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to Optimize Sexual
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**A Natural Way
to Avoid
Gout Pain**

**GALLBLADDER/LIVER
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Book review:
**THE GENE SMART
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**REDEFINING
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DR. PATRICK QUIGLEY

MEN & MUSCLE: Which is Right, Lifting Heavy or Light?

Almost everyone who goes to a gym works out to lose weight or keep it off. Most guys who lift weights, however, are also interested in building muscle mass and definition safely. So once at the gym, a guy with little experience may decide to look around and observe others to formulate a muscle-building plan.

At most gyms, there is at least one big guy who is by some standards, 'too big'. He is found in the free weight area of the club grunting and lifting more weight than seems safe to pick up from the floor, let alone lift overhead. Then there is the guy lifting the lightest weight on the stack with minimal exertion, but he's not that buff and certainly nothing he's doing seems dangerous. The question arises, besides apparent safety issues, does this mean if I lift heavy I will get overly large and if I lift light I will never develop any muscle?

Fast and Slow Twitch Muscles: Heavy and Light Lifting

There is evidence of a third, but generally speaking our bodies have two types of muscle fibers that help us move, lift objects and function physically in day-to-day life. They are known as 'slow twitch' and 'fast twitch' muscles. Slow twitch muscles are those we use over and over again with no resting between the movements. Slow twitch are activated when running longer distances such as a marathon, swimming long distances and lifting weights or doing other activities with high repetitions. Fast twitch muscles are those activated when making a large and exerted effort such as lifting something very heavy, once, or running a sprint. Thus, with weight lifting and strength training in general, higher repetitions are associated with the slow twitch muscles and low reps with fast twitch.

Lifting a weight where you can complete no more than 1-6 repetitions of an exercise is generally known as heavy lifting



and uses fast twitch muscles. It is extremely impressive to see someone lift heavy weights properly. Sad to say, however, many heavy lifters use poor lifting techniques. They get caught in a perpetual cycle of trying to lift more and more weight. Often, the amount of weight being lifted becomes the only concern and many lifters use momentum and other means to cheat on the lifts. Heavy lifting with momentum and improper form yields little or no muscle definition, and worse yet it dramatically increases the risk of injury associated with working out. Heavy lifters using improper form typically develop big muscles with a somewhat bloated and puffy look.

Lifting a weight where you can complete between 12-20 repetitions and up to as many as 30 or more is considered 'light' lifting and activates slow twitch muscles. Lifting light makes it easier to use proper form, but doing so takes significant concentration. This concentration has recently been proven to form new neural transmitters between the brain and muscles. That is a good thing. It also will grow existing muscle fibers, improve muscle definition, stamina and is much safer than lifting heavy. So you can build significant muscle with light weight, but perhaps not as much overall mass as with a heavier weight. >>>

A Moderate Solution For Building Muscle

The difference in strength, power and muscle growth between moderate and heavy lifting is over rated. Most experts agree exercising between these two extremes of very light and very heavy will give an everyday man (or woman) the best results with minimized risk of injury. Lifting with proper technique is far more important if you want to get in shape and build muscle.

The real key to getting the best muscle growth from a workout routine is the ability to isolate the muscles properly. Regardless of weight, when you properly isolate and activate a muscle you get stronger and the muscle tissue grows. Then, as you continue to exercise week after week and month after month, you gradually work up to lifting heavier weights. So what once would have been a weight you could only do 6 reps with, you can now do in sets of 15 or more reps. What once was considered a heavy weight for you, will now be a light weight. Hopefully you'll give your program this much time because feeling strong feels great!

Mixing It Up

Perhaps the best method overall to gain muscle size, along with tone and definition is performing both heavy and light lifting by alternating a light day and a heavier day. Thus one day when you work your biceps, or other body part, exercise with lighter weights and higher repetitions. The next time you do that same body part use more weight with less reps. Alternating between these will ensure you activate and grow both slow and fast twitch muscle fibers. This is a common method used by body builders. Also many body builders will do both heavy and light sets for a muscle group within the same workout on the same day.

In the end, it is most important to remember to use good form and to breathe in and out on every repetition of every exercise. If you need to use momentum to complete a repetition, you are cheating and using too much weight. To avoid momentum, lower the weight and lift with even tension on the muscle throughout the full repetition. Watch yourself in a mirror while you workout and focus in on your overall technique. It is a constant process to develop good form, but doing so will improve your results. If you follow these few guidelines, your program will be safer and far more efficacious.

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Grey Matters!

Slowing the Aging Process with Alkalinity

Many of us take vitamins, herbs and mineral supplements with the hope of staying young and maintaining good health. At the same time, most of the degenerative diseases are caused by too much acidic waste within our body which slows down blood circulation. Acid actually coagulates blood, and the buildup of acid then clogs up our capillaries, preventing smooth blood circulation – hence the reason why getting old also creates a low tolerance for cold.

Depending on where our bodies accumulate the acid, disease symptoms are different. Our organs create all sorts of problems when the blood circulation is reduced and at the same time, it is amazing how quickly the various organs recover once blood circulation is restored.

I repeat, however, that one common thread with most causes of illness is the same: too much acid. Unfortunately, modern medicine tends to be overly concerned with the treatment of symptoms rather than the elimination of the causes of disease.

This information came to light following my own diagnosis of prostate cancer when my naturopathic doctor began talking of changing my diet to create more alkalinity within my blood system. In my article "Controlling the Balance Beam with Water" in the March, 2009 issue, it was explained in great detail the importance of becoming alkaline in order to make tumors disappear.

So what does all of this have to do with the aging process and getting old? Perfect examples are arthritis and gout which are caused by uric acid crystals accumulating in the joints. In his book, *Reverse Aging*, Sang Whang explains that uric acid comes from nitrogen in protein such as red meat, and in fact, gout used to be called "the rich man's disease" since in the old days, only the rich could afford to eat meat.

The uric acid cannot dissolve due to the low alkalinity of an older person's blood, so drinking acid free, alkaline water will gradually elevate one's blood pH, causing the buildup to disappear naturally.

As we continue to live with poor waste disposal systems for a long period of time, some parts of our body build up more acids than others. That is when the capillary vessels near those acidic areas begin clogging up, which causes some body organs to begin functioning in a sluggish manner.

We then begin feeling tired and run down, sometimes with no explanation, and begin to accept this phenomenon as simply "getting old". This phenomenon of getting old is often