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### Pepper Spray's Strength Nothing to Sneeze At!

Pepper spray is a popular non-lethal device that many women carry but few are trained to use. As with any weapon, there are subtleties and limitations, distinct pros and cons to their usage.

Far more effective than tear gas (Mace), pepper spray contains a solution of oleoresin capsicum; better known as cayenne pepper, which is derived from red pepper plants. These O.C.-based sprays are an inflammatory agent and can disable an individual for 20-30 minutes. When a person is sprayed in the face, the air passages and membranes swell, making it difficult to breathe. The spray typically produces intense choking, burning in the throat, face and eyes, and instant eye closure. It can also force the diaphragm to contract and cause an attacker to double over. "It's like putting your hand on a hot stove and not being able to take it off," notes a Denver police officer. "The pain keeps intensifying."

O.C. manufacturers even boast that it works on dogs, bears (it's used in Canada as bear defense) and "druggies"- those in chemically altered states. Pepper sprays are not foolproof; they do not necessarily "stop an attacker instantly" as many product pushers would like us to believe.



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### 10 Hidden Physique Killers

Article By: Matthew G. Kadey, MS, RD

Not every so-called bodybuilder-friendly food is all it's cracked up to be - and some seemingly unhealthy eats can actually be good for you.

Over the years, food manufacturers have done a wonderful job of nutritionally degrading many go-to bodybuilding staples, all in the name of profit and satiating our need for all things salty, sweet and satisfying. To prevent you from falling prey to those sneaky, unscrupulous food demons, we've assembled 10 beloved power foods, and will show you how to turn them from physique-killers into physique-builders.

#### 1. Pizza

Physique-Builders: The right pizza with toppings such as spinach, grilled chicken and smoked salmon can be - here it comes - a pretty good bodybuilding food. Lycopene-rich tomato sauce may increase levels of anabolic insulin-like growth factor-1 (IGF-1) and help stave off cancer.

Physique-Killers: Slather a thick processed crust with cheese and fatty meats like sausage and pepperoni and that muscle-builder turns into a belt-stretcher. A serving of Uno Chicago Grill Classic comes in at a whopping 770 calories and more than 50 grams of heart-stopping fat. Not how the Italian folks meant for it to be.

Smart Play: Request lean protein sources like chicken and ham. Ask for half the cheese and if available, whole-grain crust. Many pizza joints offer made-to-order pies, so take advantage. Like salads, scrutinize the nutrition information offered online. Or make your own with whole-wheat dough, low-fat mozzarella and cubed chicken breast.



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Questions, Comments, Concerns, or Recommendations?

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## Physique Killers

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### 2. Fruit Juice

**Physique-Builders:** "Fruit juice can be a great source of vitamin C and other important antioxidants needed to repair oxidative muscle cell damage that occurs during exercise," says Gidus, who is also a nutritionist for the NBA's Orlando Magic. Vitamin C also enhances nitric oxide production.

**Physique-Killers:** Never consider juice a snack. Although most 100% juices digest very slowly, the lack of chewing involved when consuming the juice leaves you less satiated and on the hunt for the nearest vending machine. When snacking, choose whole fruit over juice.

**Smart Play:** Choosing 100% juices over sugar-waters labeled "fruit drink" guarantees your body more antioxidants with less added sweet stuff. University of Florida (Gainesville) researchers determined that pure pink grapefruit juice contains more nutrients per calorie than other common nectars. Enjoy juice before a workout for slow-digesting carbs that will provide long-lasting energy for your training and won't interfere with fat-burning. Mix juice with your protein powder, or better yet, choose real fruit for much-needed extra fiber to keep you more regular than Norm's presence at Cheers.



### 3. Fast-Food Salads

**Physique-Builders:** The best ones you'll find are adorned with protein-dense salmon, grilled chicken, beans or hard-boiled eggs. The veggies harbor antioxidants and plenty of fiber, which tempers blood-sugar fluctuations.

**Physique-Killers:** Bread that chicken and fry it, then pile on croutons, cheese, bacon and creamy dressings (like many restaurants routinely do) and the calories and fat can add up faster than snowflakes during a blizzard.

**Smart Play:** Before you hit the drive-thru, check the nutrition information on the establishment's website for the salads that have the best protein-to-fat ratio. Opt for lower-fat dressing and gravitate toward healthier toppings such as fruit and nuts. Remember, tomatoes fight disease. Croutons? Not so much.



### 4. Peanut Butter

**Physique-Builders:** Fat-torching, testosterone-raising monounsaturated fat; blood-glucose-regulating magnesium; growth-hormone-stimulating niacin; and muscle-repairing vitamin E are among the many reasons to go nutty.

**Physique-Killers:** Peanut butter often has two unwelcome guests - sugar and trans fat. Hydrogenated oil (aka trans fat) is added to many commercial brands to extend shelf life and prevent oil separation. Unfortunately, research shows it can also prevent you from separating from your own fat stores. In addition, trans fat increases muscle breakdown and discourages muscle growth.

**Smart Play:** "Go for natural brands that are just peanuts," Gidus advises. Bypass any low-fat versions, since they simply replace healthy fat with nutritionally suspect sugar.



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## Physique Killers

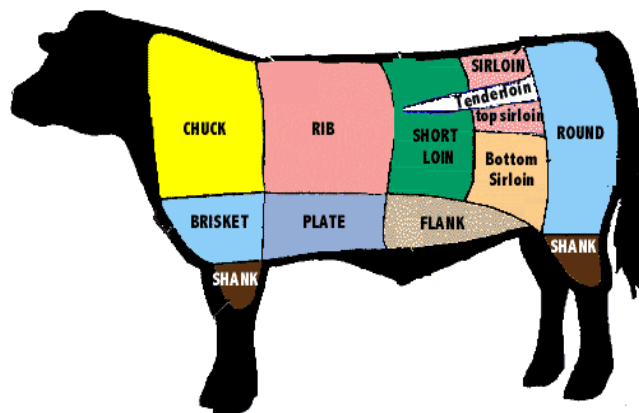
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### 5. Steak

**Physique-Builders:** Any way you slice it, beef has a nutritional arsenal to give you more muscles than a clambake. "Steak is an excellent source of protein, iron, zinc, vitamin B6 and vitamin B12 - all bodybuilding musts," Gidus explains. And don't be afraid of getting some saturated fat from beef - it's essential for maintaining testosterone levels.

**Physique-Killers:** Not all cuts are created equal, though. Some, like the infamous rib eye and prime rib, can have more fat than a plastic surgeon's waste bin. Sure, they taste awesome, but think with your midriff instead of your palate.

**Smart Play:** opt for leaner cuts such as those labeled round or loin. A cut of top sirloin may weigh in at 50 fewer fat grams than prime rib. You can also trim visible fat, but don't do this until after cooking to maintain moisture.



### 6. Yogurt

**Physique-Builders:** Yogurt is brimming with high-quality protein, gut-friendly bacteria, testosterone-boosting zinc and bone-strengthening, fat-fighting calcium.

**Physique-Killers:** Sugar and processed fruit are yogurt's (and your midsection's) arch nemeses. Flavored versions can have enough of the added sweet stuff - up to 80% of total calories - to cause unwelcome blood-sugar surges, a scenario that triggers the release of extra insulin, which encourages the body to store fat. More gooey jam at the bottom also means less protein.

**Smart Play:** Stick with plain yogurt and add your own fruit, if needed, for more nutritious sweetness. With only 40 calories in a half-cup, antioxidant-rich blueberries are a good sidekick. If you just can't bring yourself to part with the sweetened stuff, get your fix post-workout when increased insulin levels are favorable for muscle growth.

### 7. Pasta

**Physique-Builders:** Pasta's lowbrow image has many trainees forgoing it in favor of chicken. Too bad since pasta's complex carbs are a great fuel source that frees up amino acids (from the aforementioned bird) to be used for muscle growth. Pasta is also plentiful in B vitamins to help create energy from food.

**Physique-Killers:** Food manufacturers have beat up this Italian classic by milling and refining it, turning it into a fiberless, calorically dense product with a much higher glycemic index than it needs. The upshot: It's more likely to pad your abs than your muscles. What's more, eating more quick-digesting carbs can lead to fatty liver disease, which can result in liver failure, reports a study in Obesity.

**Smart Play:** Choose pasta made from a whole grain such as whole wheat, brown rice or spelt that's listed as the first ingredient. This ensures your bowl contains more fiber and bodybuilding-friendly nutrients such as magnesium, vitamin E and selenium. Eating pasta with a source of protein like meat sauce slows carbohydrate digestion for more sustained energy. Postworkout is a good time to take advantage of regular pasta's ability to boost insulin levels and drive aminos into muscle cells. However, at other meals, choose whole-grain varieties.



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## Physique Killers

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### 8. Salad Dressing

**Physique-Builders:** Dressings made with vegetable oils like olive oil are chock full of unsaturated fats that can promote fat-burning and healthy cholesterol levels. These same fats improve the absorption of fat-soluble antioxidants found in vegetables, such as beta-carotene. Olive oil goes one step further, dishing out the natural anti-inflammatory oleocanthal.

**Physique-Killers:** In similar fashion to peanut butter, many low-fat and fat-free dressings are simply pumped with more sugar (like corn syrup) than their fattier brethren. Not a good exchange for your six-pack. That said, creamy dressings can add unwanted calories and fat to your green giants.

**Smart Play:** Forgo the creamy and wimpy slimmed-down versions and select healthier oil-and-vinegar mixtures. Better yet, make your own: Combine olive oil, balsamic vinegar and hot Dijon mustard for a well-dressed salad.

### 9. Tuna

**Physique-Builders:** Eat enough tuna and you won't have to fish for compliments when it comes to those big guns. It's jam-packed not only with protein but the superhero omega-3 fatty acids that can help your body burn fat like a well-oiled machine.

**Physique-Killers:** Wolf down a can drowned in oil and you'll reel in 150 extra lackluster calories. Not to be overlooked, your albacore (solid white) tuna might be swimming in mercury, a potent neurotoxin. Yikes.

**Smart Play:** Save calories by building a sandwich with tuna packed in water. Choose chunk-light tuna for lower mercury levels, or select the albacore version from smaller companies that test for mercury.



### 10. Deli Meat

**Physique-Builders:** Deck out a sandwich with the right lean deli meat and you'll help your body stockpile heaps of protein, B vitamins, iron and zinc. Iron is needed for the synthesis of muscle protein, whereas zinc helps regenerate cells. Zinc has also been found to help raise levels of testosterone and IGF-1 and helps elevate the metabolic rate.

**Physique-Killers:** Many packaged cured meats contain nitrite preservatives. Nitrites cause oxidative stress in the body, which is why processed meats have been linked to prostate cancer. On top of that, add too much saturated fat and sodium and your sandwich isn't so body-friendly.

**Smart Play:** Concentrate on meat slices with a high protein-to-fat ratio such as sliced chicken breast, turkey breast and roast beef. Look for brands that do away with nitrites and a portion of the salt.



<b>Birthdays in October</b>	<b>Belt Achievements</b>
<p>We would like to thank <b>Robby Thomas</b> and <b>Craig Mckinnon</b> for celebrating their Birthdays with us in December.</p>	<ul style="list-style-type: none"> <li>• Congratulations to Steve Rayner on receiving his Brown Belt in Brazilian Jiu-Jitsu.</li> <li>• Special acknowledgements go to all of our Junior Linxx Black Belt Graduates for the Month of December. And a special thank to all those who were involved and in attendance for the Black Belt Graduation Performance.</li> </ul>

## Pepper Spray

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For example, after reading the literature and viewing videotapes of fellow officers being sprayed by each other, Oregon officer Frank Ward was convinced of O.C.'s effectiveness. Tragically, two weeks later he bet his life on his pepper spray and lost it in a brutal beating. He was found gasping in a room filled with O.C.'s chemical smell with, what one report called, "a death grip on his pepper spray."

Tests conducted by a well respected New York-based self defense and police training organization, found that many individuals intent on violence were able to continue attacking, at least for some seconds, in spite of being sprayed. Similar tests conducted by law enforcement agencies concurred: Determined assailants with violent goals can "work through the sprays and delay the reactions." In other words, they may be able to continue attacking long enough to inflict serious harm.

In the seconds or longer that pepper spray might take to work, you must be prepared to follow up with further action, be it quickly getting away, initiating a counterattack with body-based skills, or moving from side-to-side while spraying the attacker's face repeatedly. Simply standing in place is dangerous – not to mention stupid; a shut-eyed assailant or criminal will likely strike or slash where he last saw you.

Before you use pepper spray, you need to know that sprays are dispersed differently. Stream patterns, for example, discharge the largest droplets and can be used at a range of up to 20 feet. A steam is the most resistant to gusts of wind and is well suited for outdoor use. But because it is a narrower spray pattern, the targeting must be precise.



**Example of a Stream**

Cone shaped mists disperse a wider protective barrier, but are less resistant to wind. Better suited for indoor use, their ideal range is four to six feet – that's about two arm lengths.

Burst or fogger units discharge a wider pattern and also cover a longer range. But the number of "shots" in a fogger canister is usually less than the number of bursts in a stream or mist model.

Sprays are also rated according to their potency (rated in Scoville Heat Units or SHU's) and their percentage of O.C. Generally, a 5 to 10 percent solution with an SHU rating of two million is advisable.

For home defense, you might want to attach an O.C. canister with Velcro to a closet wall or other handy spot – naturally away from children and imbecile guests. Just make sure you don't confuse it for room deodorizer or low-fat cooking spray. That's one Mexican dish you'll never forget!



Be sure to purchase your pepper spray from a reputable and knowledgeable source – preferably one who can provide hands-on training. Otherwise, consider buying an inert canister and practicing with a trusted friend. Take it seriously – don't point it at your in-law s. Remember: it's a weapon. (In some states, you must have a registered FID card to own pepper spray; so check with your local authorities.)



Finally, keep in mind that no hand-held device is a substitute for physical self-defense training. Women are often attacked when they least expect it, and by people they know and trust: A woman may be asleep, tending to her children, or going for a job when violence strikes. How likely is it that in these moments her finger will be poised on the nozzle of her pepper spray, or for that matter, the trigger of her pistol? Always be aware of your surroundings and have a plan in case something is to go wrong.



# Calendar of Events - January 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day Academy Closed	2	3
4	5	6	7	8	9	10
11	12	13	14 BUDDY DAY!!! Permissions slips available at front desk	15	16	17
18	19 Junior LINXX Testing White thru Green @ 5pm Adult Total Defense Review and Pre-test All Ranks @ 6pm <i>*Normal class in session*</i>	20 Junior LINXX Testing Blue thru Red Tip @ 5:30pm Red One thru Brown/Black @ 6:30pm <i>*Normal class in session*</i>	21 Adult Jiu-Jitsu Graduation @ 7:15pm <i>*Normal class in session*</i>	22	23 Graduation for All Juniors @ 5pm Adults @ 7pm <i>No regular classes</i>	24
25	26	27	28	29	30	31

Martin Luther King Day