

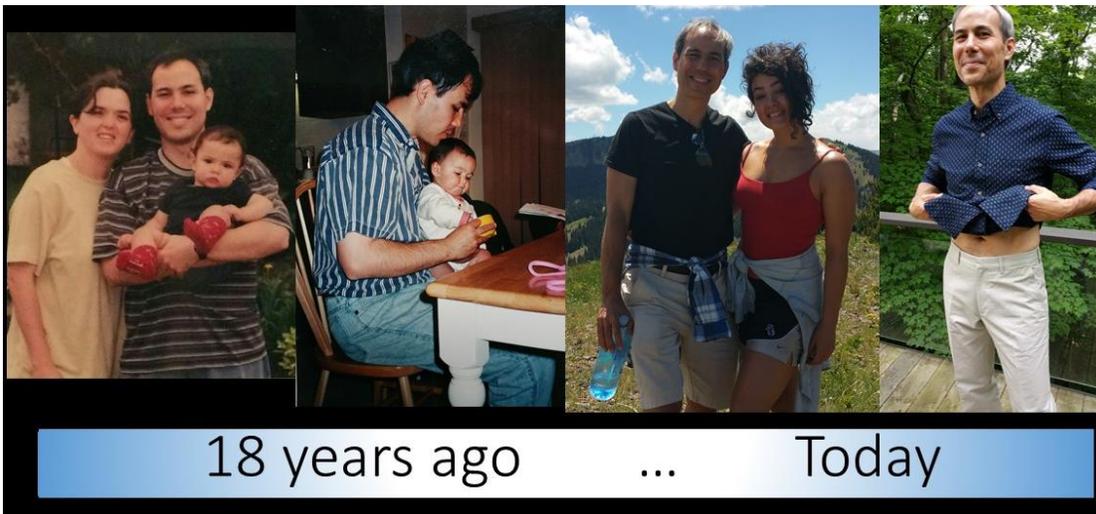
Look Good In Your Dad Jeans

Rachelle & Ben Lo, MD

We wanted to keep this short so you can jump in and take action as soon as possible. So here's the scoop:

Ben began to gain weight as a young doctor in residency. With long hours, sleep loss and cafeteria food, it was tough to maintain his MIT college boy trim figure.

A few years ago, with the help of these 5 tips, Ben began to get more "sculpted", increase his energy, and have more desire and stamina for our intimacy. Such an appreciated bonus for me!



So here is what you can do to feel fantastic well into your 40's, 50's, 60's and beyond:

1. EAT MORE PROTEIN!!! In order to maintain energy, increase muscle, and help your body heal, you want to consider making protein a priority, *especially to start your day*. There are loads of books and recipes out there, but we just want you to get a good start and then you can seek out more resources and creative ideas as you go along. Here's what you can do tomorrow:

Frozen buckwheat or multi grain waffles (or gluten free if you prefer) with unsweetened Greek yogurt, berries, and raw walnuts or pecans.

Eat 3 eggs over spinach for breakfast.

Eat piled up turkey and whatever veggies you can find on one piece of sprouted bread (toast it) and cover with smashed avocado and salt. I highly recommend a bit of "grassfed" Kerrygold butter on your toast.

Eat 2 salmon burgers or Mahi burgers from Trader Joe's. We pan fry until crisp in coconut oil. I steam frozen broccoli & cauliflower in chicken broth. Taste yum!

2 grass fed burgers with sweet potatoes or veggies.

Ground beef, turkey or chicken with taco seasoning over veggies or salad. Fun with avocado, tomatoes and salsa.

Chicken Breasts and steaks and whatever sounds good. Just give yourself room to find what you like.

Do your best to plan & eat (or drink a shake – see below) ahead of the hunger.

Drink 1 to 2 protein shakes a day. There are loads out there. Ben uses a variety of high quality [whey-based](#) and [vegan protein powders](#) that we market, including a [“green shake”](#) that includes the full spectrum of amino acids. Click the links below or note the special invitation at the end if you want to know what he uses and loves.

Note from Ben: One of my favorite shake “recipes” is to mix 15 - 30 gm’s of high quality [whey-based vanilla and chocolate powder](#) in a base of unsweetened almond milk, add a dash of [vegan protein powder](#) (made from pea, rice, & chia seed protein), then a rounded tablespoon of crunchy raw almond butter, a dash of raw hemp seeds, some raw cacao powder (for additional antioxidants ☺), raw cacao nibs (I love the crunch!), a dash of raw unsweetened shredded coconut (now at Trader Joe’s), and sometimes a single drop of pure peppermint oil. Simply shake in a shaker bottle, chill further in the freezer if desired, and voilà – you have a delicious, refreshing, and nourishing shake much more satisfying (and healthy) than dessert!

Sometimes I do something similar with the super [“green shake”](#) in place of the whey-based shakes above. Or for a quick refreshing and **healthy “chocolate chip” shake**, mix 1 scoop of [vanilla shake](#) with unsweetened almond milk and raw cacao nibs.

2. WORK OUT WHERE YOU ARE!

This is what helped Ben get nice biceps and “sculpted” even as he got more trim. He would do resistance training bands in his office, jump rope in the living room, do a variety of pushups a few times/week, and he did not spend hours at it. 20 minutes here, 15 minutes there. It just became part of his daily routine.

Here are his thoughts on it:

- 1) Move every day – bounce up and down on the balls of your feet, jump rope, do “step-ups” on a chair or burpees, go for a walk or bike ride, swim, walk the dog, or go to the park with your kids

- 2) A few minutes of high intensity interval training 2 or 3 times/week (Google it for quick ideas) can make a big difference in your strength, energy, and metabolism
- 3) Strength training using your own body weight (pushups, planks, handstands against the wall, etc) can be done virtually anywhere
- 4) Lately I've also been enjoying [Bowspring](#) – a variation of yoga where I enjoy connecting with others and using muscles I didn't know I had!
- 5) In general my “at-home” regimen lasts between 10 and 40 mins depending on the day, plus moving as per #1 above. A little goes a long way if you're consistent and keeps your energy flowing even beyond the time you're exercising.



3. TREAT YOURSELF!!!!

It's important to not feel deprived or like you are on a diet. I tend to have a treat like dark chocolate or small slice of raspberry tart in the morning with my English Breakfast tea. Ben tends to wait for weekends to have his treat when we might go out to breakfast or go get groceries. He tends to go for dark chocolate, something fresh baked (he loves the croissants in Paris and Brittany!), or something really worth it. Thanks to healthy eating and “re-tuning” with solutions like the one mentioned in the next section, we crave sugar less and enjoy “real food” and raw “treats” more than ever before. You may want your coffee every morning, or burgers and beer on the weekend. Just start to think about saving those for special occasions.

4. BOOST YOUR ENERGY AND SEX DRIVE!!!!!!

As we age we tend to lose energy. We also tend to make our lives so busy that we don't resource ourselves to meet the demands.

Ben can share with you what has helped him boost his body in this arena.

Note from Ben: the 5 tips here will go a long way toward this. You can also access a special 20 min webinar we did on *3 Ways To Jumpstart Your Sex Life* (link to <http://bit.ly/293y2Nj>)

Next, healthy supplementation can fill the nutritional “gaps” in your diet, and we love a [novel new solution](#) made up of a special blend of only 3 ingredients that provides a “tune-up” restoring energy & vitality in 3 major areas: physical, mental, and sexual – for both men and women. This solution, called [Vitality](#), has made a big difference for us in all three areas! It’s also led to more refreshing sleep, fewer cravings, and the ability to create new healthy habits.

5. MAKE YOUR PLATE GREEN!!

One of the things we do consistently is cover our plates with greens. I am not big into fancy salads or varied veggies so we just like to grab kale, arugula, or spinach from a container and cover our plate. Then we top with eggs, fish, or turkey, etc. If you want more calories eat some squash, sweet potatoes (some markets have diced and frozen in a bag), steamed veggies, sprouted bread, quinoa.

Ben likes to recommend “**eat with color**” – so he’ll often add organic carrot sticks or tomato slices. Lately we’ve also been adding slices of raw zucchini and cucumber, and sometimes some fermented “kimchi” made from purple cabbage.

Finally, here’s a “**Bonus Tip**” from Ben:

Cultivate an attitude of appreciation and enjoyment of life. Find things to appreciate and enjoy each day – you’ll find this energizes you and brings you a whole other level of energy and vitality. After all, isn’t this what we’re all working toward – appreciation and enjoyment of life?

So there you go!

Five simple tips plus a “bonus” to get you started on feeling good. Hope you get inspired and get a boost from one or more of the suggestions above.

One more thing to consider is to think long and hard about whether your schedule & work is supporting a life full of energy and time to take care of your body – and ultimately, to create a life you love. A few years back while still working full-time as a family doctor, Ben made the decision to begin building a business where he could be home with his kids, and he could take the time and resources to get fit and energized to live more fully. Though this journey brought its own challenges, it’s also brought tremendous growth and flexibility, connected us with people around the world we otherwise would never have known, and brought life-changing solutions into our lives. Want to learn more? You can start right here: www.drbenlo.com

For more tips and to interact further with Ben, you can find him daily on <https://www.facebook.com/BenLoOfficial>

A special invitation: Want to talk directly with Dr. Ben or myself for a personalized “consult” to fine-tune a few suggestions just for you? Right now we’re making ourselves available a few times per week for a 10 minute phone or video-skype conversation. Simply email Rachelle at rachelle@mastermindinbed.com to set this up for yourself. We look forward to hearing from you!

