size to push food through your digestive tract so each feeding

Don Lemmon's KNOW HOW

really should be as large as the last one you had. You should eat at least 4 times a day just to maintain yourself and if more is too tough, begin adding tiny snacks and build up into larger ones. But larger good ones. If you feel like progress has halted, the roadblocks you hit and the complete reversal of all your progression are due to your ignoring these simple truths.

I know the task seems to lie solely in determining how to fit a least six feedings a day into your schedule but remember two or three of your meals are actually considered snacks, not full meals. While containing the same amount of calories they are to be 'quick' meals. This keeps things working in precise balance. Do you "Know How" it works now? High fat DOES NOT WORK! The Zone Diet DOES NOT WORK! Low fat programs DO NOT WORK! Yeah, sure, you think it all does. Wake up. I am willing to help you, further you along if need be, but you have to want the help. I pat no one on the back. I am not going to tell you that what you're doing is 'close' to what I do or that half effort is acceptable. You're either pregnant or you are not. You are either behind the wheel or a passenger. Most of the hesitation first timers have come from the misconception that you must receive all your energy via glycogen, glucose and carbohydrates to use proteins. This simply isn't true because the body eventually turns everything you eat into one form of sugar or another (and ultimately into various forms of alcohol before it is entirely processed). You eat carbs at one meal and the elevated blood sugar is used when you eat protein at the next meal. Or, you can look at it as protein digests slow. Carbs fast. Eat protein now, and in 2 ½ hours, the amino acids will be ready in your blood. If you eat carbs 2 hours after eating protein, then the carbs will enter the system within that half hour and assist the protein in getting to your tissues. That makes it simple to understand.

But in reality, there are three steps in the production of energy, whether it is through either fat, protein or carbohydrate metabolism. Once food is turned to glucose those three steps are glycolysis, the citric acid cycle (CAC or Krebs's cycle) and then the electron transport chain (ETC). The net result of this production is ATP (adenosine tri phosphate). Glycolysis and CAC provide the groundwork for the ETC. Glycolysis generates the CAC from whatever you eat. When produced from carbohydrates though, there is very little raw material there to perform the third step.

The first step in fat metabolism is beta-oxidation, which yields 2 carbon groups for the citric acid cycle to function. Amino acid's first step is deamination, a process where the amino acids are removed by the liver and the kidneys. Eating

Don Lemmon's KNOW HOW

protein and fat together, puts us in a state of temporary ketosis (muscle burning for energy, not a good thing) unless enough fat is present. Certain pathways are blocked eat a lot of carbohydrates, and the body isn't able to make energy from glucose, proteins or fats. The result is a rapid craving of glucose for glycolysis, which produces little result, and we get drowsy. Subsequently, hypoglycemia develops and that stresses the adrenal glands and our pancreas. The hormones released (glucocorticoids and glucagon) to mobilize the liver's reserve of glycogen go into overdrive during ketosis. And since carbohydrates are essential to supply internal sugar stores, but burning it through glycolysis is like using a match book to warm a cave, your entire system is thrown for a loop. When we ingest more carbohydrates over and over again which only 'fuels' us with a little energy each time, hypo-adrenia develops (a state in which your adrenal system becomes stressed trying to pick up the slack). This is when you not only get tired, but irritable and so tired you lay down to sleep.

As soon as low blood sugar occurs because carbs are only so efficient at providing energy, the caves gets damp, we burn out, we fatigue, and deplete the other tissues looking for more matches to relight the cave. The abuse of these metabolic mechanisms must be stopped. I realize at first you would think we need more and more carbohydrates and that's why when we cut back on them our energy slips. But if you got what I just said, a carbohydrate dependent body is NOT a good thing. The body's attempt to produce most of it's energy from carbohydrate also results in the build up of lactic acid, which in turn actually makes matters even worse. (Do you lie awake sleepless at night or get cramps that are almost unbearable? That's from too many sugars in your diet.)

Decreasing your carbohydrate intake and increasing your essential fatty acids along with taking the proper vitamin and mineral supplements will all eventually remedy this problem. Along those same lines, it is another misconception that you need to eliminate carbohydrates from your diet in order to burn body fat. Low carbohydrate 'ketogenic' diets are actually classified as hazardous by most knowledgeable physicians, but when under control, entering ketosis is a great fat-loss tool, just not the best tool, and not only achieved by complete carbohydrate depletion either. Being in a constant state of ketosis means your body is not adapting well and has began breaking itself down. As far as the Atkin's diet goes, just because he is a doctor, doesn't make him correct. Only a fourth of medical schools OFFER nutrition to their students and only 1 of 4 actually TAKE the

Don Lemmon's KNOW HOW

course. We're not talking about requiring or offering it for a degree here. We are talking about offering at the most 12 credit hours, sometimes LESS.

Let's continue. When glucose enters the body (either from the digestion of carbohydrates, proteins or fats), insulin is secreted by the pancreas to utilize (or store) it. From there, it is the nutrients currently available or lack there of from all the other foods and meals prior to the last one which determines the proper utilization of what you 'just' ingested. If you eat too much of a carbohydrate food (or of any other food) and it doesn't digest properly, it can not and will not be stored as glycogen if there aren't sufficient nutrients from your other meals available in the bloodstream. And there never will be if you consume carbs too often. The reason is, there is only so much room in your body for carbohydrates. The excess causes a depletion of these other vital nutrients.

The excess or unusable carbohydrates are then transferred into a form of triglycerides that can be stored as body fat. Eventually, when there is a need for energy, stored glycogen is converted back into glucose and used directly by a cell or transported through the bloodstream to other cells for further conversion and use. This happens during exercise. Once enough glycogen is depleted, you enter into what you think is a fat burning zone. The problem? Glycogen is in a sense of limited necessity and availability when it comes for energy. It can deplete in as little as 10 to 15 minutes under extreme conditions. Every worked real hard for 10 minutes and began shaking? You depleted yourself. And once it's gone, it must be replaced or what you think is your fat burning zone will result in muscle degeneration. This doesn't mean you need more carbohydrates. Twice a day you need them, but not during the exercise session. The body doesn't react that quickly.

Carbohydrates, while they are quick energy sources, were not meant to be your primary source of energy. You need fat. No? Then why does glycogen only last you about 20 to 30 minutes MAXIMUM during exercise? Because carbs are for short bursts of energy and fat is for a more long term fuel source. (PRECISELY why exercise sessions must be shortened.) So, by eating fat PRIOR to the workout, you are signaling to the body that you want it to savor its glycogen, and BURN FAT during the session instead. The preferred energy source to begin with is fat, remember that. Have carbs after the session and this will replenish your glycogen. This is a virtually fool proof method and it definitely reverses a number of negative mechanisms happening internally that can cause you to feel drained, exhausted, fatigued, etc. You will recover faster this way. You will do a lot of good

Don Lemmon's KNOW HOW

by thinking of carbs as a secondary food source and EATING more fat from now on. How much fat? It depends on how messed up you are inside from limiting yourself until now. Again, eating flax seed oil is good, but eating it with foods that do not block it's usage is best.

When fat is reintroduced to your diet (even just a little), most of your energy will come from the breakdown of those free fatty acids and stored body fat as the cycle changes continue (which takes from 3 to 7 weeks to fully experience). But don't you worry, the body will not store fat if it is consistently receiving it. Body fat WILL burn better in fact because the body is receiving more of it. When fat is eaten regularly, the enzymes that break it down also set up a process by which the metabolism goes after your excess body fat too. This makes more fatty acids free floating and ready for energy use, thus explaining the sparing effect on glycogen during exercise. Basically, a little diet higher in fat, activates the lipolytic (fat burning) enzymes in your body and decreases the activity of the lipogenic (fat producing) enzymes. The bottom line is this. Mixing foods incorrectly, eating fake fats and sugars or eating too much at a time (or not often enough) is what leads to an increased storage of body fat and a decrease in the amount of stored fat that can be burned.

It doesn't matter what you eat if it's pure (nor whether the food was a carb or fat). The carbohydrates you eat on this plan will nourish you. You'll reap the benefit of health, vanity and glycogen retention, while proteins and fats will in turn begin building a brand new cellular you. You will waste less protein eating fat too. (That is the opposite of when you're utilizing carbohydrates as your main source of energy.)

The body will (I emphasize AGAIN) under most conditions take muscle protein and form it into glucose (gluconeogenesis) for energy once fatty acids are exhausted and carbohydrates are depleted. SO EAT SOME FAT. And I don't care how bland you feel your food is, do NOT USE FAKE SUGARS IF YOU CAN HELP IT. I know many clients who abused their intake of artificial sweetener before they read what I have here next. One woman in particular actually ate 120 artificial sweetener packets a day. Her withdrawal symptoms were horrifying.

Here is the info on Aspartame you aren't supposed to hear. Did you know when surgeons remove and dissect tumors these days, they are actually reporting these growths to contain extremely high levels of aspartame? This isn't a naturally

Don Lemmon's KNOW HOW

occurring body chemical folks. I have spent a lot of time researching the subject of fake sugars and what I found recently about the EPA even more startling than the fact fake sugars breed tumors. The EPA (Environmental Protection Agency) says there is an epidemic of multiple sclerosis and lupus throughout the United States, and up until recently, the cause had yet to be discovered. It seems they finally have determined a probable cure but do not want to make any unnecessary statements as of yet. The EPA continued to say they have discovered when the temperature of an artificial sweetener like aspartame exceeds 86 degrees F, the wood alcohol in this fake sugar converts to formaldehyde and then to formic acid. This in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants). This methanol toxicity that is produced mimics the symptoms of multiple sclerosis. Thus people are being diagnosed with having the dis-ease and are being fed medications they do not need. Multiple sclerosis is not a death sentence, but methanol toxicity is. With lupus, it is known that the cases are much more prevalent in diet soda drinkers. Also noted, per methanol toxicity, it's victims on the average admit to drinking almost a full liter of soda each day, and some even more. Systemic lupus is triggered by ASPARTAME although the victim usually does not know this until they continue aggravating the lupus to such a degree, that it becomes life threatening. When they get people off aspartame, they usually almost always become asymptomatic. Unfortunately, we can not reverse this disease, only the symptoms. Do not drink yourself into this condition.

On the other hand, in the case of those people diagnosed with Multiple Sclerosis (when in reality, the disease is methanol toxicity), most of the symptoms completely disappear. There have been cases where people's trembling sensations are ceased, and vision or hearing is returned. This also applies to many other illnesses.

I have said and you can quote me, if you are using ASPARTAME (Nutra Sweet, Equal, etc.) and you suffer from any disease symptoms, spasms, pains, numbness, cramps, dizziness, headaches, depression, anxiety, slurred speech, blurred vision, or memory loss, then you need to stop using artificial sweeteners whether you think it is related or not. People are starting to realize how rampant the problem actually is and others are in denial. Someone personally 'in the know' told me that the sugar industry is even adding newer forms of aspartame to our foods but labeling them as safer alternatives! If they aren't harmful to begin with, how can you label something as SAFER? Sounds like an admission of guilt!

Don Lemmon's KNOW HOW

Artificial sugar poisonings have become such a very serious problem that this issue can no longer be ignored. Yet, nothing has been done to stop the distribution of these poisons. And why not? Because the drug companies have a lot of money to pay off whoever they need to. There are now literally thousands of products containing these chemicals. People were going blind, losing limbs, hearing, organs, and THEIR LIVES. Eye sight you say? Yes. The methanol in the aspartame converts to formaldehyde in the retina of the eye. Formaldehyde is grouped in the same class of drugs as cyanide and arsenic which are well known POISONS. This is why it is killing people in larger doses and causing all kinds of neurological problems in lower doses. Aspartame actually changes you're body's chemistry. It is the most common reason for severe seizures. It change the dopamine levels in the brain. I imagine what this means to a patient suffering from Parkinson's Disease.

There is absolutely no reason on God's green Earth to take this product. It is NOT SAFE nor a diet food. I used to tell people to limit their intake when I first start working with them just so they will cut back and soon after, I inform them of the product's harsh reality. If for no other reason, aspartame makes you crave carbohydrates and this alone will make you FAT. In fact, the average fat loss is 20 pounds a person on those whose simply removed artificial sweeteners from their diets. And how about that UGLY hard to reach fat? Formaldehyde is also stored in fat cells. Particularly those in the hip and thigh areas. Those same areas that just so happen to be cellulite prone. You know, that awful, grotesque JELLO-LIKE, CELLULITE. Aspartame is also particularly deadly for diabetics and yet sugar free aspartame laced bakeries are popping up all over the United States. Physicians know what wood alcohol will do to a diabetic, but they may not realize that's what aspartame is made of. Wood alcohol keeps your blood sugar levels from regulating, and has caused many diabetics to go into a coma.

How bad is aspartame in comparison to other fake sugars? I was told once about a client's relative that switched from saccharin to using an aspartame product and within a week, that relative had gone into a coma. Their physicians could not get their blood sugar levels under control for the longest time in comparison to patients who do not use the stuff. The patient suffered acute memory loss and eventually death as a result. The memory loss was due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids present normally found in protein. Thus it goes past the blood brain barrier and deteriorates your neurons. Many physicians realized what was happening when aspartame was first put on the market. They knew ASPARTAME BLOCKS

Don Lemmon's KNOW HOW

PROTEIN ABSORPTION and all grew silent as soon as diabetic patients presented their 'new' fake sugar induced symptoms. They had wondered why seizures were rampant (the phenylalanine in aspartame also breaks down the seizure threshold and depletes serotonin, which causes manic depression, panic attacks, rage and violence). It was not until they put two and two together from a medical standpoint that anyone stepped forward to say something.

This poison is now available in 100 PLUS countries worldwide. Congressional hearings have been held to stop its distribution by esteemed members of the medical community. Nothing has stopped its widespread use. But you can. Take anything that contains aspartame back to the store. Never buy anything again with this poison in it. I assure you that MONSANTO, the manufacturer of aspartame, knows how deadly it is. They recently began funding the American Diabetes Association, American Dietetic Association, Congress, and the Conference of the American College of Physicians. I would consider that either 'hush' money or guilt funding. How deeply rooted is the poisoning? All the way down to our children. A mother who had a child on Nutra Sweet was told by a doctor to get the child off the product because he was having grand mal seizures every day. The mother called the ADA, who told her there was no need to take the child off Nutra Sweet. The child continued to have severe seizures. The doctor took the child and put him under care for 30 days. The seizures stopped. Every other time you get someone off of aspartame, the seizures stop. If you are feeding this to an infant in their formula and the baby dies, you know whose fault it is. YOURS. The majority of the aspartame related side effects are all neurological, because aspartame destroys the nervous system and is extremely harmful to children. Many problems arose with Desert Storm soldiers that can be directly related to the consumption of an aspartame product. Several thousand pallets of diet drinks were shipped to the Desert Storm troops.

The products sat in the sun for weeks before being distributed amongst the men. Remember, heat can liberate the methanol from the aspartame at 86 degrees F. All of their symptoms are identical to aspartame poisoning and were first reported shortly after the soldiers received their free sodas. Still, the thing about aspartame that scares me the most is the fact that consuming aspartame at the time of conception can cause major birth defects. The phenylalanine concentrates in the placenta, causing mental retardation in infants according to several Pediatrician Professors in testimony before Congress. The solution for a sweet tooth? Stevia, a natural food sweetener, which also helps in the metabolism of sugar. For years, the F.D.A. had outlawed Stevia because of their loyalty to

Don Lemmon's KNOW HOW

MONSANTO, but to quiet people like you and I down, they are allowing us the opportunity to get some. So, from now on, if it says "SUGAR FREE" on the label, do not buy it! There are a lot of people out there who must be warned. Please inform them. This is not urban legend, it is fact. People like EAS and Met-rx are poisoning you and do not even care. I cannot reach everyone alone. I need your help.

Here at Don Lemmon's KNOW HOW we have read thousands of research articles and periodicals relating to health and fitness which we use to help you reach your greatest health potential. In fact, our main goal is to help people achieve optimum health through the information only available through myself and Dr Gary. One thing I must mention to you is that it is important to reject conventional ways of thinking and be very open to going in new directions when it concerns your health. Most people think modern medicine has all the answers. This, unfortunately is very far from the truth. New research is done everyday and hundreds of new articles are being written that push modern medicine back into the stone age where it seems to belong. The key to good health is within each and every single one of us. We have just yet to find out what we need to know to be our best. We are not certain of what kind of exercise or nutrition plan is best for us as individuals and especially not sure what kind of health care works for and not against us. This program was dedicated to helping you answer all these questions. If you have ANY further questions, email either of us. Contact Dr Gary at [drevesole @ lvcm.com](mailto:drevesole@lvcm.com) and let him know if you want to join his Health And Fitness Tips Newsletter along with our other 100,000 subscribers once a month for FREE.

Many people probably wont take the time to even reach this part of the book, so thank you. Why? Because most people have a short attention span. No, I am not criticizing you or for that. Not one bit. I am the same way. It is in our nature. Remember when we were kids?

We hated those thick books the teacher handed us fat school (and the nerve to give us so many of them). The professor in college.... What was he thinking? There wasn't a reason under the sun I would even think of opening up those intimidating works of literature. BUT I would however read magazines... Or thumb through them anyhow... Scan the pages with pictures... Stumble upon some interesting stuff.... And that is what I meant about a short attention span. I too have one and I too would rather read a quick article than something ten pages long... Unless of course I am interested in it. And I thank you for that interest.

Don Lemmon's KNOW HOW

For even more interesting subjects and things to do, I want you to visit my website's link section. This part of my website is growing rapidly with plenty of other sites related to EVERYTHING of interest and MORE (with loads still to come) regarding many things you probably never even thought of. Life is all about the pursuit of knowledge, and I am in full pursuit! In the two years that I have had links, due to all the traffic we generate, I have decided to divide them up into nearly 20 different areas. If you can suggest a worthy category, I am more than glad to accommodate you. With that said, come by and take a look around. There is tons going on there. And soon, I will be joining a few Web Rings! Until then, take a tour of some of the best sites on the web. It is our belief that everyone eats. And everyone who eats has other interests as well. So we all have something in common with everyone else. If you do not find things that you like, let us know why you came, what you were looking for, why you wanted to leave, and how can I make my web site the best site possible. I can't do that without knowing what I should do to accomplish such a feat. So tell me...

I know some of you are on the internet yourselves and are curious how to go about a link exchange. Well, it's free to exchange. If you want to post a banner, however, you will need to contact me about pricing. I am not greedy so do not be scared to ask. At least that will give you an idea of what to do next. As a side note... If your page uses a java script that requires ten minutes of load time, leaving us waiting with nothing to do, or has one of those MOST annoying, bloody 'water' rippling effects you seem to think makes your site cool, or any other insane and S-L-O-W loading applets or graphics, especially one that is 3 foot tall and causes the average computer to FREEZE or worse yet, CRASH, DON'T BOTHER ASKING FOR A LINK unless you have a page inside the site that skips all this nonsense we can link to! When will you webmasters realize that just because you have a cool computer doesn't mean everyone else does?

You create a site on a screen as wide as a house, own a hard drive big enough for the Pentagon and use more RAM than is needed to hold a city at bay and then wonder why us little guys can't enjoy your work. Keep it simple, then email me.

Newsletters. I started my online newsletters in December of 1998. I was surprised how fast they took off. I had only about 1000 subscribers the first few months but by summer there were 50,000. As of October of 2000 we doubled that. Now, over 100,000 people receive this monthly site update. While the ideas surrounding the change each month, you will find a little deviation from the rule of

Don Lemmon's KNOW HOW

thumb as each new issue is released. I apologize for there not being any 1999 newsletters available. I had more computer crashes this past year than I care to remember and lost them along with some gems of interviews and articles! For the record, 18 editions were published our first year. Each edition at least covers WEB SITE UPDATES, my CURRENT CONTACT in case I relocate, ANNOUNCEMENTS like modeling opportunities and seminars, WEB TIPS on how I got to average 1,000,000 hits a month for a while there, CYBER-MEDICINE for natural alternatives to healing, what I am up to and where I am training is covered in THE GYM section, any INTERVIEWS I do or conduct are posted, NEW LINKS are mentioned, the ever popular RESTAURANT REVIEWS, tips for your own EXERCISE/WORKOUT routines, the joke of the month and HUMOR section, CONSUMER ADVOCATE area discusses frauds in our industry, CURRENT EVENTS, MY DIET, MUSIC and concert reviews, any current VIDEO PROJECTS, ENTERTAINMENT news and gossip, MOVIE OF THE MONTH, up to the minute MEDICAL BREAKTHROUGHS, my latest clientele TESTIMONIAL, RELIGION and more.

We may be putting together our own magazine soon and this newsletter is just a taste of what we will have to offer. As far as usable information, it's here like no one else delivers. As far as truth, you will get nothing but the truth. As far as popular subject matter, I don't know. I am not going to promise you will realize what we have to offer is something you will need, but I will promise that the people involved with me have a passion for these newsletters and believe wholeheartedly in what they offer. Who will be writing for me is a surprise. Actually, some of them may not be a surprise if you look around the site a bit. Send me your own personal suggestions for both content and individual writers and I will see what I can do.

As you now know, it is important to control all aspects of your life. Making assumptions that you know what you are doing is exactly what sets you back. Maybe you feel it is others around you that hold you back, Maybe these people need to know in a positive way how you feel about them. If you care about them, let them know. Being cared for isn't the same as being told you are cared for. Sometimes people irritate you because it's the only way they know to evoke emotion from you. Suppressing your feelings and intentionally misbehaving is just plain wrong either way and only shows you are both afraid of your own emotions. I spent a lot of my life trying to help people. I have realized not everyone is like I am. I appreciate that now. Through no amount of logic can I expect to understand why these people started doing what they do to be such a limiting factor in your

Don Lemmon's KNOW HOW

life, nor do I know what makes you do what you do either. But I do understand why you behave the way you do and know you will change when you are ready. Please apply that same belief to your own personal situation. When you are ready to change, you will change. And when you do, so will the other person.

Sometimes, the other person will never change. So you must get on with your life. I had a family member once do something that backfired on them in such a way it is impossible to be around them unless they also go back and fix what they did wrong. But they refuse to and insist on living in denial about it without taking blame. Think back on all your acquaintances in life. Who's company did you value most? Who could you turn to when everyone else would have looked the other way? Who gave what they had instead of taking what you have? Those were special people. I thought this person was special too. But apparently I am not as special to them as their own pride is. Oh, I forgive them. But like my dad said, if you stand in front of a moving bus, expect to get hit. Sometimes you simply need to get out of the way of that moving bus. Other times, you cause the problems yourself by not opening up to those around you. Either way, use common sense and like Dr Gary said, do your part. Leave it up to the other person after that.

I'd like to now close out the book on another 'Isn't it ironic?' note. I originally came up with the idea for Don Lemmon's Know How when I was getting out of the Army in 1988. That November I spent about two weeks trying to figure out what I was going to do next in my life and this book is one of the paths I chose. It hasn't been all smooth sailing unfortunately. It wouldn't have been so bad if people these days could lighten up. Like I said, you can do your part, but some people will never change. If you think I am spotlighting you, I am. But it's ok now. It is unfortunately I must do it from afar, but I forgive you. People choose their own paths. I chose mine. Over the past 12 years, I've seen and heard it all. My transcripts have been stolen, sold, quoted and passed about illegally.

I have made and lost friends, business associates and (surprise) even had family issues arise. It's been heart breaking, but enlightening. You see, I have always believed in this system. I lived it, breathed it, walked it, and felt that it just HAD to be made public. I didn't mean for it to stir any pools of water along its merry way, but it did. I also always believed the only way to get things done, no matter how long it took, or how hard it was to accomplish, was to JUST DO THEM YOURSELF, even if that meant doing it all by yourself at times. Having gone from working all alone to having an entire crew of people working for me at one point was been very inspirational. Hey, if you want something, don't sit and talk about it, GO

Don Lemmon's KNOW HOW

GET IT. Not everybody can relate to having a drive so strong or dreams so big that you want to reach the entire World and that is intimidating for some people.

That's my dream. Reaching the entire World somehow. Lord willing, I might. We all have dreams and this one, my book and it's significance, is all mine. We have close and intimate relations in our lives. People for whom you care, support, trust, love and share your feelings with. People you may argue with but never really get out of hand with. We each have had exposure to all sorts of trials and tribulations and hopefully learned from them too. In any case, in time, we learn who our true friends and family are by whom we can be ourselves with and they never question that. This is all I ask of you. Not everyone sees eye to eye. But they can try. It is by no mistake you meet someone or have them in your life. Getting along with or understanding one another means little. That person is in your life for a reason. If they exit it, it is your own fault. The only way I can reach the World is if the World is willing to reach one another. It starts with you.

Here's to all my friends and family who have supported me in my success and to those who stood by me in my struggles. Many have come into my life and became part of my dreams. And others have drifted off because I cannot allow for anything or anyone not willing to help themselves to hold me back. First of all, I would LOVE to include everyone's name who's played a part in my life here, but I can't possibly do that (there are a number of you at the top of the list and you already know who you are). I can however say I haven't forgotten any of you. NOT a single one. I pray God blesses you. So, to those who have stood by me and shown patience, allowed perseverance, provided love, faith and support, thank you so very much. This book has went from 30 to 300 pages. Seen larger font, double spacing, graphs, charts, and photographs. In comparison, the original transcript presented in this same format was a mere 15 pages. Amazing isn't it? Here is my thank you list.

I want to especially thank Matt 'Tiger' Pollino for being the best friend anyone could have. You have been there from the earliest of times and when the weather was gray, you stood there with lightning in your hand and told me to press on. Thank you. Rufus Rankin of webtranslatorz.com for all his help. There is also Mike Martin the fire fightin' chick chasin' super hero at large, my sis Grace Grimes and David Dale from gracegrimes.com and camone.com, Paul Becker from trulyhuge.com for his business guidance. Others include MaDonna Grimes of madonnafitness.com, Rob Faix for my first real website, John Ozanich for being a ninja, Kim Strange for

Don Lemmon's KNOW HOW

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Even with all the influence or motivation people like these provide, this book is dedicated to my daughter Carly, in loving memory of her Grand Father, Donald E. Lemmon Sr. who passed away just days short of Thanksgiving, 1994. My father was

Don Lemmon's KNOW HOW

the greatest man I ever knew. I see his face everywhere I go. To my brother Jeff (even though I could have strangled him a million times as a child, he was always there for me) and I truly admire my sister Sharon (even though she never seems to know or remember heads from tails at times, she too is a real gem). To mom, you raised me right and I thank you for that. To my grand parents, RIP. I love you all.

To the Alterio family in Kamloops: Armando, you are one of the most caring fathers and wisest men I know. Genny, take your head out of your butt, your sister and I are expecting a visit from both you AND JARED soon! Rosa, I wasn't going to even acknowledge you but now I am. Behave.

I want to thank most of all my dearest Nadia Amanda Alterio-Lemmon, my wife, my life, and my every breath. When I look into her eyes, I see the most beautiful woman alive and she inspires me to do anything. Her smile lights up a room like no one else ever can. When I saw her onstage at the Miss Canada International, I was in awe of her. When I met her for the first time at the airport in Kamloops BC, I knew I was in for nothing but trouble. And I fell in love instantaneously. Nadia, it was you who reminded me of who I am and why I wrote this book. I want to thank you for being the single largest influence over my life and believing in me like you do. I am the happiest, luckiest and most complete man I know. Thank you for being my partner in everything we do. Thank you for EVERYTHING. Now let's kick some more butt!

This book is for all the wonderful people who have for many YEARS struggled with all or nothing effort and have gotten virtually NO where and is also my farewell salute to Santa Claus and the Easter Bunny. Here's to what's REAL. No more fantasy. I would also like to thank those featured on or in my book and on my donlemmon.com web site or in my exercise videos, and other ads.

You've seen all of them either in the fitness magazines, on pay-per-view, regular television or even the big screen aside from working with me on this project. I am proud to know all of you. To the portion of my audience who has just purchased this book in good faith hoping to make the change of your lives, I appreciate your entrusting Don Lemmon's KNOW HOW.

If you would, I appreciate your help in getting others on the KNOW HOW program. I'd also enjoy seeing copies of your before and after photographs and any details of lifestyle modifications or personal experiences you may have had to make along

Don Lemmon's KNOW HOW

the way to ensure your individual success. I can not change what works, but I can possibly change the way I present it to make a better package for all to enjoy. Please include the clearest of possible photographs you can manage. Use a flash bulb, 400 speed film, have your body uncovered and wear the same clothing in both sets of pictures. If the pictures are taken outside, please face the sun and use a light colored background. A little common sense is all you need. I will also need you to fill out the questionnaire I have included in this manual. Plus, if it's all the same to you, I may require the negatives to use your photos in advertisements, but I will return them in their original condition.

Now, go to the shelves in your kitchen and look through the fridge. Decide whether or not you need to go to the store today. Next, prepare your exercise program. Then, start your free counseling. Trust in my counseling. Let nothing hold you back from starting the process today. You will always have valid concerns and questions. There are many things to take into consideration while making a lifelong commitment to yourself, but I have covered most of them before and to me it is second hand knowledge. I want to see your current diet and training program. No time has ever been more right than now. Especially since NO FRIEND, NO NEIGHBOR, NO EQUIPMENT, NO GYM in the World GUARANTEES that you will achieve your health and fitness goals by using their services. NOT ONE! BUT I DO! I FULLY GUARANTEE THAT YOU WILL ACHIEVE YOUR HEALTH AND FITNESS GOALS BY TAKING MY ADVICE! I am confident that I can do for you what I have already done for thousands of others. I have proven how successful this system is to many physique stars and models alongside people just like you before. I am positive your goals lie somewhere between where you are now and where they have gotten to. All we have to do is determine the happy medium. We both know this is true. I firmly believe you can go beyond all the valuable information I have already given you without seeking my FREE personal assistance, but you must start this system today or tomorrow and NOT later in the week.

I wish you luck in your journeys, but know I am here for you. I could become besieged by a million customers all at once offering free counseling but I do not care. I want to extend my services to you if you need them. Promise me this first. You WILL get started today. I want a commitment. Read the book a couple more times. Eat what you already eat, just separate your foods. It's alright to ask me for direction if you get lost. After all, this isn't anyone else's program. It's mine. So are you ready? SAY YES! Are you motivated? YES! Do you have to do it alone? NO! I simply want you to know it's perfectly all right to approach me for further

Don Lemmon's KNOW HOW

information. I refuse to sit back and watch you fail. Right now you are probably thinking "Does this guy want me to make an expensive commitment to personal training or phone consultations or something?" NO! It's just the opposite. I want you to email me for FREE! Think about it. NOT being healthy is actually what's EXPENSIVE. All the money (and time, inconvenience and frustration) spent on doctor visits, prescription, tests, yadda, yadda, yadda, whether your insurance covers part of it or not, does not need to cost you what it does. And you KNOW it.

You now know it is unhealthy to eat without separating your foods accordingly or knowing what biochemical reaction it's causing this time that's breeding what ever disease and pushing you closer to death. You know some foods just can not be eaten at the same meal and fully digest to a point where they benefit you. Undigested food will rot, disease, ferment, destroy your organs and deplete your system. How do you achieve balance that way? Email me. Think of how the lack of motivation to do something about it until now held you back and how depression has overwhelmed you without hope until you read this book. Isn't contacting me like the coolest thing in the world? Actually interacting with the author of a big and successful program? You bet it is. All you are doing is seeking help, just like you just did when you purchased this program.

I know you want to enhance your self esteem, reduce the risk of illness or injury, sleep better, perform your best, look your best, be a better lover and all that. I know you want to get rid of the stress in your life. I will help you via email where this book may have not been able to. Just ask. It's all about having good health or bad health. And you make your own decision regarding either. Besides, if what you are doing now isn't working... It doesn't work. Point blank. Life is not a dress rehearsal. Let's get it right.

For over 15 years now, I have studied, researched, tested, certified, and accredited in all areas including physiology, psychology, nutrition and science. I have determined theories are great, but what really counts are the measurable results from time spent in the gym, in front of the kitchen table and how that reflects in the mirror. After testing practically every method there is, I kept only the techniques that consistently produced positive results, time and time again and put them right here in this book. I wrote this guide because I want to help you achieve your goals. So, do I have the green light? If I do, then let's design an individualized training and nutritional program for your very specific needs, body type, lifestyle and goals. On a daily basis I want to monitor your progress, and

Don Lemmon's KNOW HOW

make sure you are making progress EVERY SINGLE DAY. Is that too much for me to ask? To help you? Take a moment right now and think about your goals. See yourself attaining them.

I was with a client the other day, who said they were always complimented on their shoulder development. But they also said they had the hardest time building up their chest and mid back. Must be genetics they figured. I shrugged. Nope. Genetics is an abused excuse. They simply are exercising incorrectly. For instance, if you raise your shoulders off the bench when you press, you aren't working your chest. That's shoulder work. Especially if you do not lower the bar all the way down either. I imagine raising the bar up to the top, locking your arms then raising the bar higher towards the ceiling away from you. That extra raise you do is all shoulder work. And by not lowering the bar to your pecs, you aren't sufficiently stretching the pectoral muscles to recruit chest fiber for growth. As far as his mid back goes, the same thing. If you do not row or do pull downs all the way in to the body and spread the shoulder blades back at the end of the movement, the mid back goes unaffected. If you stretch too far upward at the top, you are doing further shoulder work to pull it back down in order to work your back at all again. Add it all together with extra military presses and shoulder flyes and no wonder your shoulders look so much more developed than your back and chest does. You aren't working your chest and back! Only shoulders!

But neither you nor he realized all this until I summed it up. So if you can't do it on your own, let ME help YOU do it. I am so insistent on this because there are far too many people who are getting ROBBED at their gyms or health food stores by clowns who get paid \$5.75 an hour for part-time work that have turned a hobby into a means by which to make a living! Plus, I take YOUR SUCCESS very seriously. If you fail, I do not get your referrals.

And I need referrals to keep this business running. If this business fails, I cannot help anyone else ever again. And that would be a shame. If you are absolutely sure about what you want, and are really ready to accomplish all you promised yourself a thousand other times you were 'really going to do this time', then let's get started. I want to know what time you sleep, wake up, eat, what the foods are and what measures they may be. Telling me you had a turkey sandwich isn't enough. I want to know how much meat, veggies and bread were there. Do you drink milk or juice or soda with your meals? I know it seems trifle, but tell me about it. What were your calories? Don't know? Send what you can. We will make as much of what we can from what you know and get you going. Next, I want you to tell me about

Don Lemmon's KNOW HOW

the exercise you perform. Reps, sets, weights, distances, timings etc. everything. I will correct ALL that you do and your results will come almost IMMEDIATELY. Please include your age, height, weight, age and waist measure.

I charge quite a bit for phone consultation and meeting me in person even if it's just for a tea over lunch. I do this because I am well worth it. My counseling is very valuable. I say this because I am often contacted to meet a client in a gym while they are in town or to be flown to wherever someone requires me to be. Other times a phone conversation is all the clients request. I have no problem with this but it does take up extra time to do this. A gracious amount of personal attention will be freely extended to sincere applicants but I will expect full cooperation plus a reasonable attitude and conduct in return. If you decide you want to fly to me to work with you in person, my required travel and/or living expenses are of course, at the expense of the individual client. I am not greedy so let's find a more cost effective method together. Contact me via email about these matters. I am also available to video tape specific techniques for you and because you have possession of this book, you will receive at least 50% OFF my regular fees.

A final note. I know, I have a lot of final notes. I mentioned a belief in God at the start of this book. I also mentioned it is to each their own what they believe. I do not want to impose myself or any belief upon you. If you do not have the same faith as I do, I am glad we got as far as we have this day while not seeing eye to eye. But I wasn't lying. I really do have a strong belief in God. I have let myself allow others stand in my way over these beliefs but all the while I have maintained my faith. I have been strong and at other times, I have been very weak, but I have always believed in God. My strengths are all individual and God given. My weaknesses have been brought about by man. I believe yours are too. It is when we focus on our weaknesses we tend forget about our strengths.

It is always man who points out these weaknesses. But it is God that turns a weakness into a strength. I believe the reason no one around us shares the same strengths we have is so we can help others with them so that they can share their strengths with us in return. This is important. Even if you think I am being sillier than ever right now, you know the difference between right and wrong. You know you do. Even as a child, you knew. You chose to rebel or be accepting. You can reject it. You can accept it. These are your choices. Just like my next suggestion is. Please, read the Bible. I will be glad to read your religion's foundation as well. I have studied theology for years. The Bible has more in it than any other book I know of. It really is amazing. Although there are areas left out or missing from the

Don Lemmon's KNOW HOW

Good Book because of whatever reason the Catholic church decided to leave them out, it is still a book everyone should read. And read it all the way through at least once no matter how boring some parts are. I promise you, this will not turn you into a Bible thumping zealot but it will change your life for the better. I know, I know, you went to Catholic school or church every Sunday. Well, that isn't enough. If you say it is, you're lying. And again, if it offends you that I say this to you, maybe it's an element of right and wrong being battled from within yourself this very moment you should take some time to deal with. I have seen great things happen to people who were proud of their faith in a positive force. I have seen people fall apart by the seams for denying their faith. If I were to say I had hopes, dreams, purpose and spirit and it wasn't instilled by a higher power, I would be a fool. I know that everything good that has happened to me is due to my dedication to good work and good faith. Every time I failed, that too was my own fault whether I allowed others to influence me or not. Do not turn your back. Just like everyone else you know you wish you could be like, YOU ALREADY ARE.

If you act differently, you become differently. If you want to take part in the world of life, make your own mark and have a better existence in it, then do it. Smile. Laugh. Enjoy. It is in you. And I thank you. Don Lemmon, email address: donlemmon @ donlemmon.com

SECTION TWELVE: QUESTIONNAIRE

Here is an offer you cannot refuse. FREE Counseling for 6 months! That's right! On the donlemmon.com website I advertise that you receive a FREE 30 Day Membership to my online coaching services along with the purchase of this program. Well, I want to extend that offer to a full 6 months. All you need to do is make a photo copy of the following pages.

Next, fill out all the requested information. Then, prepare an 9 x 12 inch manila envelope with Don Lemmon's Questionnaire P.O. Box 13073 Las Vegas Nevada 89112 on it. Insert one 'before' oriented picture of yourself so I know who you are and send all these pages to me (completed in their entirety). It's THAT simple! The counseling begins the day I get your package! Before you start, if you refer four friends to begin this KNOW HOW journey with you, I will personally call you for a phone consultation to make sure everything you are doing is up to snuff. I will also record that conversation and send you a copy! Let's begin with a physician's approval. You can waive your right to see a physician, I have no problem with that. I just want to know how I can better serve you as a person, a customer and a friend.

Don Lemmon's KNOW HOW

Please include their name and address so that I may refer other's in your area to them as well. These waiver forms are very similar to the forms your physician, gym and possibly trainer have already asked you to sign. If not, they are not doing their job. These questions are in no particular order and are not meant to offend you. Do not email this, make a photo copy and hand mail it.

DON LEMMON'S HEALTH RISK QUESTIONNAIRE

Your Name:

Nickname:

Address:

Phone Number(s):

Age:

Place of Birth:

Social Security Number:

Height:

What is your weight today?

What is your desired weight?

Do you own a computer?

If yes, do you use the internet?

Marital status:

Employed by (company name and address):

Occupation:

Education:

Honors received:

What books have you read in the last 3 months?

What magazines/newspapers do you read regularly?

Are you overweight?

Are you ashamed of your appearance?

Who is your personal physician?

What is their address?

Which best describes your physique:

What is your physique preference?

What is your physique goal?

List your outstanding characteristics:

Any extracurricular activities (date of next competition if applicable):

Military Service? Which and years:

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Do you have any children?

If yes, what are their hobbies?

What was or is your wedding date?

Do you have a mentor? If yes, who?

Is your greatest concern (be honest) health or vanity?

What is your political party?

What is your religion now and any other previous religions?

What truly prodded you to begin this program?

Do you frequently fail when you set a goal?

Are you pregnant now?

Are you currently taking oral contraceptives?

Have you ever taken the pill and when did you stop?

Are you willing to make adjustments and take actions contrary to custom?

Do you use any form of tanning?

If yes, which and how often?

Do you own any gym equipment?

If yes, please describe:

In case of emergency contact (with phone number):

Your relationship to the above is:

What is your daily sleeping average?

What is your regular bedtime?

What area of your body do you have the most trouble with?

Do you find yourself: (please circle)

too bulky not big enough just about right

Which do you find yourself admiring more often: (please circle)

{This question is not sexually derived}

The physique of men The physique of women Both Equally

If you had the time would you workout more often then you already do?

If you had 10 minutes alone with the person you most admire what would you ask?

Do you have any injuries you would like to rehabilitate?

What type of activity does your job require:

Are you unaccustomed to vigorous exercise?

Do you feel you receive an adequate amount of sleep?

In your leisure time do you engage in: (please circle)

regular strenuous activities like running or weightlifting

regular moderate activities like tennis or cycling

occasional activities like calisthenics or walking

no activity at all

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Do you have any physical problems or limitations that affect your exercise?

Has your doctor ever told you that you have a bone or joint problem?

Have you ever had a serious (please circle) ankle, knee, hip, back, shoulder, head, shoulder blade, hand, arm, lower back, pelvic, foot, neck, elbow or wrist problem?

Any other injuries?

Any surgeries?

Any current pain?

Is there any reason not mentioned (such as arthritis or bursitis) that limits you?

On the average, how often do you engage in physical activity besides work?

In an average week how many times do you engage in physical activity that makes you breathe heavy, sweat, and raise your heart rate?

Do you warm up? How often:

Do you cool down? How often:

Do you stretch? How often: Light or Hard?

What is proper activity specific footwear?

What are support structures (do they deteriorate before under soles do)?

What type of floor you are exercising on?

Do you perform non-weight bearing activities?

Describe your exercise routine:

How long have you been training?

How long does your typical workout last?

How would you rate your current level of development: (please circle)

Sedentary = little or no recent training or dieting history

Beginner = just getting started

Intermediate = one year at 3 times a week or more, has exercise familiarity

Advanced = would call fitness a hobby or a job

Do you ever workout at home? If yes, please describe:

Why do you workout?

Please describe your knowledge of exercise and fitness as well as your beliefs:

Has your tap water been checked for bacterial contamination?

Have you ever had a hernia?

Do you have a limited range of motion in any joints?

How often do you feel "on the run"?

How often do you arrive late for business appointments?

How often do you arrive late for social appointments?

Do you rush conversations to "get to the point"?

Don Lemmon's KNOW HOW

Where was your last vacation?

How would you characterize your life in terms of stress:

When faced with an obstacle, how would you rate your perception or outlook, emotional reaction and energy: (please circle one for each)

Pessimistic or Optimistic

Discouraging or Challenging

Lowered energy or Increased energy

Low commitment or High commitment

Take little responsibility or Highly responsible

Low determination or High determination

Do you feel: (please circle)

victimized, blamed or concerned when it comes to finding solutions?

Which of these do you experience: (please circle)

Depression, Migraines, Fatigue, Swollen/stiff/painful joints, Ulcers, Back pain

Describe the pain: (please circle)

better, worse, same, abolished, lessened, controlled

Your stress control goals are (please describe) currently:

1 year from now:

2 years:

5 years:

10 years:

How often do you bring work home from the office?

How often do you take a scheduled vacation?

Are you concerned about the opinions of others?

What spectator sports are of interest to you?

Are you a fan of any particular sports team?

If yes, who?

Please list any allergies:

What is the level of air pollution in your neighborhood?

Noise pollution?

Do you obsess over the opposite sex?

At what temperature do you keep your home?

Please describe any other environmental details:

Do you take antibiotics?

How often do you worry about your physical appearance:

How often do you worry about your health:

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Do you have too many problems to make a commitment?

Do you eat more or less when under stress?

Compared to one year ago, how would you rate your health?

Is father alive and over 68?

Is your mother alive and over 73?

How much bodily pain have you experienced in the past 4 weeks?

In the last 4 months?

Does it interfere with normal household or homework?

How much time in the past month did you feel:

Full of energy

Nervous

So down in the dumps that nothing could cheer you up

Calm and at peace

Worn out

Happy

Have any of these feelings persisted for weeks?

Do you seem to get sick easier than others?

Are you as healthy as anyone you know?

Do you expect your health to worsen?

If you spend the rest of your life exactly as you are now, how would you feel?

What is your blood pressure?

When was it checked?

Systolic {high # }

Diastolic {low # }

Is this high or low?

What is your cholesterol level?

When was it checked?

LDL

HDL

How would you describe your overall physical health considering your age?

Have you ever missed work or called in sick because of a night of fun?

Have you ever experienced chest pain associated with stress or physical exertion?

Do you have diabetes?

What is your resting ECG?

Do you ever feel faint or have dizzy spells?

Has your doctor ever said your blood pressure was too high?

Do you have a family history of any of the following: (please circle)

Heart disease

Heart attack

Hypertension

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Cardiovascular disease Abnormal EKG (enlarged heart) HIV
Diabetes Asthma Angina Cancer
Other:

List age at which these disorders occurred and the age of death where applicable:

How many times have you experienced chest pain, pressure, or discomfort?

Describe the discomfort: (please check all that apply)

- _____ sharp, fleeting, localized pain or "catch"
- _____ intensity changes if you alter position or take deep breaths
- _____ dull pressure, ache, tightness, pain or burning
- _____ radiating, spreads to jaw, arm, neck, shoulder, back
- _____ awakens you from sleep
- _____ predictable with exertion
- _____ currently using nitroglycerin

Have any relatives died of a heart attack prior to their 60th birthday?

Do you add salt to foods during cooking or at the table?

Have you ever had a second heart attack? If yes, when?

Angioplasty? If yes, when?

Coronary bypass surgery? If yes, when?

Cardiac rehabilitation program? If yes, when?

Are you now or have you ever taken medication for high blood pressure?

Are you now or have you ever taken medication for cholesterol?

Have you ever experienced an extra, skipped, rapid heartbeat/palpitations; murmurs; clicks or any other affliction that may have went unreported?

Please list any and all medication and include type, dosage, frequency, and reason.

Have you been examined for glaucoma?

Have you ever had rheumatic fever?

Have you ever experienced any of the following: (please circle)

- | | |
|-------------------|----------------------------------|
| Phlebitis, Emboli | Emphysema |
| Bronchitis | Cerebrovascular disease {stroke} |
| Diabetes mellitus | Epileptic seizures |
| Anemia | Pneumonia |
| Chronic coughing | Increased anxiety |

Please list the number of family deaths before age 60, include age and cause:

How often do you plan to workout per week?

What time of day will you want to workout?

How many minutes at a time do you plan to spend working out?

What days/times do you participate in sports weekly?

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Characterize your present athletic ability:

Can you exercise during your work day?

Are your favorite foods: (please circle)

sweet salty spicy crunchy creamy

How would you describe your eating habits:

Do you experience frequent weight fluctuations:

Are your beliefs healthy?

What is it you like best about yourself?

What is it you like the least?

What makes you proud?

Can you accept such criticism?

Is it easier to focus on superficial subjects or other people's problems?

Does the mirror you look into each day project the image you desire?

Does this question offend you?

Is your diet 10%, 20%, 30%, or 40% fat?

Do you have control over your eating habits?

How frequently do you put yourself on a diet?

Do you find yourself obsessed about food or your weight?

Do you floss your teeth before or after brushing?

Do you floss your teeth in front of others?

Do you lick you fingers?

Make smacking noises when you eat?

Do you eat with your mouth shut?

Do you eat too fast or too slow?

Are your upset before or after eating episodes that are contrary to good health?

Do you deny your bad habits?

Have you ever eaten lots of food rapidly?

How often do you eat:

meats:	list favorites:
potatoes:	list favorites:
beans:	list favorites:
garden vegetables:	list favorites:
oils or fats:	list favorites:
fruits:	list favorites:
dairy products:	list favorites:
eggs:	list favorites:
grains:	list favorites:
nuts or seeds:	list favorites:

Don Lemmon's KNOW HOW

organ meats:

list favorites:

Write down everything you eat or drink or do in the next 24 hour period. Indicate approximate measurements and weights; where and when and how the food was prepared. Be specific; cups, ounces, calories, etc... Explain if it was more or less than normal and the circumstances surrounding your consumption. Attach to this form. No detail should be excluded.

Do you usually eat or skip breakfast?

What best describes your metabolism?

Do you have any metabolic disorders?

Have you had a test for blood in your stool or a sigmoidoscopy of your lower bowel?

How often do you eat out?

Where is your favorite place for lunch?

Where is your favorite place for dinner?

Do you or your spouse cook at home regularly?

Do you eat or drink after others?

Do you wash your hands before touching your mouth, face or food?

Is there any reason your physician would object to your dieting?

What is the number of whole eggs you eat per week?

Do you eat: (please circle)

by habit

once everyday

almost everyday

whenever

whenever possible

always on time

Do you consume more:

sugars	or	fruits
cake	or	grains
ice cream	or	nuts
whole dairy	or	nonfat dairy
pies	or	beans
fried food	or	vegetables
shortening	or	vegetable oils
butter	or	mustard
fast food	or	broiled meats

How much do you spend on health related supplements: what/frequency/why?

Daily:

Weekly:

Monthly:

Annually:

Have you modified your diet to improve workout results? If yes, how?

Do you examine your testicles or breasts for unusual lumps or changes?

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Have you ever entered a body building contest?

If yes, when and what were the results?

Have you ever taken steroids? If yes, please list:

{Reminder: This is confidential and not to be shared with any legal authorities}

What is it I haven't covered that you need?

Are you hiding something?

To stay constantly motivated and become consistent with your training and eating

do you want to have a more clear-cut program?

Are all your questions answered?

Have you ever spent all 6 months on a system and still couldn't shed fat?

Do you still need to gain more body weight exclusively in muscle mass?

Do you have any lagging or sagging body parts (you want to spot control)?

Do you want more strength like you see everyone else has?

Do you want faster gains and to break through a plateau/sticking points?

Do you just want a change?

Can you tell me who are the people closest to you?

What about them makes you proud?

Can you identify with them?

Do you share their pain during time of loss?

Who do you avoid at parties and gatherings?

Is it due to likes or differences in life goals?

What was your first impression of these people?

What makes these people happy?

What about the relationship do you regret?

Do you think your feelings are superficial?

Are there people in your life you no longer joke with?

Are there those you cannot look in the eye?

Anyone you have lost respect for or need to forgive?

How about someone that you just do not know what to say to them?

Are you or they too defensive for your liking?

Does your physician know you are participating in this exercise program?

Do you experience sleeping disorders?

Do you look for your own faults in others?

List foods you cannot (due to allergies) or will not eat:

How much did you weigh:

6 months ago _____

12 months ago _____

At high school graduation _____

Don Lemmon's KNOW HOW

At birth _____

At your heaviest _____

Do you feel fatter eating carbohydrates or fats?

How many times a day do you eat?

Do you make up for missing a meal by eating more or less the next meal?

Are you hungrier after a hard workout or workday?

How regularly do you plan meals?

Have you ever used any of the following means to alleviate pain: (please circle)

Analgesics (such as aspirin)

Prescription medication

Ice packs

Heat pads

Chiropractic manipulations

Injections

Remedial exercises/stretching

Are you ever inclined to use illegal substances? If yes, which?

Do you now or have you ever used tobacco products? If yes, which?

How often?

How long?

How much?

Do you drink regular (or diet) or decaf soda?

How much alcohol do you intake:

Daily?

Weekly?

Do you feel your consumption is a problem?

Do you drink coffee? If yes, How often?

Do you use cream, sugar, half-n-half? Which?

Do you use other stimulants? If yes, describe:

Do you ever feel your use of drugs/stimulants is a problem?

Are you offended by others' consumption?

Do you reside with someone who utilizes or abuses the use of listed substances?

Do you use anything that affects mood, relaxation or sleep?

Do you use a radar detector to avoid speed traps as you drive?

Who was the first person to tell you to get into better shape?

What directed your attention to your first diet?

Your 5 favorite websites:

Ever buried something somewhere secret?

Don Lemmon's KNOW HOW

What's your craziest experience?
Anything embarrassing happen when you were trying to look cool? What?
Your biggest lie:
Grossest thing you ever ate:
Ever attacked a defective vending machine? If yes, what one?
Your actual job title:
How did you meet your significant other?
What led you into your job field?
Your most frequent question asked:
Is there a piece of exercise equipment you hate to use?
What makes you smile the widest?
What was your best workout ever like?
Your crowning achievement?
Tell me a joke:
Favorite good for you meal:
Favorite BAD meal and restaurant:
Tell me something not sexual about your body:
What would you change about your industry if you could without hesitation?
Ever peed in a swimming pool?
What diets have you tried and why did they fail?
Can you do the macarena? Electric slide? Line dance?
When was and what was your last workout?
Ever been knocked out?
Ever knocked someone else out? If yes, who?
Last movie saw, video rented:
Last CD bought, and concert attended:
The TV show you most watch:
What supplement do you really miss when you forget it:
What supplement did you notice the most results from?
The worst pickup line ever:
If you were anyone else who would you be?
Your last dream:
Please, tell me your comments about the different sections of this book:
Section 1: Introduction
Section 2: Questions
Section 3: Eating Right
Section 4: The 12 Food Groups
Section 5: Getting Started

Don Lemmon's KNOW HOW

Section 6: Fat Loss

Section 7: Weight gain

Section 8: Exercise

Section 9: Supplements

Section 10: Dr. Gary Eversole

Section 11: Closing

Section 12: This Questionnaire

These questions are not meant to form a diagnosis. Diagnosis is illegal. Assessment is mandatory. One of the most important factors in providing prudent and quality advice is having historical information on the clients entering my counseling program. This information shapes each individual session, defines goals and objectives, and fulfills legal requirements for the implementation of all health and fitness routines. Let common sense be your guide as it is critical that I know about you. This application must be completed in its entirety before your first session or even evaluation begins. There are no exceptions. Please review it carefully and notify your physician immediately if there are any questions. This solely serves as an authorization for you to exercise and begin your nutrition program. If the information you provide is incorrect you are only misleading yourself. This questionnaire was designed to help you help yourself. Although physical activity should provide only health benefits and not pose any hazards for most people, there are those that are not as "physically prepared" for exercise. Please postpone participating in this program if you experience a temporary minor illness such as a common cold or influenza and or realize you are unprepared. In order to assist you in the development of a more rewarding physical fitness program I need to have honest and accurate responses. The details and reasonings behind this registration are subject to change without notice and Don Lemmon alone retains the right to do so. By signing and submitting this application you accept the conditions set forth concerning the nature of our relationship.

You attest that the information contained herein is true, complete and correct to the best of your knowledge and is made in good faith. You release Donald E. Lemmon Jr. of all physical, mental, emotional, spiritual and financial liabilities. This includes acts of nature, property damage, physical and/or sexual abuse (not going to happen), or bodily injury resulting from the use of reasonable force to protect, any other offense arising out of business, advertising, publishing, broadcasting or telecasting, and necessary medical services arising out of failure to provide professional health care by you or your family, including fire damage, and even vehicle damage in route to or from sessions that could possibly involve war, declared or not or any incident resulting in war, civil, insurrection, rebellion or

Don Lemmon's KNOW HOW

revolution which may occur at anytime and all of which are entirely beyond the control of Donald E. Lemmon, Jr. As well, you authorize Donald E. Lemmon Jr. to obtain records and other information in cooperation with the investigation of any claims or allegations in order to prove false or fraudulent in the event of any alleged criminal or malicious acts.

Participation in a regular program of physical activity such as this has been known to produce positive changes in a number of organ systems including increased work capacity, cardiovascular efficiency, muscular strength, flexibility, power and endurance and even digestion. Participation also carries the risk of musculoskeletal system strains, sprains, and pains; cardiorespiratory dizziness, breathing discomfort, and potential heart attacks. You should undergo initial testing to determine your current physical fitness status consisting of completing this health inventory, a cardiovascular testing, body composition, CBC blood analysis and muscular fitness. This screening provides essential information and results will be made available only to you and I unless otherwise agreed. This testing is not intended to replace any other medical test or the services of your physician and is meant to include them. It is your right to decline a physician's approval. You will be expected to stop exercising at any time during signs of fatigue or personal discomfort. You will from here on upon your signing this consent form be personally held responsible for your own actions during our relationship. You do hereby declare yourself to be mentally sound and suffering from no psychological impairments or diseases and having fully read the KNOW HOW manual. I would appreciate a recent photograph of yourself attached to this application upon remittance. It is incomplete without it. I need to know how your body is put together, where you store fat and what your weak areas are.

If you are currently enrolled in college enclose a copy of your college registrar or, if in high school, a current report card. If you show improvement during our relationship, I will reward you. If you cancel your membership prior to completion of your registration you must notify Don Lemmon in writing and you will receive a 50% refund within four weeks of notice if all materials are returned in resellable fashion. If you are 15 minutes late for a session without notice, it is considered "no show". No shows will be charged in full to the client at a rate of \$59.95 per 30 minute session. Any cancellations during the session will result in a 50% charge. Cancellations must be made 24 hours in advance. It is common courtesy. If I fail to

Don Lemmon's KNOW HOW

make the appointment without 24 hour cancellation notice myself or am late, you will receive an additional session FREE.

This program is a minimum of 13 weeks and can be extended up to six months in special cases such as for sport objectives. A commitment of 3 to 13 workouts (one weekend and up to one month) will be paid for in advance if this contract involves face to face personal consultations or training sessions. Be reminded, all questions are health risk and goal related. Read them carefully. It is in your best interest to email me or consult your physician in person or by telephone on the questions that may confuse you. During the medical evaluation, seek advice as to your suitability for unrestricted physical activity beginning at a level you can easily maintain and advance gradually in stages, depending on your progressing fitness levels and what meets your specific needs. Once again, all forms must be filled out in full, signed, have photo attached and dated prior to commencement of this program. Because of the nature of private information that often winds up in these questionnaires, it will be given secure storage and your information will not be shared without your consent.

Client Signature

Today's Date

I fully understand this contract and my child has my full and unconditional approval for participation in this Don Lemmon's KNOW HOW health and nutrition program.

Parent and/or Guardian Signature (if applicable)

Today's Date

* Please Note! Your Parent/Guardian must also initial each of the completed pages before mailing them along with the minor child to affirm their participation with this questionnaire.

By signing this document I, _____ (you) acknowledge that I have been informed of the need to obtain a physician's examination and approval prior to beginning Don Lemmon's KNOW HOW program. I fully understand that any program is highly strenuous and choose to participate voluntarily and undertaken at my sole risk. I understand the nutrition requirements are strict and accept all responsibility for my health and any resultant injury, illness or mishap that may affect my well being in anyway. I hold harmless of any responsibility, Don Lemmon, or any other persons involved with this program or testing procedure. Don Lemmon shall not be held liable to myself or any other person for any claims or causes of action whatsoever arising out of or connected with Don Lemmon's services.

Don Lemmon's KNOW HOW

I, _____ (you) for myself, my heirs and assigns thereby release and discharge Don Lemmon and his officers for any such claims, demands, or courses of actions being physical, mental, emotional, spiritual or financial. I the undersigned have read and understand the health/medical survey questions fully. I do hereby intend to be legally bound for my self and waive release Don Lemmon and his affiliates for any and all sufferings while following the training and nutrition program provided to me. I understand that anything adverse which may occur is of my own doing and due to not paying the closest of attention to my instructions. I hereby expressly and affirmatively state that I wish to participate in this KNOW HOW program. I waive any loss, cost or expense arising out of any test, clean up, removal, containment, treatment, detoxified or neutralized pollutants at facility of choice for training as well. I have had the opportunity to ask questions and these questions have been answered to my complete satisfaction. My privacy has not been violated in the process.

If I am afforded the opportunity to meet, train, counsel or discuss my program with Don Lemmon, I am expected to be punctual and understand Don Lemmon may have other appointments immediately prior to or following my session and as a courtesy I understand tardiness will result in a shorter session, completed within the same scheduled time frame. Don Lemmon is not obligated to work with me past the allotted scheduled time. I understand each session lasts thirty minutes, unless another time limit has been agreed upon. I realize my participation involves risk of injury including but not limited to even the remote risk of death and serious disabling injuries and (it is impossible to specifically list of each and every individual risk, including those arising out of or caused by negligence).

Knowing and appreciating the material risks and reasonably anticipating the possibilities of success, I expressly assume all delineated possible risks which could occur by reason of my participation in Don Lemmon's program. Changes that occur during exercise include abnormal blood pressure, muscle or tendon tears, fainting, or other sicknesses and disorders of heart beat. The same can be said for changes in nutritional intake. Every effort has been made to minimize those risks through the teaching of the KNOW HOW book, which I have read, and previous applications by those before me. The questionnaire and my personal observations during training where unusual physiological situations are most likely to arise, are under my own control. My prompt honesty and report of expressed

Don Lemmon's KNOW HOW

feelings are of great importance. This program will include weight training, various aerobic conditioning equipment as well as nutritional advice. I affirm I understand weight training causes muscle soreness, aerobic exercise may make me 'dizzy' and changing my eating habits are expected. **I HAVE READ AND UNDERSTAND THE ABOVE POLICIES AND PROCEDURES AND AGREE TO ABIDE BY THEM. I CONSENT TO PARTICIPATION AND DO HEREBY INTEND TO BE LEGALLY BOUND FOR MYSELF AND WAIVE RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES.**

YOUR SIGNATURE

TODAY'S DATE

PHYSICIAN'S APPROVAL (optional)

_____ (you) has been examined by myself and has my complete medical approval to participate in a progressive fitness, nutrition and exercise program such as Don Lemmon's KNOW HOW (whether that be at home, office, or any other site that may be provided and/or recommended to participate). I understand the vigorous nature of the program and see no reason why the above named patient should not participate. Physical activity will be appropriate and _____ (you) has received my medical advice concerning the type of activity I feel is most suitable for them. Attached is a copy of those recommendations (optional). I find _____ to be mentally sound and free of psychological impairments or physical disease unless otherwise noted. (Doctor: Please indicate if patient is taking medications that will affect heart rate response to exercise or effect food digestion and please indicate the manner of effect and appropriate recommendation.)

Your Physician's Name

Your Signature