

PREPARING YOUR BODY FOR THE RIGOURS OF HARD TRAINING

Hi and welcome to Brutal Training's recovery information package. We are not an endorsed authority but rather a group with some different views on fitness and recovery. Let me start by saying that we think most injuries are avoidable and we are advocates of being proactive with your body and chosen discipline. At Brutal Training we regularly push the limits of brutal physical training and so have an interest in our body's recovery from training and injury prevention in particular.

We hope you find the information attached useful or at least thought provoking. Pushing the limits often requires research into alternative methodologies and sometimes a rethink of conventional wisdom.

The articles below are only available to members of our website (www.brutaltraining.com). We think much of the information contained therein is invaluable and should be shared. Please feel free to have a look around the Brutal Training website, post on our forum, or if you disagree with anything you read, write an article with your own findings, beliefs and / or methodologies and we'll be happy to post it.

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Sick and Tired of being injured?

Taken from "On the Gunge" Issue 4, www.brutaltraining.com

The human body is composed of more calcium than any other mineral. Most (about 90%) is con-

"...as training and pain is concerned; a body rich in calcium tends to have a pH that is slightly alkaline. This is an ideal environment for healing and recovery."

tained in our bone structure. Calcium deficiency can manifest as

hypertension, bone disorders (including deterioration), arthritis, tooth-and-gum problems and many nervous system disorders. Calcium is essential for the involuntary muscle movements of the heart and intestines.

Now as far as training and pain is concerned; a body rich in calcium tends to have a pH that is slightly alkaline. This is an ideal environment for healing

and recovery. Calcium deficient bodies will have an acidic pH that in turn makes healing and recovery difficult and often inadequate. Dr. James K van Fleet, in his book 'Magic of Catalytic Vitalizers' (1980), states, "When the body does not get enough calcium, it will withdraw what little calcium it has from the bones to make sure there is enough in the bloodstream, then the body does its best to



bolster the sagging architecture by building bony deposits and spurs to reduce movement and limit activity."

Now don't rush out and buy a litre of milk and start guzzling. Contrary to popular belief, Phillip Day, in his book "Health Wars" indicates that milk, being an over-processed animal protein actually acidifies the digestive system when you pour it in your face. This means that the body must leech calcium reserves in order to restore its natural pH balance.

That's right, folks! According to the 'Campaign for Truth in Medi-

cine' (www.campaignfortruth.com) DRINKING COW'S MILK WILL MAKE YOU CALCIUM DEFICIENT!

We, at Brutal, have investigated a myriad of ways to boost our calcium levels in order to speed recovery and avoid injury. We have experimented with various supplements from calcium tablets to Neways' Chelamin. We have imported Osteo Solutions from the U.S. We are always trying to find the best most economical option. At this point in time we are importing Coral Calcium, a whole food supplement containing 73 essential minerals. It has a fast ab-

sorption rate and is pretty cheap. There are many brands and we have experimented with many. The best we have found for the price is Herbalab.

Here's an excerpt from a recent email from Clay Bush,

"I'm not sure how much you know about Coral Calcium, but this calcium comes from the U.S and is imported from Okinawa in Japan. It is 100% pure uncut calcium, which has been ecologically harvested from above ground. It is also ionized much the same as Maximol, which means it has a 95% take up in the body. In addi-

Want to rebuild your busted body?

Taken from "On the Gunge" Issue 5, www.brutaltraining.com

Need joint replacement surgery? Got arthritis? Can't repair that torn shoulder?

Dr. Joel Wallach in his now infamous taped recording "Dead Doctors Don't Lie" introduced us to the idea that the body requires 90 nutrients in suitable amounts in order to avoid deficiency diseases. Along with nutritional information centering on minerals, Dr. Wallach introduced the findings of a report released from both the Harvard Medical School and Boston VA Hospital. It was entitled "Chicken Protein halts the swelling and pain of arthritis in a patient trial."

29 volunteers who had not responded to any treatment available for joint deterioration related diseases were given a heaped

teaspoon of ground up chicken cartilage daily, and after 10 days all traces of pain and inflammation was gone. Within 90 days after commencing treatment the



report states there was a complete return to normal function.

Now what's similar to ground

up chicken cartilage but less labour intensive to get hold of? Gelatin. That's right, supermarket aisle gelatin for making jelly. Women have used gelatin in the past to improve fingernails and hair but apparently it is excellent for joint repair. I have seen it used in many instances and have only witnessed positive results. From improved mobility, reduced inflammation and pain reduction to rebuilt knees, necks and shoulders. I would definitely recommend supplementing with gelatin if you are suffering joint problems or need to recover from tears or strains.

But taken gelatin alone is not enough. Your body needs the full spectrum of minerals to assist in healing. Bring on Dr. Wallach's favourite subject, Colloidal Minerals.

And next month you'll hear all about it.

Maximise training performance and recovery.

Taken from "On the Gunge" Issue 6, www.brutaltraining.com

Why? Calcium is one of the hardest minerals for the body to absorb. Bob Barefoot again, "With the Okinawans, because of the rod-like microbes in the coral, discovered by Swedish scientists in the 1990's...the absorption approaches nearly 100%...Also, there

is substantial evidence that the nutrients in coral are absorbed in less than 20 minutes (Bob's emphasis)."

What are the benefits? We are only interested in cellular absorption per dollar when it comes to nutrients. Coral calcium contains

over 73 other essential minerals including trace minerals. It is in Nature's perfect biological calcium to magnesium ratio of 2:1. You can't absorb calcium without magnesium.

We take coral calcium because:

- The sick have acidic body fluids

whilst the healthy have alkaline fluids. Coral calcium will help make your system alkaline.

- Most degenerative diseases are the results of an acidic body system.
- Cancer thrives in an acidic medium.
- Lactic acid build-up while training can be combated with cc allowing you to train longer.
- Read Chapter 3 in Bob's book entitled 'Quotable Quotes'.
- We love to spend hard earned cash on supplements that are completely useless and have no benefits whatsoever.

SO HOW MUCH DO I TAKE?

Dexta's guide to Coral Calcium consumption:

Based solely on personal experience and without any supporting evidence except that you can

email him at Brutal through the contacts page with any questions.

Hard training - no deficiencies:

3000mg
(1000mg shot am, 1000mg shot pm, 1000mg in H2O for day)

Hard training - with deficiencies:

5000mg
(1000mg am shot, 1000mg pm shot, 2000mg in H2O for day, 1000mg shot after training.)

No training - no deficiencies:

2000mg
(1000mg am shot, 1000mg in H2O for day)

Not training - deficiencies:

3000mg
(1000mg shot am, 1000mg shot pm, 1000mg in H2O for day.)

This is based on taking the 5000mg dose for 6 months. That's a lot of

calcium. However after 6 months, 12 years worth of deficiencies were gone (bad lower back, dodgy knees etc). If you take



less, obviously it takes longer. After this I went down to 2000mg and was training hard. I found that deficiencies started to creep back in, probably because I hadn't finished the job.

However going to 3000mg, they went again. If I wasn't training 2000mg was enough. I've never gone as low as 1000mg, so can't tell you what effect that would have. If you want to buy some Ocean Milk coral calcium (the stuff we take) send us an email.

Dietary Tendonitis

Taken from "On the Gunge" Issue 10, www.brutaltraining.com

Tendonitis is most common in areas of the body that receive repetitious high impact loads such as the knees and ankles of runners and jumpers or the wrists and shoulders of hitters and throwers. This can result in crippling pain and inflammation and render many athletes unable to continue participating in their chosen sport. Conventional wisdom as provided by Jonathan Cluett M.D an orthopedic surgeon can be summed up as follows:

"The most common cause of tendonitis is overuse. Commonly, individuals begin an exercise program, or increase their level of exercise, and begin to experience symptoms of tendonitis. The tendon is unaccustomed to the new

level of demand, and this overuse will cause an inflammation and tendonitis.

Another common cause of symptoms of tendonitis is due to

vessels that supply nutrition to the tendons.

Sometimes, there is an anatomical cause for tendonitis. If the tendon does not have a smooth

path to glide along it will be more likely to become irritated and inflamed. In these unusual situations surgical treatment may be necessary to realign the tendon."

<http://orthopedics.about.com/cs/sportsmedicine/a/tendonitis.htm>

Physiotherapists also look at tendonitis from an anatomical perspective. They try to keep athletes active by using a wide range of strapping and support braces in order to reduce the physical load experienced by the tendon. They try to improve the biomechanical function of the joint by

"In contrast to Dr. Cluett, I propose that in most cases tendonitis is not due to overuse but is due primarily to lack of repair. What is the most likely factor impairing the repair function?

Lack of Vitamin C."

age-related changes of the tendon. As people age, the tendons lose their elasticity and ability to glide as smoothly as they used to. With increasing age, individuals are more prone to developing symptoms of tendonitis. The cause of these age-related changes is not entirely understood, but may be due to changes in the blood

using specific exercises to correct muscle strength imbalances.

Generally speaking we focus on the symptoms and not on the cause. If it is inflamed we take anti-inflammatory medication. If it hurts when we put a load on it we try to manipulate the situation by reducing the amount of the load. But the root cause of the problem lies with the structural integrity of the tendon.

If we want to get to the bottom of this problem we need to take a step back and have a broad look at the processes that are taking place. When we perform vigorous exercise we cause "micro tears" in our muscles, tendons and liga-

the week for years injury free, it does not make sense to me that we can now develop an overuse problem.

In contrast to Dr. Cluett, I propose that in most cases tendonitis is not due to overuse but is due primarily to lack of repair. The damage / repair balance is not disrupted because the damage has become too large or frequent but because the repair of the tendon is too slow and inadequate. Conventional treatment is trying to compensate for the lack of repair by reducing the amount of damage, but to fix the real problem we need to improve the body's ability to repair itself. What

what happens over years if your Vitamin C intake is high enough to avoid scurvy but still inadequate to support your physical activity?

Linus Pauling (two time Nobel Prize winner) at age 92 at a seminar in Australia in 1993:

"One of the great misfortunes of human evolution was when our human ancestors lost their ability to manufacture Vitamin C."

Pauling went on to speculate that the trait was probably discarded at a time when our ancestors had a diet of vitamin rich plants and didn't need to produce Vitamin C themselves. This left today's primates (including humans) as one of the few groups of

“Pauling forthrightly recommended that people correct this deficiency with daily doses of Vitamin C much greater than the 60mg generally recommended. He said that our Vitamin C consumption should be on par with what other animals produce by themselves, typically 10-12 grams per day (yes that’s right - 10-12 thousand mg per day).”

ments. The recovery period afterwards involves the body repairing these "micro tears" and hopefully building some additional material to prevent further damage next time. This is the principle of muscle building and is also true of tendons and ligaments. With regular vigorous activity we generate a cycle of injury, repair and growth. In order to sustain and function at these desired levels we must find a balance between the amount of injury sustained and the body's ability to fix it before we do it again. As you can see from Dr. Cluett's explanation above, the cause of tendonitis is generally "overuse", meaning the "micro tears" are too big and (or) too often. The standard treatment options revolve around improving mechanical function to reduce the strain placed on the afflicted tendon. I can understand this logic if I am new to an activity and I go at it flat out without giving my body a chance to adapt. But for those of us who have been playing the same sport at the same level on the same days of

is the most likely factor impairing the repair function? Lack of Vitamin C.

Vitamin C as described in The Merck Manual:

"Vitamin C (ascorbic acid) is essential for collagen formation and helps maintain the integrity of substances of mesenchymal origin, such as connective tissue, osteoid tissue, and dentin."

Tendons are connective tissue made mostly from collagen. We also know that severe lack of Vitamin C can result in scurvy a disease where the connective tissue of the body breaks down ultimately leading to internal hemorrhaging and death. Studies have shown the human requirement of Vitamin C is around 60 mg per day. This is certainly enough to avoid scurvy but is it enough to maintain the full structural integrity of an athlete's tendons? What makes this more difficult is the cause and effect time scale. If you reduce a person's Vitamin C intake to below 10mg per day the signs of scurvy still do not become apparent for 3 - 6 months. So

animals that must get the vitamin through diet. He also stated that,

"Ever since proto-humans moved out of fruit and vegetable rich habitats, they have suffered great deficiencies of Vitamin C."

Pauling forthrightly recommended that people correct this deficiency with daily doses of Vitamin C much greater than the 60mg generally recommended. He said that our Vitamin C consumption should be on par with what other animals produce by themselves, typically 10-12 grams per day (yes that's right - 10-12 thousand mg per day). Pauling practiced what he preached and upped his daily dosage of Vitamin C from 3 grams in the 1960's to 18 grams at the time he gave this presentation.

Since ascorbic acid is a water-soluble vitamin, toxic levels are not built up or stored in the body, and any excess is lost mostly through urine. Toxicity was obviously not a problem for Linus Pauling who took huge amounts for over 30 years and lived to age 93. If extremely large amounts

are taken suddenly, gastrointestinal problems may appear, but will normalise when the intake is reduced. I don't recommend taking 18g a day of Vitamin C. This is extreme and considering we supposedly lost our ability to produce Vitamin C because our diet was solely fruit and vegetables we obviously don't need more Vitamin C than would have been obtained through this type of diet. The gorillas natural diet for example is expected to yield 3 - 6 grams of Vitamin C per day at about 200 kg body weight. Chimpanzees on the other hand at around 55kg ingest approximately 1 - 2 grams of Vitamin C per day. Smoking, medications, stress and exercise all increase the bodies requirement for Vitamin C. Taking this into account and comparing this with our primate relatives it would appear that somewhere around 3 grams per day of Vitamin C should be sufficient.

I can offer you no formal evidence to confirm any of this, but I can give you one case of anecdotal evidence that this can work.

This is the case of myself. I had been playing state level beach volleyball for approximately 4 years injury free. Then the patella tendon in my left knee just below the kneecap began to get sore after exercise. A common case of jumpers knee. This slowly became worse to the point where I was in constant pain and climbing a flight of stairs was very painful. I tried massage, strapping, patella tendon supports, anti-inflammatories and physiotherapy. Nothing helped. Then my right knee began to get sore and progressed in the same fashion as my left. I lost the height of my jump because it was just too painful. I even took a 3 month break with no volleyball. My knees slowly began to feel better, but a couple of games after I returned and I was in the same pain again. I thought I was going to have to give it away at age 27 due to this chronic injury. After 2 years of constant pain I began to take Vitamin C. I was taking on average 2 - 3 grams

per day, and not religiously. The pain in my knees just slowly faded away until I was completely pain free in around 3 months. It happened so slowly that I didn't even realise how much my pain had improved. I have maintained this level of Vitamin C intake for the past 2 years and have not had tendonitis again. Sometimes I can feel a little soreness in my patella after a full day tournament (up to 7 games) but by the next day it is gone.

What's best about Vitamin C is it's cheap. You can buy 100 grams for around \$10. So what have you got to lose? Start out at 1 gram per day for a week then increase it to 2 grams for another week, then the full dose of 3 grams per day. By slowly increasing the dose you can avoid any stomach upsets. Even if you don't have tendonitis you should think about increasing your daily intake of Vitamin C to improve your recovery.

A day on the gunge.

Taken from "On the Gunge" Issue 22, www.brutaltraining.com

I've been getting plenty of interest in what gunge I take so I've decided to make up the most accurate list I can. Please bear in mind that this is constantly changing as new information becomes available. I'm also no angel and miss days or have incomplete days. The following list though is me on a good day. The amounts also change so I'm going to refrain from giving them. This is also because different people need different amounts of different things.

The goodies I take daily are:

- Spirulina
- Chlorella
- Vit C
- Vit B
- Folic acid
- Evening primrose oil

- Flaxseed oil mixed with cottage cheese and blended with a protein shake
- Cod liver oil



Brutal Founder Haydn Ellis, sand drag exercise

- Liquid Life amino acid and enzyme supplement
- Himalayan crystal salts
- Coral calcium
- Vit E
- Colloidal silver 2x per week
- 3-4 litres of Wellness water

The most important gunge I take however is a good daily dose of:

- enthusiasm
- smiling and laughter
- hard training
- courage
- positive thoughts

I also surround myself with positive, encouraging and dynamic people. Remember, you will become what you surround yourself with, so be very careful about your influences.

And above all, have a nice day! If you would like to know why I take all of the above Gunge, click here to read the follow up article.

Injuries, injuries, injuries.

Taken from "Rantings" Issue 15, www.brutaltraining.com

This is just a short rant from me on training and injuries. Recently, a lot has been written and discussed on how to train correctly to either improve, avoid injuries or rehab existing ones. From my experience there is one common denominator with persistent injuries or poor rehab. The individual is usually out of touch with themselves.

We all get injured. It happens,

NOT, how should I feel? A lot of people train thinking they should be capable of this or that or because of the 12 hours sleep they had last night they should be able to go hard. They then spend time analysing why they don't feel fantastic or why they feel sore in a particular body part. I train when I feel like training (which is often) in a way that feels good for me (which is hard, but not always

related activities have been from trying to force outcomes against my body's better judgement. As Dan Millman says, "Ask your body gently but ask it often".

At some point you've got to accept that you have a lot of knowledge of what you can do but need to start applying it. And the only way to start applying it is to start gently and consistently. Do less than what

"...when injuries become chronic that we need to take a closer look at what is going on. It is great to solicit advice and some of the guys writing for our site offer an incredible resource. But at the end of the day it is your responsibility for how you train and what methodologies you use."

because as extreme training and sport enthusiasts we both compete and take physical risks in our training environment. Big deal. It is when injuries become chronic that we need to take a closer look at what is going on. It is great to solicit advice and some of the guys writing for our site offer an incredible resource. But at the end of the day it is your responsibility for how you train and what methodologies you use.

One of the key principles I adhere to is feel. How do I feel?

hard). Training becomes more a process of listening to my body and what I feel I can work on at any given time.

At the moment I have 2 areas of physical training I work on. Strength and 'freak skills'. Things like the one armed chin up are freaky for me at 6'1" and 83kg. But I only attempt these exercises when I feel ready. It's intuitive and it comes from a lot of time spent training ALONE. I rarely get injured and if so it doesn't last long. My worst injuries from non-contact

you think you're capable of. That way you'll be able to train more often. There will be times when you'll go all out but that should not be the basis upon which you do all of your training. There will always be particular nuances that only you'll experience with your body and consequently only you will really know what you are capable of at any given moment.

If you're injured, get better...

If you're not then train...

And learn to listen and FEEL...

As mentioned previously. We are more about injury prevention than we are about letting the problems happen then having to fix them. Below are the article categories on our site (www.brutaltraining.com) which may help you deal with preparing your body for the rigors of hard training so that you are ready for battle and come out the other side no worse for wear.

We have well over 300 articles on our site covering a wide range of issues. Please feel free to take a look through what we have on offer, and if you think its worth while, we'd love to have you join as a member so we can show you all of our extra members only articles and videos.

Building the Beast

Dozens of unique exercises and drills.

Grinding Metal

Fry your noodle with some of these ideas

Brutal Profile

Profiling some famous and infamous characters

Lions Den

The home of conditioning freak, David Kelso

Spread the Insanity

Exactly what it sounds like, read if you dare

On the Gunge

Health, Fitness and Nutrition based ideas

Joy & Fierceness

Andrew Read, ex special forces & Ju Jitsu exponent

Rantings & Reviews

Our spin on everything from books to breakfasts

Snakes & Ladders

Some fast and slow exercises that will keep you in line

Awareness Training

Dare to go down the rabbit hole?

Philosophy of Breath

Breath, the most underrated performance tool

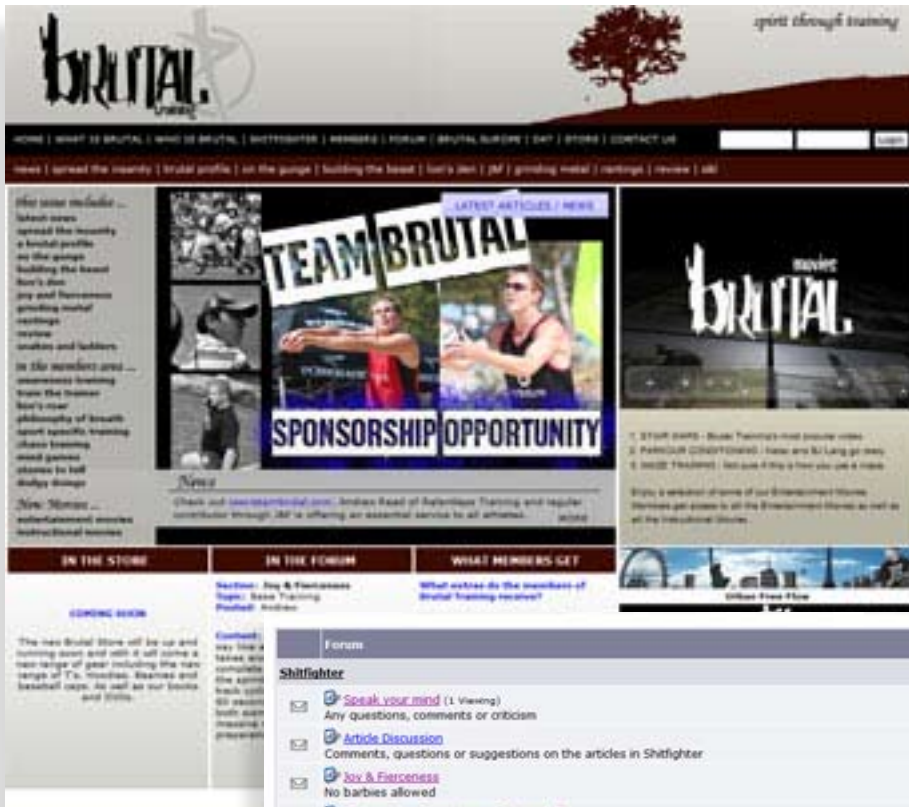
Chaos Training

The only way to fly

Train the Trainer

Ideas for coaches of all disciplines

There are many more categories for you to find on your own.



Drop by our site, enjoy the movies and then leave us abuse on the forum.

Or alternatively, spend your life savings on all the mint Brutal clothing.



www.brutaltraining.com
Spread the Insanity