



7-Total Body Reset Day 3 - INFLAMMATION

Welcome to day three. How are you feeling? You should be feeling so much better by day three.

Although you need to understand that the total body reset is going to probably take you all seven days, depending on how far off the wagon you were, or how bad you were.

I don't want to say bad--that sounds bad to say bad. But depending on how toxified you were before coming into this it could take all seven days. And that's totally okay, be prepared. That's what the 7-Day Total Body Reset is all about.

And we're on day three, but you should be feeling better with the water, provided that you started it like I told you to on day one. You should be feeling better now that you put boundaries on your sleep and you're getting more sleep. I'm assuming you have. I'm assuming you did heed my warning and you're actually doing what I'm saying to do.

And today, we're on day three, and we're talking about inflammation. And I almost am irritated with myself even hearing myself say the word inflammation. Because it is again a buzzword that everybody throws around all the time all over the place. And I don't like it because I worry that we're getting calloused to it.

And I think when we think of inflammation, we think stubbing our toe and rubbing our toe. Yes, that's what inflammation is. Or we think ingrown fingernail, and we see it turns red and puffy. Oh, I got a hangnail right here. And it turns red and puffy and maybe even get some puss in it. And we think that's inflammation.

Yes, it is inflammation. But can I tell you, did you know that inflammation can occur in every single part of your body? When you feel pain, that is inflammation. When there is disease, that is inflammation. When there is damage anywhere, there's inflammation there as well, including the arteries. So, when you talk about atherosclerosis, or hardening of the arteries, or a buildup or blockage in the arteries, that's inflammation.

Inflammation can happen in the brain--that's brain fog. That's actual brain swelling. That's inflammation in the brain. Now, as a former fighter myself, with 15 pro fights over the course of almost eight years, I already have a head injury. And I cannot, I don't eat sugar, because sugar is the number one cause of inflammation. And I don't want to deal with more brain problems than I already have.

If you have Alzheimer's, you want to be avoiding any kind of food that causes inflammation. And inflammation could be in your bowels. Irritable bowel syndrome, that's inflammation in the gut, in your bowels. That's what that is. Plantar fasciitis, that's inflammation. Rosacea, eczema, migraine headaches, inflammation is the driver in all of that.

So what do we do? It is funny because what we do is use large anti-inflammatory medications that are a prescription. What's that anti-inflammatory that's a prescription? I'm trying to think of that prescription anti-inflammatory. See, I'm doing it again. See, that's what happens, and Miles can't hear me. I know that there's a prescription for anti-inflammatory that is really... Celebrex. Celebrex, that's it, right? Celebrex--that's not that erection drug, is it? Did I get that wrong? I think it's Celebrex. Celebrex is an anti-inflammatory. It's like Ibuprofen. It's a very, very powerful one. And that's what we do. We just treat this inflammation with anti-inflammatories. We don't get to the root cause.

And as we're going through this 7-Day Reset, it's absolutely vital that you mitigate the inflammation in your body. And there's inflammation everywhere, even in a healthy person like myself. Even a person that doesn't have the metabolic markers of poor health or anything like that. I still have a little inflammation here and there. But my massage therapist just came this morning and did a 90-minute massage, and she really dug in deep to my glutes, and they're pretty sore. And I'm sure there's some inflammation right there.

But for the most part, we can mitigate high levels of inflammation in our body and reduce pain through detox by reducing our sugar intake, eliminating our sugar and crap carb intake. I don't like saying just carbs because just carbs aren't bad because there are carbs in veggies. Alright, not all carbs are bad carbs. Not bad. I don't want to demonize carbs.

Sugar, however, is a chronic dose dependent hepatic toxin, and it causes inflammation in our body. So as we are detoxing, you need to understand that this is going to work. As long as you don't keep having the Hershey's Kiss off your co-worker's desk every time you walk by to fill up your water bottle at the water bottle station. You know, this is gonna work as long as you quit having the frickin three glasses of wine. This is gonna work as long as you quit ordering Domino's Pizza.

Because that's what's causing inflammation in your body. It's not just the sugar. It's not just the Swedish fish or the Red Vines or the Mike and Ikes. It's also the crap carbs. And you know what I'm talking about when I say crap carbs. Everybody knows that Domino's Pizza ain't healthy for you. Come on. We all know that Pop Tarts and Lean Cuisine and Hot Pockets ain't healthy for us. All right, we're not dumb. We all know the Pepsis are all causing inflammation.

So, this Total Body Reset is not going to work if you don't mitigate those high levels of inflammation. That's why job one is starting to drink that water, because it's going to flush flush flush. Job two is starting to sleep. That's why we did day one, day two.

But you need to understand that the driver in metabolic disease, the driver in obesity is inflammation, is sugar causing inflammation throughout our bodies. You wonder why you're in so much pain, you wonder why you can't get off the recliner without your knees popping. That's all inflammation. It absolutely is.

These high levels of inflammation are causing all sorts of health problems in our bodies, everything. It could be a pain in your little finger. It could be IBS. It could be a migraine headache. It could be spinal pain. It could be a plantar fasciitis. It can just so many things that happen, and it's all inflammation. And when you get off the sugar, that's getting to the root cause of the problem. I like getting to the root cause of problems. Because that's why, that's what, that's how. We don't just do a pill for every ill. I'm not mad at the medical system. Because, hey, listen, if I fall off my bike and I break my leg, take me to the ER. Don't take me to a naturopath, don't take me to a chiropractor. Take me to the ER. Those guys are freaking amazing. And girls, take me to an orthopedic surgeon.

But the traditional medically trained doctors and our traditional medical paradigm is flawed. When it comes to treating chronic diseases like obesity and metabolic syndrome, we throw more Metformin at the problem. We don't need to give someone more insulin, we need to get them to where their bodies don't require as much insulin. So we don't want to eat foods that require as much insulin.

It all goes together, and all comes back to your food. It all comes back to what you're eating. What are you drinking? You can't effectively detox this seven days with me if you are not reducing those levels of inflammation in your body. You're just going to remain in pain. You're going to remain bloated. You're going to remain sick.

People on Code Red, they drop a lot of weight the first week. A lot of it's that inflammation and water weight. And it's not fake weight, it's real weight. I mean, you've been used to your stomach being out to here, and you get off those crap carbs and the sugar, you notice that you've lost two to three inches around your waist.

That's not a joke. It's not a myth. It's not your mind playing tricks on you. It's not the, "Oh, that's just fake. That's just water weight." The body is hanging on to that water because you used to eat the Domino's Pizza and the Swedish Fish.

For every gram of carb your body hangs on almost four grams of water. It's a lot of water that you're going to dump when your body doesn't need it anymore. And your body hangs on to water when it has inflammation.

People want to blame LDL. Oh, don't get me started. Don't get me started on cholesterol. People want to blame LDL. They call it the bad cholesterol. It's ridiculous. It's not the bad cholesterol. But because there's inflammation in an artery, LDL particles go to the scene to try to help. And because we find LDL particles at the scene of a damaged artery, we blame them. It's like blaming firemen at the scene of a fire, they're just there to help.

They didn't cause the fire. Sugar is what caused the fire. Sugar is the problem. Sugar is the main driver in all of this. And until we realize that we are going to deal with inflammation, and you're not going to truly detox this week with me until you can get off the sugar.

Does this mean you can never have a piece of cake at your five-year-old's birthday, your five-year-old granddaughter's birthday party? No. But that means if you want to really do a total body reset, you've got to reset. That means you can't have your cake and eat it too. You quite literally can't.

You got into this mess. Because you let your habits get outta control. But we're doing a total body reset over the next seven days. And day three is reducing those levels of inflammation.

You want to watch. Oh, it's amazing. It's amazing. As the inflammation comes off, your body will start reducing inflammation from your extremities, so you'll notice rings will now start to slide on and off easier. Your shoes will fit looser. Yeah, I said shoes. Your neck, your shirts will fit looser. It comes off your face, it comes off from the outside in.

And the last place to reduce will be right around your trunk region. Because your body hangs on to body fat as a way to protect itself from being, stabbed by a saber-toothed tiger or something. But the body lets the water go when the when the inflammation is coming down.

And you need to understand the inflammation is being caused by sugar and chemically processed crap food. We were never created to eat processed food. Processed food is made in a factory, it takes a factory to digest. None of us are a factory. We're humans. We were made to eat real food.

So when you eat processed food out of a box or a can, your body doesn't know how to digest that. And that's how you get fatty liver disease. Because it stores it. The liver acts as a customs agent. Everything comes to the liver. And the liver says, oh hey, whoa, I don't know what this is. So, I'm just gonna put it right here. And it stores it as liver, fatty liver. That's why you can't cut fatty liver out of the liver because it's all throughout the liver.

But you can't cure fatty liver disease, you can reverse fatty liver disease. You can reverse metabolic syndrome, you can reverse type two diabetes. You can definitely reverse pre-diabetic status, which is where your A1C is between 5.7 and 6.4. All that can be reversed. If you realize the nature of the trap, if

you realize the situation, if you realize that you are causing this, and you are also the cure, you can reverse this.

You need to understand the role of inflammation through your body. You're wondering why you're in pain. Some things require medications. I'm not against medications, but we need to use nutritional therapy first to treat things. And that's not taking loads of supplements.

I'm not even talking about that. I'm talking about just quit eating the crap and start eating real food. What's wrong with steak and asparagus. Hello? What's wrong with shrimp? What's wrong with bacon and eggs? Yeah, those foods are actually going to reduce the inflammation in your body. And by reducing inflammation, we're going to get you off pain. We're gonna get you out of pain. We're going to ultimately reduce medications.

Make sure you do that with your doctor's help. Don't do that on your own. And the weight's gonna come off because the body knows how to heal itself. It knows how to detoxify itself. It knows how to reset itself. But it can't do show if you still have the crap food coming in. Gotta get off the crap. Gotta get off the crap. And it can't even be one. You can't re-crapify yourself. Ooh, it's first time I've ever said that. I like that. Don't re-crapify yourself.

Having just one Hershey's Kiss off your coworkers does it. Ain't never just one. Never just one. How many times can you tell me it's really just one? Bullcrap, none of us got into the mess that we got into and myself included with just one. Don't lie to yourself.

All right, day three. Think about what I said. Watch this video again if you need to, and I will see you tomorrow.