

Samurai Strength Case Study 1

Patient A

Increased Strength 46% in 5 weeks

Dropped 19kg (41.8 lbs) in 6 weeks

Dropped a total of 43kg (94.6 lbs) of FAT in 12 weeks

I've been working on this program for over 7 years - it is by far the most comprehensive health and fitness program ever developed, spanning over 30 volumes. It covers everything from the fastest and easiest method to develop strength, to complete recovery from hundreds of injuries, to rapid weight loss, sustainable nutrition, how to prolong and lengthen your life, how to train appropriately for you age and starting at any time and any condition, how to balance work and life, and even how to approach life with a time tested philosophy of the Samurai.....

However I wanted to be ABSOLUTELY sure I answered your questions... so in November of last year I sent out a survey, asking for you TOP two questions. The results were staggering. In the end I had over 1,000 people respond....and I read through each and every question.

Of those 1346 questions I broke them up into some distinct categories and themes - these are the questions you wanted answered listed in order of frequency:

1) How can I get strong as fast as possible, as much as possible and stay that way - regardless of age, people in their 20's to their 90's wanted to know this. And it's regardless of sex too - this was THE MOST asked question of men and women

2) How can I fully recover from injury? This surprised me, not that I didn't expect it - but that this was the heart of the second most asked question. How can I recover from injury, and they ranged from strained muscles to broken bones and chronic pain. Of course, how can I prevent injury was also included in that.

3) How can I slow aging and stay active? Our third most frequent asked question. Many of my readers are over 50, and live with injury and pain. Often caused by bad training habits in their youth. They want to know if they can do this training at their age, what the best way for them to train is so

that they can live long awesome lives. My younger readers are smart too - they want to avoid chronic injury and pain so they can strong and vital and live a long and awesome life.

4) What's easiest, fastest and best way to lose weight and keep it off. No explanation needed on that one. :-)

5) How to resolve health problems such as High Blood Pressure, Fatigue, Poor Sleep and more.

I am happy to say that Samurai Strength answers all of these questions and a whole lot more, including some of the not strictly health and fitness related stuff like how they developed their focused mindset and their overall view of life balance.

I'm happier to say I am going to address every one of these questions in a detailed Case Study.

Starting right now....

Patient A

Patient A is a 36 year old male. He is 5 foot 10 inches and when he came in to me he weighed 110 kg (242lbs) and was morbidly obese. He had tight hamstrings that would cramp on his left leg and suffered from painful calf spasm nightly. His lower back ached and he had fertility problems.

He always felt cold in his body but sweat easily. Getting out of chair was enough effort to break a sweat. He had low energy and would wake unrefreshed each morning. He was groggy and unmotivated, dragging himself to work. His whole body ached.

His nose dripped and he was short of breath. Climbing a stairs was a struggle.

His digestion was shot. He suffered from abdominal bloating, bad gas, his stomach constantly gurgled, loudly, loud enough to embarrass him in public. He was tired after each meal and wanted to nap but worried constantly, unable to shut off his mind and rest. Sometimes, more often than not, he had heartburn after eating, hiccups and belching.

He would alternate between loose stools and constipation and even worryingly had blood and mucus in the stool on occasion. The hemorrhoids didn't help.

His body was always heavy and tired as was his mind, sluggish, frustrated and defeated.

He suffered from bad muscle spasms, particularly in his calves and mostly at night. There was a pitched ringing in his ears.

His lower back ached constantly and he had to get up to pee at night, where he noticed his knees ached.

He felt his life plain sucked and he tired of fighting, tired of the efforts to stick to diets and the gym that got him nowhere. He wanted a better life, better health and to be free from a body that had betrayed him and anchored him in this depression.

Today, all of these problems are gone. Every last one of them. He weighs 67kg (147.4 lbs), he relishes springing out of bed in the morning and hitting the gym. He has never had more energy. No aches or pains - the body of young man with a libido to match. His biggest problem was having to give away thousands of euro's worth of expensive suits and clothes, because they looked ridiculous on him after a few weeks. It was all the more amusing for him, when he to repeat the give away 6 weeks after that as his new clothes looked ridiculous then as well.

His friends and family couldn't believe it. His wife was delighted. The thought he was on steroids, some wonder weight loss drug - he wasn't. This is step by step what he did.

Week 1 - Isometrics and Structural Re-balancing

Why the structural re-balance - to make sure his organ's would be working unimpinged. The underlying structure that supports all your organs must be balanced, the lymphatic system should be clear and as my martial art teachers continually told me throughout all my years of training – the hara (the gathering point of spiritual and emotional energy, three fingers below your naval) must lead. If it is not your organs may not be able to do their job. Can a cement mixer churn cement if it's flattened? Nope. Can your stomach break down food and fluid correctly if it's trapped underneath your rib cage? Nope. :-)

Why Isometrics? Well because they are FAST. His workout, a whole body workout he was able to do standing and without moving took him **144 seconds to complete**. (The fourth sequence in the Samurai Strength Program and one I'll be teaching you LIVE - register here).

He would stay on this program, just performing this 2 and a half minute sequence once a day for 4 weeks. In that time he dropped 10kg (20.2 lbs).

How is this possible?

Typically most estimates show that 1 pound of muscle burns 7 to 15 calories per day to hang out and stay on your body. But what happens if you USE that muscle....?

Well several studies¹, including one by **Dr. Wayne Westcott**² shows that there is a fairly sizeable increase in calories used by the muscle to maintain and grow them when exposed to highly intense forms of muscular effort. In other words, the exercise in this course results in increase in protein turnover in the muscle mass, and thus the metabolic cost and **energy demand of the muscles can hit as high as 50 kcals per pound** of muscle per day.

Let me put that in context.

Patient A weighed 242 lbs with a body fat of 48%. That means he had a lean muscle mass of about 125 lbs.

¹ Campbell, W., Crim, M., Young, V. and Evans, W. 1994. Increased energy requirements and changes in body composition with resistance training in older adults. *American Journal of Clinical Nutrition*, 60: 167-175.

Pratley, R., Nicklas, B., Rubin, M., Miller, J., Smith, A., Smith, M., Hurley, B., and Goldberg, A. 1994. Strength training increases resting metabolic rate and norepinephrine levels in healthy 50 to 65 year-old men. *Journal of Applied Physiology*, 76: 133-137.

Pikosky, M., Faigenbaum, A., Westcott, W., and Rodriguez, N. 2002. Effects of resistance training on protein utilization in healthy children. *Medicine and Science in Sports and Exercise*, 34 (5): 820-827.

Maisch B, Baum E, Grimm W. Die Auswirkungen dynamischen Krafttrainings nach dem Nautilus-Prinzip auf kardiozirkulatorische Parameter und Ausdauerleistungsfähigkeit (The effects of resistance training according to the Nautilus principles on cardiocirculatory parameters and endurance). Angenommen vom Fachbereich Humanmedizin der Philipps-Universität Marburg am 11. Dezember 2003

² "Why the Confusion on Muscle and Metabolism?," Wayne Westcott, PhD.
http://www.sdsm.k12.wi.us/cms_files/resources/Why_The_Confusion.pdf

This 144 second work utilises nearly every muscle in the body to its absolute peak. He used a LOT of your body's available muscle, say 70lbs of it.

If you REALLY push yourself hard (and these techniques will make you), you could be looking at a top end of 3,500 kcal burnt in 24hrs from a 144 second workout. That's equivalent energy of 1 lbs of fat. (each lbs of fat roughly equals 3,500 kcals). Working out 5 days a week that's a total kcal deficit of 17,500 kcals per week. That's 5lbs of fat per week. Blasted. Gone.

Would you like to try one of the 9 exercises right now and try it for yourself?

The Kiba Dachii Arm Flex

The stances (kamae) used in this program are of crucial importance. They develop the muscles of glutes, quads, hamstrings and calves, but they also develop incredible strength in the connective tissues such as the tendon and ligaments.

In this exercise we'll be using Kiba Dachii - Horse stance. The stance is performed as so:

1. Stepping out twice shoulder distance apart - feet in a straight line, toes pointing forwards (this is very important - if the toes point outwards this is a different stance called Shiko dachi).
2. Now, sitting back with the hip, bend at the knee - as deeply as you can, aiming for between a 45-90 degree flexion of the knee joint.
3. The back is kept straight and the knees are directly over the feet, so if you drop a plumb line it would be over the foot, not the floor. This is crucial for your knee health. To achieve this, tense the glutes powerfully and open the hip joint.

Now let's try the exercise....

1. From a deep Kiba Dachii...
2. Bring both hands to the level of the chest, elbows pressed tightly back.
3. Hands palms facing forward, fingers up. The index finger extended, the remaining fingers curled tightly in.
4. Using dynamic tension press both arms forward as though pushing a huge weight, until the arms are nearly locked out.
5. In this position, contract every muscle in the body, as hard as possible from the bone's outwards starting with the feet and moving up in sequence to the striking hand.
6. Perform this full body contraction as you breathe out making an "SSSSSSS" sound for 7-12 seconds.
7. Once finished without rising from the stance, chamber both fists on the hips.
8. Repeat this 10 times in a row without stopping.

You've just done 120 seconds of exercise. If you've done this correctly you now have an idea of how powerful these techniques are. You will be sweating, your muscles burning, shaking and worked like



you've never worked them before. And you haven't moved a muscle. And he didn't even need to do that one 10 times. He did it once as part of a sequence of killer Isometric Exercises.

This is JUST ONE of the 47+ exercises taught in Samurai Strength Volume 1 - Isometrics.

But I am not done yet....how did he get so much stronger....actually that's happening too, with you, right now.

You see multiple studies have examined how Isometrics compare to other forms of training for strength development. All of them have found incredible increases in strength - for instance

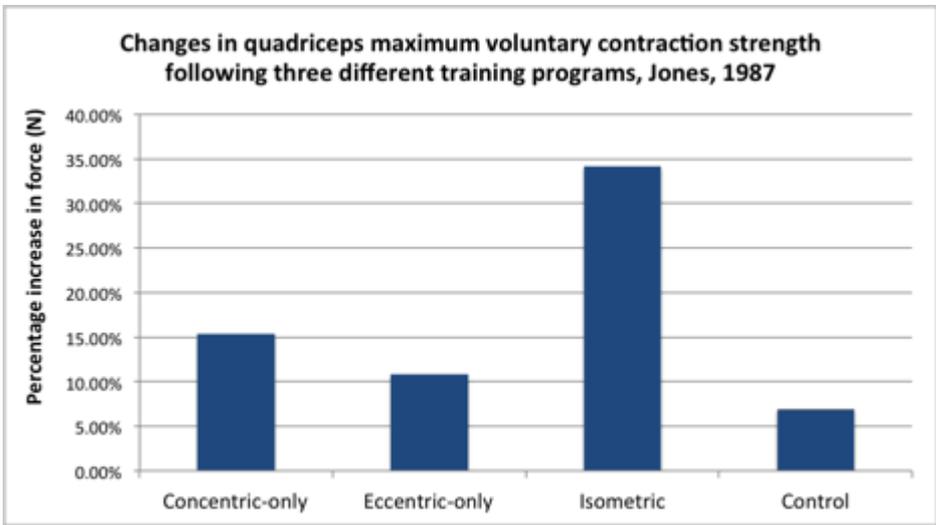
An increase of 30% in 5 weeks was noted by Lindh M. in his 1979 study, "Increase of muscle strength from isometric quadriceps exercises at different knee angles"³

In 1985, in their paper, "The effects of two forms of isometric training on the mechanical properties of the triceps surae in man", Young K, McDonagh MJ, and Davies CT. found **an increase of 40% in 8 weeks**.⁴

Likewise Thépaut-Mathieu C1, Van Hoecke J, Maton B. reported **an increase of 25 – 54% in 5 weeks** in their 1988 paper, "Myoelectrical and mechanical changes linked to length specificity during isometric training".⁵

Compared to other methods such as concentric-only, eccentric-only training or even traditional (i.e. stretch-shortening cycle) weight lifting these results blow them out of the water.

The chart below shows a study by Jones (1987), in which some of the other dynamic options were compared with isometric training:



³ <http://www.ncbi.nlm.nih.gov/pubmed/419396>

⁴ <http://www.ncbi.nlm.nih.gov/pubmed/4080515>

⁵ <http://www.ncbi.nlm.nih.gov/pubmed/3378984>

You simply can't argue with that kind of data.

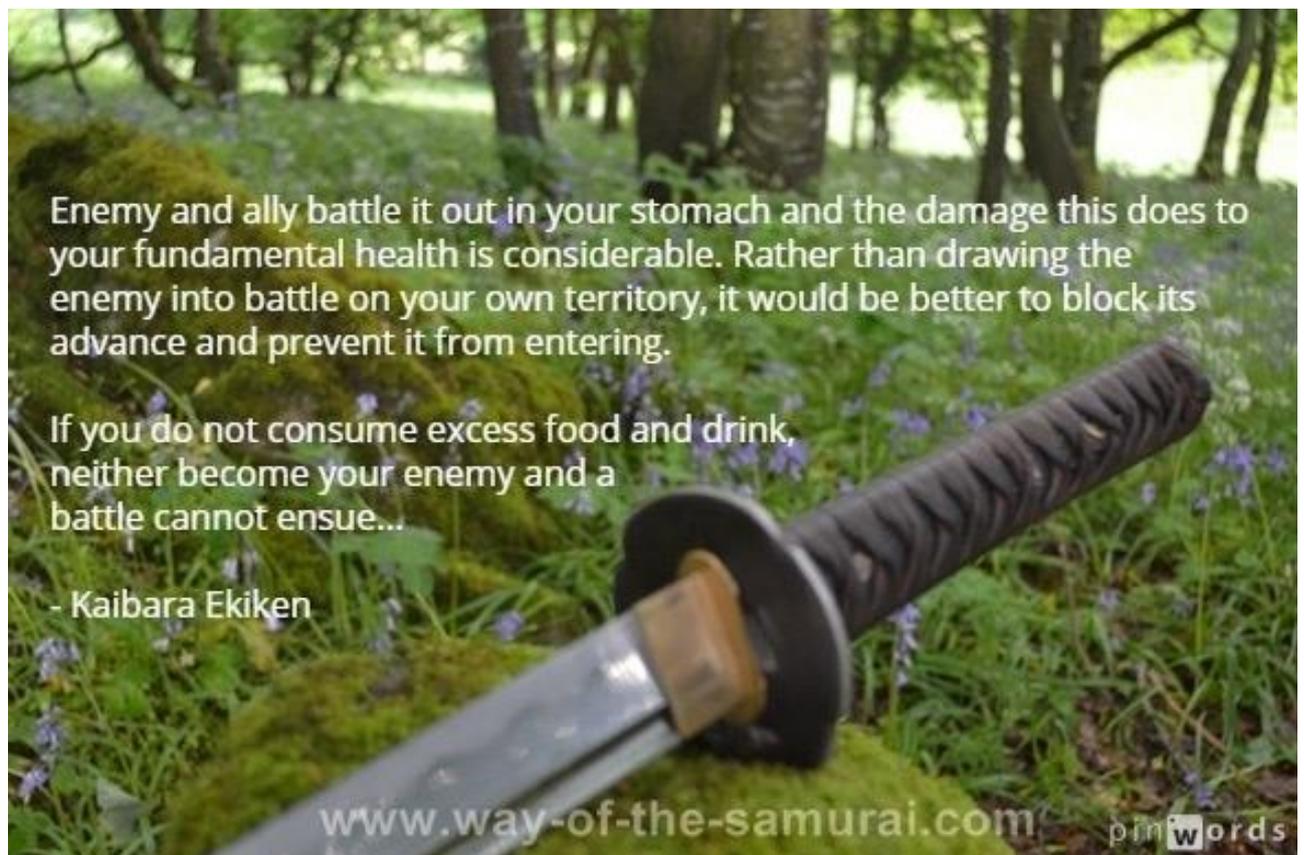
Of course, this doesn't even include the 5,000 plus studies done in the Max Plank Institute by Muller and Hettinger. In 1954 these two German scientists, conclusively proved in over 5,000 independent clinical trials, that one could **increase strength by 5-15% with a single 7 second** stimulation once a week.

You have just performed such a contraction. If you do this alone, and nothing else for the rest of the week, you'll 5-15% stronger.

Weeks 2-12:

Patient A also adopted a new eating program. Nothing drastic....actually it's very simple. It was nutritional program prescribed by Samurai Physicians over 400 years ago, and before that Chinese Medical physicians go back 3,000 years. It's still used today. Why, because it works.

The advice you see here is based on what I tell my patients every day.



The information contained herein, is simple and easy to understand. TCM is a medicine of the people that does not hide behind complicated Latin terms. It is to be understood and applied by all, and as such I am keeping the technical stuff to the barest minimum and presenting the information that same way I do in the clinic, through metaphor and story.

The truth is that healthy eating is a simple matter. In fact, I can sum up in the entire Chinese Medical approach and thus the nutrition of the Samurai in 5 simple points;

1. Eat plain, simple foods mostly of vegetables and lean meat
2. Make everything warm and soupy and easy to digest
3. Eat to schedule, not demand.
4. Eat till your 70-80% full

5. Sip a warm ginger tea after each meal.

Do that, and your 90% of the way there.

You don't need complicated diets. You don't need insane restrictive rules. Most people in fact do not need fancy, unique, unusual or extreme diets. These basic insights into how the stomach works and how energy is broken and down and processed are simple and easily applicable.

That said, once you have the basics down, you can then use your food to treat and more importantly prevent many illnesses and diseases. Which is what we did.

After the first week he was stronger and fitter than he had been in years. He stopped peeing at night. His back didn't hurt, his knees were strong. His body no longer ached and his energy and sleep were fantastic.

By week 2 his libido had returned, he would wake with a strong erection 6 out of 7 days. His digestive system was flawless. Gone was the belching, heartburn, bloating and fatigue. By week 5 his haemorrhoids were gone.

By week 12 he was a new man. Literally, nearly a completely different person. Pain free, illness free, fat free, lean and strong and happy.

You can be that way too.

That solution is Samurai Strength.

**If you'd like to use the SAME 9 exercises from the
course - you can for just \$7**

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