

The Healthy Dude Book

# The Healthy Dude Book

Trisha Stewart

# The Healthy Dude Book

**The Essential Guide for Men of All Ages who want to  
Eat Right, Get in Shape and Stay Healthy! Including the  
famous 30 day detox plan and full flexible workout regime.**

**By Trisha Stewart**

# The Healthy Dude Book

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[www.HealthyDudeBook.com](http://www.HealthyDudeBook.com)

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Other books by Trisha Stewart include:

Healthy Tart

Healthy Idol

Healthy Bunch Cookbook

Books by Christin McDowell

Healthy Fitness Central

Trisha Stewart

*Dedications*

*To my late Father, whose drive and ambition inspired  
and encouraged me to become an authority in the field  
of nutrition and wellness.*

# The Healthy Dude Book

## *Acknowledgements*

Thanks to my teams of healthy lifestyles devotees in the preparation of this book. The team includes Chris, Mavis, Jo, Mike, Mary, Christin and Phil.

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|                        |  |
|------------------------|--|
| <i>Maude Lebowski:</i> | <i>What do you do for recreation?</i>  |
| <i>The Dude:</i>       | <i>Oh, the usual. I bowl. Drive around.<br/>The occasional acid flashback.</i> |

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The Big Lebowski

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# The Healthy Dude Book

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## *Introduction*

This book is written for men of all ages who want to know how to take real care of themselves; who want to look great till late and be fit and healthy enough to enjoy life to the utmost!

We are going to discover how to get fit, yes really fit! Whether in the gym, on the track or just running around the block with some other work thrown in; we will make it as simple as you like or as much of a challenge - whatever you're up for.

Worried about belly fat? We'll show you the best way to combat this ugly problem and how to improve your upper body physique.

Ensure your leg muscles are strong and up to the work of carrying you around without pressure on the joints.

The focus will be on eating foods that will give your body everything it needs to stay at the correct weight, maintain lean muscle tissue, re-build and repair the body cells, take care of the hormones, the immune system and more.

We've included the ultimate 30 day detox and revitalize plan. This will take you through all the steps you need to kick start your journey to a complete healthy lifestyle. Included are recipes, planned menus, shopping lists and other information -

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also supported by the 24/7 [www.trishastewart.com](http://www.trishastewart.com) full resource centre.

Find out how those all important hormones, (other than Testosterone!), are affected by what you do, what you eat and how you operate in your daily life. Infertility, impotence, motility, lack of libido or sex drive; and those issues that affect far more of you men than you imagine.

Stress: that ubiquitous but never easy to resolve issue. What can you do about it? How are you sleeping? Are you waking un-refreshed? Falling asleep on the couch after work? Sleeping in at weekends instead of being out with the family or friends? I will show you how to get the best out of life and get on top of the stress!

What about outwardly ageing? Don't tell me there's a man out there who doesn't truly care about that! Well, I know that's not you because you're reading this book!! Yes, of course men care! Why are there so many skin products and beauty salons especially for men? But I think that's great!!! I am one of many women really delighted that men are encouraged to make the very best of their appearance. They say beauty is only skin deep but I know the skin will show all; so if it's not looking good it will tell a lot about the deeper man.

Disease and ill health - What parts of your body do you need to check out? Where and when should you get tested?

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Learn about prostate problems, depression, heart disease, high cholesterol, high blood pressure, diabetes, skin problems, bowel diseases and more. How to prevent and even cure certain diseases! I'll show you how to overcome a multitude of health challenges by using natural remedies: instead of drugs.

Digestive health: Too many people don't understand the workings (or importance) of this crucial system!!! IBS, constipation, indigestion, colitis, diverticulitis, ulcers, bowel cancer and more! Yes, these do affect you men, although you may think you are unique! We ALL have the same basic functions! I am going to show you how to prevent these health challenges - or if you already have them, how to get rid of them.

Goal setting and rewards for attaining those goals. Let's set some simple goals to get you motivated, and then work out some exciting rewards for when you reach your ultimate goal.

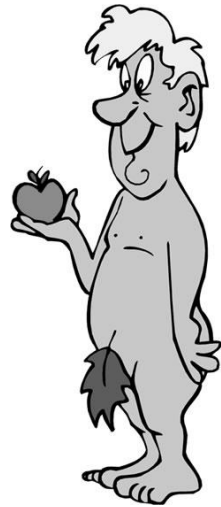
This book together with Healthy Fitness Central, Healthy Bunch Cookbook and the trishastewart.com website will be all you need to attain the healthy lifestyle you have always wanted.

# Healthy Dude - Chapter 1

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## *Adam was a Dude...Dudes live in Eden*

Okay, I know you're probably thinking, "Trisha - what are you talking about? Adam...Eden...I just want to lose a few pounds, maybe lower my blood pressure. What's all this?" Well, let me explain. I introduced the concept of living in "Eden" in my first book, **Healthy Tart**. And, if living in Eden is good for the Eves out there, it's good for all you Adams as well. Now, before you get too concerned...I am NOT talking about religion or a faith-based type of Eden. I'm simply referring to a place to live that's more ideal...better suited to being and staying healthy. I think you'd agree with me that our world is far from the clean, pure, pollution free place it once was. In fact, the world isn't even as clean as it was when you were a kid. And, it seems to be getting a bit worse every day. Something's got to change...even if it's just you!!



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"We can't solve problems by using the same kind of thinking we used when we created them." - **Albert Einstein**

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Einstein was really onto something here...and you've probably heard a variation of this thought in different forms. But, the bottom line is if you aren't where you'd like to be (and for purposes of this book I'm focusing on your health) then, continuing to do the same thing every day is NOT going to get you there. Makes sense, right? So, then it also makes sense that you've got to figure out a new approach...or as Einstein would suggest a new way of thinking! That's why I wrote this book...to give you a new way of looking at things, a guide to help you change your life and a resource to answer your health, fitness and wellness questions.

But let's get back to Eden where Adam was the first Healthy Dude. What was it like for him there? He was fit, ate well, spent lots of time with his family (Eve) and had little if any stress in his life (well until that whole snake and apple incident at any rate). Now, bear with me for this next part...I did this in *Healthy Tart* and now it's the Dudes' turn. While we can't really recreate Eden...there is a concept of an easier, simpler, healthier life that I want you to visualize. VISUALIZE!?! Yes, I said bear with me, okay?

I know, besides likely thinking I'm a bit crazy for asking you to 'visualize' something, you're probably also thinking...Eden, forget Eden. You just want to make it through the day and whatever it takes to do that is what you'll do. I get it. I'm betting your real world is probably a bit more like this:

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The alarm wakes you from a dead sleep but you're still exhausted because you struggled to fall asleep - again! You manage to get out of bed and stumble around the room as you slowly come to life. Now, you're running late so you hurry to get ready to start your day. You have to meet the carpool gang or catch the bus or hit the road in your own car...that you have to fill with gas that costs more per gallon every month! Breakfast is nothing more than an overpriced cup of coffee from a drive-thru espresso stand... who has time for more than that? And then you're off to fight your way to the office...drop off the dry cleaning...get the kids to school or whatever your morning is filled with before your day really begins

You listen to the radio in the car and there's another burn ban issued because air pollution levels are too high. As you hear this, you notice almost every car, truck and bus on the road is spewing ugly exhaust into an already questionable air.

Traffic makes you late to the office or your first appointment, and you know you've got a project due by the end of the day...that you're behind on finishing...the day already seems out of control. You log onto your computer to find an onslaught of emails that you just don't have time to answer...spend the morning wading through your inbox and trying to reach the people you need to connect with in order to meet your project deadline. By late afternoon and after at least a pot of coffee, you realize you haven't eaten...but who has time to stop now?

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So, it's the office vending machine with choices A5 and C3...something salty, something sweet! And, that's good eating?? Finally it's time to head home...having worked late to finish your project, but traffic is still a mess because of countless construction projects.

By the time you pull into your driveway you barely have the energy to get out of the car. You're famished and manage to find something packaged and frozen to 'nuke' in the microwave. You grab a cold beer and sit on the sofa to sort through a stack of mail...including too many bills you need to pay ASAP. You manage to get a few checks written before you fall asleep on the sofa. A few hours later you wake up with a terrible crick in your neck and fight exhaustion to get up and fall into your bed. Of course, then you start thinking about tomorrow's to-do list and projects...which keeps you from falling back to sleep.

Any of that sound a bit too familiar? See...visualizing isn't too hard, is it? Now I want you to think about a life without so many distractions and challenges...fewer deadlines and more free time...a life where living and thriving is second nature. What might this "Eden" in the modern world look like?

**You wake up feeling completely rested...and have the whole day in front of you, which you're ready to face with energy to spare. The weather is perfect...not too hot, not too cold...so**

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you head outside. You find yourself walking at a very brisk pace, or maybe even jogging, because you're fit and strong. As you look up into the clear blue sky you see nothing...no haze, no smog, no pollution...just bright skies. You take a deep breath of that amazing fresh, clean air and it powers you on as you walk, jog, run or whatever. Then you take a big swig from a bottle of water you've brought with you...filled right from your own tap. And, you can refill it at any stream, river, fountain or faucet you find because all accessible water is naturally clean. There is no need for filters, pumps or sanitizers...all accessible water is just naturally clean.

When you get a little hungry you stop at a stand to get a tasty sandwich or wrap that you know has nothing but fresh, wholesome ingredients...no added colors, flavors or chemicals. Then you stop by the neighborhood park and join in a pick up game of basketball...thrilled that you've still got the speed and moves to outplay almost everyone on the court.

Later you swing by the local farmer's market to select from an abundance of fresh fruits, vegetables and breads for your dinner. Everything is grown locally and made naturally...and there's so much to choose from you can barely decide. But, you can sample anything and everything that looks good right on the spot. Because no one uses pesticides, you don't have worry...just take a bite!

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When you get back home you decide to prepare all your fresh food to make an amazing meal...fresh vegetables, maybe a little fish. Nothing is pre-packaged, ready made or processed...just healthy, nutritious and good tasting dishes that you and all your family and friends can't wait to dive into and enjoy. Yes, that's a typical experience...everyone eating together, laughing and sharing the day's highlights.

Days like this, with a steady diet of nutritious foods, regular exercise and good company means you're always healthy. No stress, no illness, no allergies...just you living your best life...every day. Wouldn't that be great? If life were really like this, getting and staying healthy would be easy, right?

But, we've already established that your day has too much stress, too much to do and no time for yourself. And, of course, you know that working too many hours, not getting enough sleep and exercise and poor eating habits is no way to live. It keeps you from having the energy and stamina you deserve and it can even shorten your life! But don't worry - even if your world seems dangerously close to the hectic reality described above and miles from that idyllic Eden...there is hope! I promise you that you can take some serious steps towards a more Eden-like lifestyle.

Healthy Dude gives you the steps you need to simplify your life, create an eating and exercise plan that you can stick with and

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address every health issue you have from bad breath to your sex drive. Now understand that I realize you can't stop everything else in your life and do nothing but focus on your health for the next 30-days. You've still got to work, spend time with your family and friends and take care of a long list of responsibilities. And, there's no way you're going to give up some of our modern conveniences like cell phones, laptops and bottled water. But don't worry...I am not going to send you out to live in a tent with a lantern and a list of edible leaves. I've written Healthy Dude as a sane and doable way for you to claim your corner of Eden amid your crazy real world. And, while following this program won't actually help you meet work deadlines, it will give you more energy and focus so you can meet those deadlines faster and easier, with energy to spare...and that's a major accomplishment!

Now, here's where my approach differs from some of the many 'quick-fix' plans and programs you've seen on TV and read about in books. I'm not promising you success overnight - or even in 30 days. I am talking about lifestyle changes you'll be able to live with - and thrive on - forever. So, I encourage you to take on one change at a time until you feel comfortable with that one change before you take on another. That is unless there's a major health risk involved and drastic measures are needed. If that's the case, a visit to [www.TrishaStewart.com](http://www.TrishaStewart.com) is in order to get more personalized support for your health challenge.

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So, why do I recommend you make one change at a time? Remember last January's list of New Year's resolutions? Those business goals you set to accomplish in 3 months? How are those things going? Right! You see when we try to change everything in our lives at the same time, it can be overwhelming and before you know it you've dropped all the changes and are right back where you started. The best way to make lifestyle changes is to settle into one before you take on another. That way your changes will be entrenched in your life like brushing your teeth. I want to set you up for success...not failure. That's why I've created the 9-step program, the 30-day detox, shopping lists, an exercise plan and more...to give you the tools you need to reach your health and fitness goals one step at a time.

And the great thing is that if you need more guidance on getting started, customizing your plan due to health challenges or sticking with it for the long-term...there's support, information and coaching available through my website. So, just log onto [www.TrishaStewart.com](http://www.TrishaStewart.com) and change your life...one step at a time.

## Chapter 2

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### *9 Steps to Being a Healthy Dude*

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*“With a definite, step-by-step plan - ah, what a difference it makes! You cannot fail, because each step carries you along to the next, like a track...” Scott Reed*

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It all starts with the first step...like getting out of bed first thing in the morning, picking up the phone to make that call or throwing out that last pack of cigarettes. Whatever your goals and dreams are, your best

chance for success is to break it all down into a series of steps that you can accomplish one at a time. Sometimes your dreams are big...and they should be! But, looking at all you need to do to make that dream come true can be overwhelming.

That’s why a plan of action, a series of steps, is so important.

It helps you move ahead and allows you to look back every once in a while to see and remember how far you’ve already come...how much you’ve already done. You may realize that steps are needed for business and financial goals, but you might easily over look a ‘plan’ when it comes to health goals.



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Well, this chapter is all about helping you create your plan of action and giving you step-by-step guidelines to reach your health and fitness goal.

So, you've decided you like the idea of a more Eden-like lifestyle, right? Whether it's having more energy, getting rid of the spare tire around your middle or you've got some major health concerns you'd like to address (and reverse!)...you're ready to live a better, healthier, happier life! Congratulations! You're well on your way to Healthy Dudedom...okay I made that word up, but you know what I mean. And, now you're thinking, how do I get started? What do I do? Can I even do this?

First, yes you can do this! You need to focus in on your personal goal...what is it that you want to accomplish and why. The WHY is what's going to keep you going when it gets hard, when you stumble or fall, or when you're tired and would rather lounge on the sofa and eat pizza? So, what's your WHY? Here's a few to think about:

- Adding quality years to your life (no nursing home for you!)
- Being able to compete in a marathon, finish a bike race or scale a mountain
- Keeping up with your kids
- Being around when your kids grow up
- Looking good for your class reunion, wedding or other special occasion
- Enjoying life rather than surviving it
- Curing a disease or major health challenge

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One of these may light a spark inside you, or it may be something else. The only thing that matters is that you have your WHY...the reason you want to do this...and it's a reason that's important to you. It doesn't matter how badly someone else wants you to be healthy, you have to want it for yourself. Okay, you've got your WHY - now how do you get started?

No matter what your goals are, it all starts at the beginning. I've created Nine Steps to Being a Healthy Dude so that you can easily, systematically reach your goals. These steps cover the basics - inside and out - to being a healthy dude. A couple of them are so important (Eating and Exercise) that I've got follow up chapters to go into more detail. The others...we'll get into right here in this chapter. If you've got some specific concerns or are looking for some alternative answers...I talk about all of that in upcoming chapters. I know you might want to skip ahead and read what I have to say about your libido, whether acupuncture is right for you, or what you can do about your depression. That's fine...because that issue is probably connected to your WHY. But, please come back and read about the steps...because I want you to be a total Healthy Dude.

Here's a quick peek at the Nine Steps to Being a Healthy Dude:

1. Get Your Head on Straight (*Attitude affects your Health AND the Aging Process*)
2. Get your ZZZZ's (*Sleeping lets you Re-Create yourself nightly*)
3. Stop Freaking Out (*Diffusing and Avoiding Stress*)

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4. Have Good Hair Days (*Healthy hair and beard care*)
5. You don't have to be metro-sexual but...(*Nails, Skin & Smelling Good*)
6. A dirty mouth is out (*oral hygiene and fresh breath*)
7. Dress the part (*Clothes Really Do Make the Man*)
8. Eat to live well (*Healthy Dude Eating 101*)
9. Build Sweat Equity (*Exercise Increases Your Body's Value*)