



The DST Newsletter

Renew Your Health and Gain More Strength in 20 Minutes Per Week

A Vegetarian's First 90 Days on the Bulletproof Diet

If you've heard me talk diet lately, you know I've begun eating a high-fat diet with butter coffee called BulletProof. I'm writing about my experiences in the next three issues so you can see if it might be right for you.

Stop Multi-Tasking

It's becoming more apparent today that we are easily distracted in our high-tech environments. Here's what you can do to make your life more efficient and effective.

HGH Keeps You Young

Stay Healthy, fit and younger-looking by increasing your natural HGH. I explain why you should care about yours.



Welcome To The DST Newsletter

A New Service

It's with great fanfare and excitement that I can introduce you to am happy to the very first DST Newsletter!



This is something I've wanted to offer for many



ZeroForce Workouts While Traveling

How many times have you had to travel for business or take an extended vacation and had to decide what you would do for your exercise while away from our facility?

It's a common question, so I created a couple videos on my site for you to view when traveling to help you stay strong and not get injured until we can meet again.

In the videos you'll learn

- The three easy to master techniques to keep your strength up while you're away.
- The correct number of repetitions or Time Under Load
- The proper number of times to perform each workout

When you go to the link below, the second video is the bodyweight travel video you will be looking for.

[Here is the link to watch it](#)

years. Providing free content to you as often as I am able will give you information and action steps to improve your results of your exercise program with us at DeSisto Strength Training.

Too Much Information

For many of you, time is limited. This is also true in your workouts each week. During our sessions, I often find I want to go into more detail or provide ideas or some guidance on a question or comment you may have.

This e-newsletter will be a way for me to help answer questions and provide you more value in a way that allows you to read it when it's convenient for you.

Each newsletter will be designed to cover 3-5 common or interesting topics that you can apply immediately in your life to improve your strength, health, or efficiency.

Generally, topics that you read in each issue will be covering powerful "hacks" to improve mind, body and soul - things that I find useful in my life and I think you may benefit from trying.

Creating A Community

I hope you'll gain value from reading the DST

Newsletter. Based on feedback, in the future I may be creating an online community where we can interact with each other as well. So please let me know how you like each issue, what you'd change and any topics you'd like me to research for you.

As always, you can find more information on my blog:

www.DeSistoStrengthTraining.com/blog

and just through email:

owner@desistostrengthtraining.com

Other new or interesting topics on health and wealth at:

www.DavidDeSisto.com

Thank you all for taking the time to read and giving me the opportunity to help you improve your health.

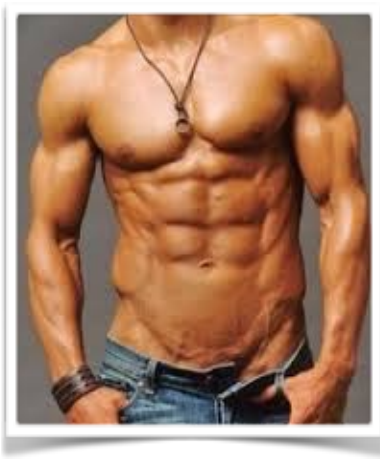
- David



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Human Growth Hormone (HGH) Keeps You Young

Increasing your HGH levels is something that everyone should be interested in if you want to stay healthy, fit and younger-looking. Any takers?!



What is HGH good for?

Have you ever wondered what it is that makes a young child's skin so smooth? Have you wondered why you don't heal from injuries as fast as you did when you were younger? Maybe your energy levels are not quite the same as when you were 19?

Well, one important factor is the naturally high levels of HGH, known as the "hormone for youth."

HGH is amazing because it helps your body regenerate and repair itself. It helps your joints stay healthy, muscle tissue firm and skin tight. It's important for strong bones, too.

Younger men have a definable muscular shape - that "V-look" and, for women, that attractive hour-glass shape are all, in part, due to high levels of HGH.

Age changes your HGH levels

After age 25, our HGH levels drop dramatically until, near age 40, it typically dips to 40% of what it was at age 20.

At age 55....most see HGH levels at **only 20%** of their highs.

This is why we see age spots, grey hair, wrinkles, low energy, and even low libido!

Often we feel less motivation to get up and going in the morning.

And even worse, cortisol levels increase!

It wears you down, makes your joints hurt and bones brittle, adds fat more easily - just all around bad news.

Reducing cortisol is not easy to do, but fortunately, raising HGH is easy and can be done by simply changing some things you do on a daily basis.

What's The Answer?

As bad as all that sounds, I have read some research showing that any one of three common activities can increase your HGH levels up to 300% while lowering your risk of death from heart disease, diabetes and cancer.

I'll share those with you in the next newsletter.

P.S. The best news - **if you are a client at DST you are doing one already!**

Look for the next issue where we I will show you three efficient ways to boost your HGH naturally.

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Stop Multi-Tasking To Become More Time Efficient



Focus, Damn it!

Most people I work with are swamped with numerous day-to-day tasks. It just takes one unplanned distraction to send your stress level higher.

Stress like this negatively affects your health and limits your ability to function at a high level.

I like to test “hacks” on myself before I recommend them to clients. So, as this month’s bio-hack I’m going to end my multi-tasking and record some results.

This Month’s Challenge

Multi-tasking is the antithesis of focus. Over the years I’ve found myself dabbling in something only to jump to the next “shiny thing” I see because it might look better or easier. This has made me less efficient with my time and generally accomplish less than I should have been able to complete.

I’m going to challenge myself, and anyone reading this, to become more efficient and get focused.

So, for the 30 days in May I am doing the following:

1. Voicemail. I'll check it 2 times a day, before 7AM - or upon waking - and again at 6PM. My voicemail message will tell the caller that I will return calls between 3PM and 5PM only. This will keep me on tasks that I need to accomplish and give callers expectations that I can keep more easily.
2. Email. I'll check it just two times a day. First at 7AM and again at 4PM. Email will be returned during that 3-5PM window as well. Clients will get preferential attention, but email will be for my benefit and efficiency, not the world's!
3. Spirituality. I'll meditate or use *BrainWave Binaural Training* (very cool app) at least 30 minutes a day. That time will be broken up as needed but never less than 10 minutes at a time. This will keep me from pushing it off because I can't commit to a full 30 minutes.
4. Business. Finally, I have decided to give 60 minutes per day (minimum) to my business endeavors. No distractions. It's been discussed with the family, now we have to execute what we agreed upon - no small task at the DeSisto household!

Do these sound like good ideas to you? Email or just let me know what you think about this month's challenge.

Do you have a program you follow each day that makes you more efficient or less stressed? Do you have any hacks you'd like to share with me?

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My First 30 Days Being Bulletproof



What happens when you take a vegetarian and make him Bulletproof by eating meat and avoiding grain?

I like to test potentially beneficial bio-hacks on myself before I recommend or dissuade clients from the idea.

January 1, 2015 was the date I decided to test one of those hacks.

Swapping Out 15 Years Of Diet Programming

For the last 15 years I've been eating either a vegetarian, vegan or raw food diet. Most of this time I have felt great, my strength and body fat are appropriate and I have recommended this direction for countless clients over the years.

So why would I change it?

I like to think that I have an open mind to anything new and I am willing to look into hacks that might be better than what I already "know" to be helpful and healthy. That's what I did 15 years ago when I took the **Transformational Institute For Natural Hygiene** Course and learned about fasting and eating a raw food diet. After being a S.A.D. (Standard American Diet) eater for all the previous years of my life, this took my health to a new and better level.

What Is The Bulletproof Plan

The Bulletproof (BP) plan is a diet and lifestyle plan that Dave Asprey promotes. Dave has come to be a leader in the Health and Fitness world as well as the creator of “Bio-Hacking” the body for ultimate performance. Many top-performing entrepreneurs, athletes and professionals follow his books, podcasts and recommendations. He has influenced me immensely.

The BP Plan incorporates a high-fat diet, with no processed foods. That means no flour, sugar or dairy. The diet is mostly based upon eating huge amounts of organic vegetables with fats coming from grass-fed beef, wild-caught sockeye salmon, pasture-raised eggs and then more organic lamb and pork if you care to expand. Additionally adding fruit on a limited basis to pre-bedtime only (tough one for me...).

As a vegetarian, as you might imagine, this was a big step for me to take.

My First Meat Meal

The first night, Jan 2, was my first meat meal in **15 years**. I used a grass-fed chuck for a rich and hearty stew. It looked and smelled appetizing, but also like it would be a heavy meal. I ate it.

It tasted amazing.

Twenty minutes later, my gut was “surprised.” I felt a severe tightening in my abdominal region and, honestly, it concerned me. Could I digest this meat? Humans, I recalled, aren’t supposed to have the proper digestive enzymes to break down red meat?

I relaxed and 15 minutes later, I felt better.

This was going to be a significant physical and mental change for me as a die-hard vegetarian bio-hacker.

The Next 28 Days - Coffee!

Eating the Bulletproof way means undertaking a hunter-gatherer approach to eating and to lifestyle. But it also means *coffee!*

With the BP plan, coffee is an integral part of gaining performance and health. What's special about it is by adding organic ghee or grass-fed butter plus coconut oil to mold-free coffee every morning, you feed your brain it's preferred energy source - fat!

I've drunk very little coffee for most of my life, and had reasons to want to avoid caffeine. I had to let go of those reasons in order to fully test Dave Asprey's plan.

It turns out BP coffee has enormous benefit to anyone wanting to improve cognitive performance, control food cravings, and generally kick more ass.

It was enlightening to me to learn that caffeine is used in many pharmaceuticals because it has the unique capability to shuttle the desired agent directly to the brain. When this technique is accomplished with high-fat, grass-fed butter, the brain functions at a high level because it uses that fat as fuel instead of trying to get it's energy from glucose. This is a big topic and I'll address it in future articles, especially the benefits of ketones and ketosis that this sets up.

Summing it up

The Bulletproof Diet directs you to:

- Use BP coffee each morning for breakfast - no food.

- Eat large amounts of vegetables at each meal (usually there is just one meal around 1pm and another at 6pm, daily).
- Add the beef or salmon to the vegetable dish.
- Dessert of some low-fructose fruit like berries before bed.

This was a major diet change for me. I had my concerns about the fat intake, the animal products and the caffeine, but my research into Dave Asprey's plan showed enough data that this could be a powerful way to lower inflammation, increase energy and perform better in all aspects of life.

In other words, I'm expecting a lot from this diet.

My 30-Day Results

When I tested my body fat at the start of the test, Jan 1, I was measuring 11.5% and weight of 179.6 lbs. A very typical number for me over the last 5 years.

30 days later, my results are in:

- 9.8% BodyFat
- 169.5 lbs scale weight.

Pretty amazing results for 30 days. I could see real changes in the mirror, but the actual numbers were more dramatic than I expected. (Please remember, this is done without changing my current 20 minute **ZeroForce High-Intensity, Slow Motion Workout** every week - just the same program you perform with me as one of my clients).

But how did I feel eating all this fat and coffee?

At this point, I can say I am feeling well, and a little surprised to be honest. I will continue to chart my progress in many areas and report back to you in the next [DST Newsletter](#) in June.

I hope you are as intrigued as I am where this may lead.

If you're considering changing your diet (remember, it's a lifestyle plan - not calorie counting and other limitations), this plan might be worth looking into.

Here is a link to learn more:

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