

May

2011

PRAC TICE GROU PS



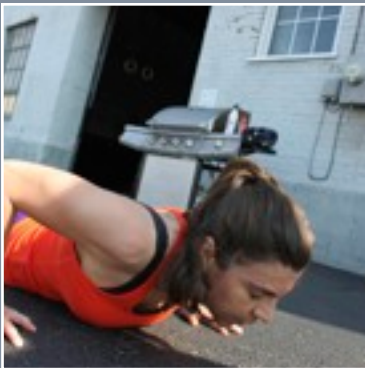
Volume
37

“THE
PRACTITIONERS
GUIDE”

“THREE O’CLOCK”

Josh Bunch

“Three is that twitch in the eye. That white corner that never really subsides. Three fidgets. That little piece of you your most self conscious of. That little unconfident piece of you that you live with that feels like it would well up and eat your entire existence if you took off your suit of armor for a split second. That spot you think everyone on the planet sees, and therefore awaits your demise...and maybe even hopes for it”.



“Man the ceiling looks far”. Usually this is one of the thoughts I have when I lay awake with 3am staring at me. This along with “what was that, maybe I should check, and why can’t I sleep”. This is 3am, and when its time it comes regardless if our ready. You can either act like you didn’t see the time turn over, you can become corrupted, or you can become....

The feeling that starts off this little journey is always the same. The question..“What the hell am I doing”. The self-doubt, or maybe self-realization makes such a loud noise your can’t sleep, hell you wonder how your neighbors can. Mostly we think, “why isn’t this working, why am I failing”?

The first challenge is to meet 3am, and not run like many, the second is to try not to see what your doing thats failing, but what your not doing that could make you succeed.

It doesn't have to be the Devils hour. It doesn't have to be 3am. It doesn't have to have a three in it for that matter. It simply has to represent that same feeling. That felling like I shouldn't be here. Like there is someone where I should be. Somewhere someone is taking my place...a me impostor.

Sometimes three o'clock can be so thick you can cut it with a knife and delve it with a spoon. Everyone handles their own personal three differently. Some folks don't even have a three. There are contently existing demon free never extending their hand in faith hoping they do good, scared they do nothing, regretful they don't do more.

Three is that twitch in the eye. That white corner that never really subsides. Three fidgets. That little piece of you your most self conscious of. That little unconfident piece of you that you live with that feels like it would well up and eat your entire existence if you took off your suit of armor for a split second. That spot you think everyone on the planet sees, and therefore awaits your demise...and maybe even hopes for it.

Three O'clock is what separates, your day, from every other day. That can make you special. That can leave you so very empty if you don't fill it with what it wants.

Your Alarm:

Three o'clock is that time for greatness. Weather walking or sleeping your buzzed awake like seven freight trains passing over your bed, with screaming kids squirting you with ice water. Its impossible to miss...but not impossible to ignore.

Like rainbows, famine, and each other, some of us have found a pretty substantial method in constructing a wall so as not to feel their very own, very personal three o'clock.

Just because three o'clock is potential beauty, doesn't mean it isn't empty. Hell to fill anything, with anything means it had to be empty or lacking in the first place, and when three o'clock comes calling for you, it wants change, and change, as you know, is not in our nature.

Three o'clock paints a picture of how much sacrifice is necessary, how much has been done, and by comparison just how much of a piece of shit effort you have really demonstrated to even consider what you have done as sacrificial in the first place. Three is natures unnatural way of showing what you are doing, and have done, and how it isn't enough....its never enough.

Until you come to terms with the fact that no matter what you do, who you become, or who you change, it will never be enough to keep that emptiness full, you will build walls that reach the heavens. A place you will not if walls is all you build, instead of break.

Other see 2:30:

Your three o'clock is alone....always. No-one ever truly understands why your there, so don't explain it to them. Even when you roll over next to your lover your still alone, you always will be if you want the most meaningful of three o'clock experiences. The ones that lead you to change you. To change your mind. To change the world.

No matter how in-tune you are with someone, no matter your friends support, its always like they live in another time zone when your alarm goes off. And this is fine. If your “TO” is telling you to help, change, to motivate them, its not likely their alarm ever went off...or it did and they ignored it. Its not bad your watch is set to a different time zone, its only selfish to try to make them see your time, when you may be meant to improve theirs.

Darkness is a tapeworm:

I could say, Id like to tell you it will get better...but I won't, because it shouldn't get better. Life, especially this life, will never improve if we all learn how to avoid our internal bells ringing loudly telling us something is wrong, something needs change.

In fact the better you get at holding “TO” close the more buzzing you hear, the bigger the hole to fill. And this is how we are strengthened...how we become great.

And this is the three o'clock life. A life for few, a life that blesses many. A life that leaves you awake at night wishing you did more. Leaving contentment and happiness behind simply because you feel needed elsewhere, no matter how painful the elsewhere is, no matter the impostors who come after, no matter the ingrates. You still meet three everyday until one day it wins...because three will always repeat, and come back around...but one day you won't, and you will either get put in a hole forgotten, or leave a whole remembered.



"PRACTITIONER OF THE MONTH"

KC

Did you know there are some people who don't CrossFit? Shocking I know. Here at PCF where there are new athletes everyday, we seldom notice unless confronted after we step outside of our fortress of CrossFit Solitude, that there may still be an overwhelming majority of un-familiars to deal with everyday.

This hit home with a vengeance last October when we opened CrossFit Cure thirty minutes from PCF. Again are all the questions, the disbeliefs, the scarcity. Again, "yes three minute workouts make you fitter and leaner than three hours", "yes it's hard", "yes you actually have to stop eating dumb shit to get the results you want". Its one thing in a home of killer CrossFitters who already know all this...going back to it is a learning experience to say the least. But thankfully to KC, and others, its been much more blessing than work.

KC now trains at both locations, Practice CrossFit, and CrossFit Cure. In fact since KC began he has incorporated two-a-days into many of his training weeks. And even though he is still less than a year old in his CF career, he competed in the first ever Reebok CrossFit Open all the way to the last WOD. The last open WOD KC was on his way to, until he met the pavement after flipping his bike. And not pedal pedal, vroom, vroom.

KC found himself face up in a ditch several meters away from his bike that left him a little worse for wear. Thankfully KC was able to rise, call for help, and take a look at his mangled helmet which undoubtedly played a role in KC's continued CrossFit career, oh yeah, and life.

Thankfully our dear KC walked away so to speak, unevenly that is. KC fractured his clavicle and soon after went under the knife to essentially make that arm work again.

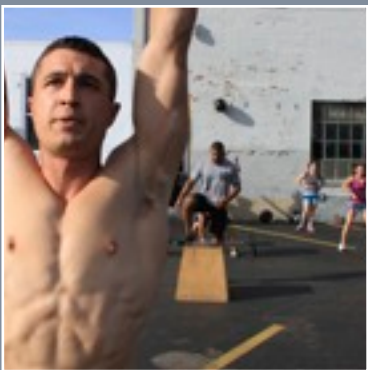
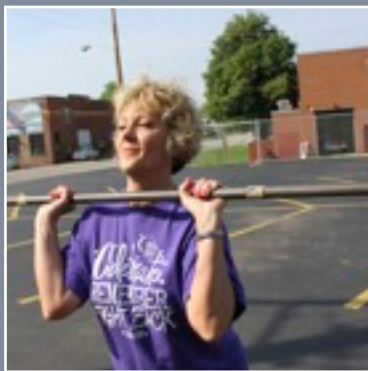
What makes KC's story even greater than simply his undying commitment while injury free, or his weight loss, or tremendous strength gains is his post accident attitude. KC showed up the very next day just to let everyone know he was cool, and if that wasn't enough, not but a few days after that, KC was WODing again. Days out of surgery, one arm pull-ups and all.

KC is undoubtedly our Practitioner of the Month because KC, like another incredibly valued member without the complete use of all her limbs, knows CrossFit is so necessary, you gotta do it even if your down a limb, joint, tendon, hand, finger whatever...there's always a way for those tough enough. And KC has shown he's tough enough with both arms, and even more tough with one...congrats KC.

“INNOVATION”

Bonnie McMaken

“These are the reasons crossfit, and the lifestyle which largely accompanies it, is so great. There is definitely a degree of “modern.” After all, people of the past were not throwing around medicine balls, bars, plates, boxes, rings, kettlebells... or creating obstacles for themselves.”



So often we look to the future – for new innovations. We see them as ways to improve the quality and ease of life for ourselves and others. Modern society praises inventors, creators, and others who present new ideologies. The world has seen entire revolutions based on discovery and insight. Is forward motion always what it’s believed to be? People fight for progress, but does it end up being the help they anticipated, or are they unknowingly being hurt and hindered as a result of what they so desired?

A good, albeit exaggerated, example of what I mean is the children’s movie WALL-E. The characters in the film advanced technology to make their lives simpler and more enjoyable. They could spend every minute of each day relaxing in flying chaise lounge chairs that took them anywhere they wanted to go. They were waited on hand-and-foot by robots they had created. They were obese due to excessive and unhealthy food consumption and non-existent physical activity. In the unfortunate event that one of these people fell off their lounge chair, a robot had to come pick them up because their bones had disintegrated from malnutrition and disuse. Though this example may be caricatured a bit, it effectively showcases that there is a downside to progress.

Some ideas are just ridiculous. I’m not an infomercial connoisseur but I’ve recently become aware of an exciting new product called [Easy Feet](#). I don’t know if any of you are blessed enough to already be familiar with this incredible item, but allow me to explain it to those who aren’t. It looks like a giant blue flip flop. There are suction cups affixed to the bottom and bristles attached to the sole area, as well as the inside of the strap. It also features a pumice stone on the heel area. What is its’ purpose? To help you clean your feet. And it could be yours for just \$14.99 + shipping and handling! Alright. Well, I can think of a few situations where cleaning ones’ own feet could prove difficult. For instance, those with certain injuries, the morbidly obese, or women in the later stages of pregnancy may struggle with reaching their feet (although, somehow even the latter seemed to have made do for the eons before this gadget was invented). For the rest of the population – what could possibly be the reason for releasing this product to the general public? What about this product makes a person think, “Wow! I need this! It will make my life so much

easier!”? Now tell me, is it so terrible to bend over in the shower with some soap and a cleansing device of some kind? I know it is certainly a daily struggle for me. I could make fun of this all day, but nonetheless, people continue to buy them. Thus, I continue to ponder how some inventions really further our progress.

Other ideas are considerably more impressive than inane (and eerily close to the WALL-E scenario). Many of today’s home shows are featuring prototypes for the “home of the future.” Though the realization of these homes as commonplace is far-off, much of the technology currently exists. A few of the features some of these homes boast are an automated chef (which may also order your groceries online on your behalf), robots for cleaning, and sensors which track inhabitants’ movements and adjust temperature, lighting, etc. accordingly – which would leave homeowners doing virtually nothing for themselves. On the upside, this would free up their time for other things... but what other things would they choose to do? Sit on the couch? For some people, this may allow them to get more work done or to get out and do activities they enjoy – things which may truly benefit them as people. For others, it would just enable them to increase their level of sloth. Another downside might be that people eventually forget how to do things they used to have to do, becoming – at the least, much less effective. For example, if you purchase a car which has a video camera or a sensor that tells you if it’s okay to back up, you lose the habit of checking behind you. When you get into a car that doesn’t have this feature, checking for objects blocking your path is no longer habitual and you will have to either intentionally remind yourself to do so, or you will forget entirely. Something which was once a reflex is now an unfamiliar behavior. In emergencies, this is not good... Thus, taking advantage of too much innovation can be hurtful as well.

How about the agricultural revolution? Any anthropologist or historian would agree that mankind's transition from the hunter/gatherer lifestyle to a primarily agricultural state of being had a major influence on various facets of human life. At the time, the new technology of self-sustenance was praised and revered. People who formerly dealt with the hardship of migrating to find their food could now settle in one location and the ground they cultivated would provide all they needed. This is still true today and is the modern "norm" for living. However, from what we know, was this momentous change not ultimately more detrimental than beneficial? Our pre-agricultural revolution ancestors were naturally healthier than the current population, and not only due to diet. Hunter-gatherers, as we've all heard repeatedly, ate what they were genetically predisposed to be eating, they had to exert themselves physically to obtain their food, and - because they ate their food fresh - they were not exposed to harmful agents used to prolong the "shelf-life" of food. After this great new innovation - people became weaker, sicker, smaller in stature, and less active - just to name a few. Welcome to the dark side of innovation.

The claim that people should abandon their modern lives and revert back to foraging and hunting wild animals for food is not logical. There are no wild buffalo, or the like, running around the area. Many of the changes which have occurred through time

make that type of existence unsustainable now, and for all intents and purposes, it's irreversible. These are the reasons crossfit, and the lifestyle which largely accompanies it, is so great. There is definitely a degree of "modern." After all, people of the past were not throwing around medicine balls, bars, plates, boxes, rings, kettlebells... or creating obstacles for themselves. However, what this equipment represents for us existed naturally in their day-to-day lives. They were not fighting for the next clean & jerk PR. They would have had to exert tremendous amounts of energy running, jumping, and climbing to get food and maintain their own safety. Crossfit allows us to emulate their actions in a way it fits into our lives as they have evolved. These situations both use the same type of movements and intensity - the foundation of crossfit - but the realization is entirely different. The sense and simplicity of the old ways of life are the insights we need to take away from this. The past is an incredible educator if you know how to listen to it.

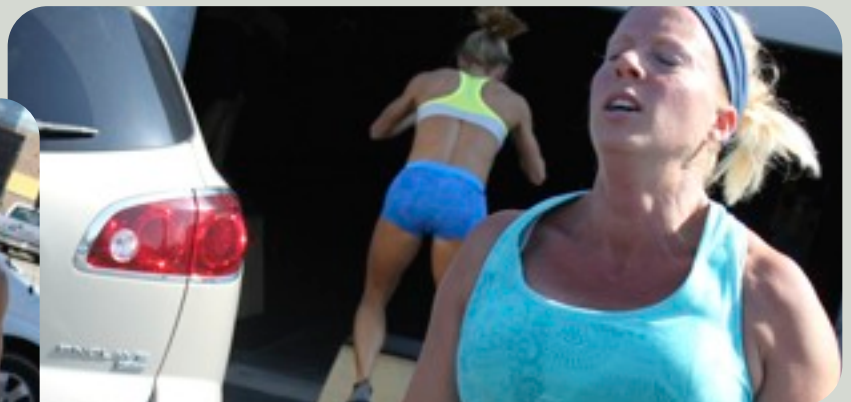
This ideology is also well-exhibited in a quote. If you have been into Practice recently and saw Coach Glassman's quote on the board, you may already know which quote I'm speaking of. If not:

"We are caretakers for a spontaneous movement, and we're really like Forest Service employees rather than architects of high-rises. This is a naturally occurring phenomenon, a spontaneous

collaborative community that you all have launched."

Those words hold much more meaning than this concept alone, but they serve to communicate my point nicely. That which we are doing is innate to us as human beings - we have not created some amazing new concept. We have simply updated the implementation to complement how we live now.

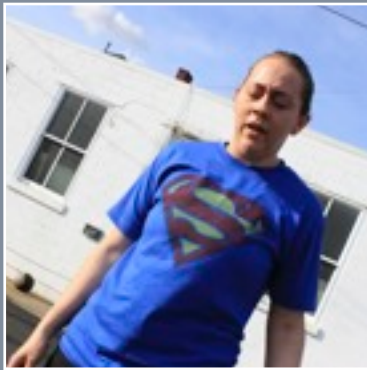
Maybe, then, we should be striving for this type of innovation in more aspects of our lives. Instead of innovating to make our lives easier, we should create with our best interests in mind. If we lived in a combination of the past and the future, rather than in the now, would we not have more perspective? When we are mindful of where we have come from, and we take the time to see the effect of our current actions on our future, would our choices be more intelligent? Maybe more people would choose the route which is more difficult for us now, but inevitably reaped benefits beyond what we can fathom. Or perhaps people would still choose the lazier, easier way out. Yet, if it were me making the choice, I'd feel blessed to have the information I've been afforded, and henceforth make decisions - from the simplistic to the extreme - from a more solid basis. Which choice would you make?



"TAKE BACK YOUR LIFE"

Justin Coby Pharm D

"This little story sounds like a worst-case-scenario and that may be partially true, but I see it all too often in my profession. I literally watch folks give their lives over to these medicines that never seem to give them the relief that they're looking for. Hopefully this is eye opening for those not at that point, and insulting for those already in the cycle. Let's face it, if this hits a nerve then we can go somewhere together."



Whenever I talk to people (friends, family, um, my financial advisor) about how to efficiently use all of my income it always seems to bring me back to the only two ways I've ever known to increase funds. Either you increase the amount of money coming in or decrease what goes out. I try to keep this same philosophy when I talk to patients who want to get off their medications or just avoid increasing them. In other words, I try to keep it as simple as possible when I explain to them that good nutrition, dedicated fitness, and righteous living is the only way they're gonna avoid seeing my face in the pharmacy. Like utilizing all of your income, there is no trick, gimmick, or fast track here, but if someone drinks this Kool-aid being offered, then they will be on the road to taking their life back from the clutches of Big Pharma.

Whether you're reading this today after spending years and dollars on the same medication, or you haven't seen a doctor since your high school physical we all need to stay cognitive to the fact that we will at some point be given the opportunity to decide how our personal health will be dictated. Let's imagine for a moment what life looks like for someone whom is on what we call a maintenance medication (medicine taken to sustain life): Recently, you were prescribed a medication for your high blood pressure by your family physician that caught a high blood pressure reading at your recent visit and decided to jump you straight to drugs instead of lifestyle change. You take your script down to the local CVS (where else would you go?) to get it filled, and continue to do so every month. It's OK though, because your companies' insurance is awesome and you only have a co-pay of \$20 every month. Well this works alright for you at first, but after 6 months all of a sudden your blood pressures shoot sky high and you're puttering around like a Chevelle with a blown transmission. You return to your family physician who now prescribes a medicine that is brand new to the market and assures you it is the best out there. You then take this script back down to the pharmacy only to discover that this new wonder drug is not on your drug insurance formulary, requires an authorization from your doctor that will take up to 3 business days, and, after all that hassle, will now cost you \$50 a month.

But wait!.....it gets better. While you were at the doctor's office, your most recent blood screening came back with semi-high cholesterol, and, again, drugs have to be the solution to this problem. Now you're taking 2

medications that have to be picked up at separate times, because of the insurance issues with the blood pressure medication. And so begins the cycle. As the years go by you become close friends with your doctor who now has you on 3 different drugs for blood pressure alone (drug resistance happens eventually), that drug for cholesterol, a drug for triglycerides, a pill for high blood sugar and insulin, a pain pill that counteracts the muscle spasms caused by the cholesterol medication, and a pill for anxiety that is caused by thinking about how much money you have to spend on medication every month. (Ppsstttt....by the way, that anxiety pill, it's extremely addicting, but don't tell your good friend the family physician that I told you.) Now you're at the pharmacy more often than a drug rep, and for some reason you still don't really feel any better.

This little story sounds like a worst-case-scenario and that may be partially true, but I see it all too often in my profession. I literally watch folks give their lives over to these medicines that never seem to give them the relief that they're looking for. Hopefully this is eye opening for those not at that point, and insulting for those already in the cycle. Let's face it, if this hits a nerve then we can go somewhere together. I know you're asking, "So now what drug man? You just gonna rant all day?" Well yeah, but I'll try to make it a focused rant.

Blood Pressure

Blood pressure issues are typically corrected by either medication that works to regulate the heart or dilate the blood vessels with the big idea here to increase blood flow. So how do we increase blood flow without the drugs? You guessed it, regular exercise and a diet that doesn't clog the arteries. By increasing the heart rate during intense exercise, the resting heart rate will in turn continue to decrease, which eases the load while at rest. If you're currently on medication for high blood pressure, then begin to make these lifestyle changes, and SLOWLY step down on your doses with the supervision of your doctor. If your doctor doesn't support this change, then find a new doctor.

Diabetes

This only refers to type II diabetics, as type I diabetes is a genetic disease that has yet to be cured. Also, if you're a type II diabetic on insulin injections, then you should expect to be on insulin the rest of your life. Unfortunately there is no turning back from that. I would suggest hitting diabetes with the 1-2-3 punch: 1. Regular Exercise, 2. NO-carb diet, and 3. Cinnamon. Regular exercise goes without saying, though diabetics that are new to Crossfit or any exercise for that matter should be sure to have a blood sugar monitor and emergency glucose on them at all times. Carbohydrates are no longer an option for you if you have been diagnosed with diabetes. The party is over friend. Meals consisting of only protein and quality fats should be eaten every three hours throughout the day, as this is apart of our bodies' normal insulin release cycle. Eliminating all carbohydrates from your diet may seem drastic to the rest of society, and the doctor's may warn you about a term called "ketoacidosis". This simply means that your body has evolved from breaking down carbs as your main source of energy to fats and protein. If you eat paleo, most likely you will present to a physician with ketoacidosis, but this is not a bad thing. Cinnamon has been found to make our cells more sensitive to insulin, as insensitivity to insulin is one of the main factors in type II diabetes. You can purchase cinnamon capsules over-the-counter, but I would also suggest a tablespoonful in multiple meals a day. I personally prefer it on my ground beef.

Cholesterol/Triglycerides

The folks that are placed on medications for high cholesterol and triglycerides (fat) typically have no idea why they are taking them, and do not usually feel any effects physically. Blood work screenings are the only way of detecting these silent killers. This is what causes a marathon runner or bodybuilder to fall over dead in the prime of his/her life. Cholesterol and triglycerides build up in our artery walls in clumps called plaque. When little pieces break off of this plaque and shoot up the blood stream, they can cause strokes. When these clumps build up enough to completely close off a vein or artery, they can cause a heart attack. I don't fear death. I fear surviving a stroke or heart attack, and then living feebly the rest of my life. If you are currently on any medication treating this problem, do not stop abruptly! Make the necessary changes to your diet (the same as if you were a diabetic) and be sure your fat source is coming from non-saturated foods (i.e. almonds, pecans, avocado). Continue to monitor your blood levels every 6 months to watch your progression.

Pain/Depression

I decided to group these two ailments together, because they are what I like to call the "You don't know how this feels" diseases. This is a very sensitive and personal subject. Commonly, people don't like to admit to any psychological conditions. I think we would be more accepting of lepers in our society than

schizophrenics. Of course healthy living is ALWAYS the answer, but not the complete answer on this one. I will say that I have had several experiences with clients that suffer from chronic pain disorders that have informed me that their pain just doesn't seem as intense after beginning a Crossfit program. I kinda wonder if the wod pain we experience just eventually desensitizes us to what is recognized as pain, who knows....sounds cool. If you suffer from depression/anxiety, then all I can offer on top of healthy living is therapy. So often I see folks put on the drugs but then not pursue the cure in therapy. Please understand, antidepressants are the bandaids that cover the deep wounds that only professional therapy can heal. I wish to see folks off these drugs, because we walk a dangerous line by starting a patient down this path. Pain killers will kill the pain and the liver. Not to mention the high rate of addiction and abuse that comes along with a narcotic.

If you're reading this article and have no fear of ever needing any medications for these ailments, then I applaud your confidence. The take home message here is that there will be a day when you will be faced with the decision to start down two different roads, the one with medication and the one without. Both important. Remember though, that you have a choice. That doctor will not bury your corpse, or clean up any of the pieces. Take full control and responsibility of that decision, and take back your life.





Ride the Paleo approved train with Cindy and remain on the reservation for 48 days. No variety. Stay up like Cindy to another phase of this journey, one part CrossFit, one part Paleo and all heart.

And as an external motivator, PCF will host a couple prizes for whoever makes the most dramatic changes in the mirror (rules apply) and in a certain WOD...you guessed it, "Cindy". Forty-seven days to improve your "Cindy", and not cheat on her.



"Don't Cheat On Cindy Challenge"

If you have yet to join the DCOC challenge your missing out. Get measured, get pictured, get transformed with the simplest way of life eating imaginable...Paleo, and get accountable to a group like no other.

"Upcoming" "

-Paleo Pot Luck 5/27 @ 7ishpm

-Perfect Push-up Class 5/28 @
10am

-Warrior Dash 6/4

-Regionals 6/10-6/12

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